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Education and Families
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Relationship, Sexual Health and Parenthood (RSHP) - Primary School

Dear Parent/Carer

During our final session, term 3, we intend to fully implement Curriculum for Excellence Health and Wellbeing's Relationships, Sexual Health and Parenthood strand (RSHP).

The HWB programme forms a key element of our teaching and learning in school and is an important part of children's preparations for adult life. The purpose of (RSHP) is to help develop an understanding of relationships, sexual health and parenthood in a responsible and healthy manner.

Furthermore, it should develop understanding and attitudes which will help children to form relationships in a responsible and healthy manner.

The (RSHP) programme for the pupils will comprise of the following broad areas:

Early Years (P1-2)

Awareness of the way bodies grow and change
Uniqueness of their body
Where living things come from
Family and special people who care for them
Dealing with feelings

Middle Stages (P3-4)

Recognising and dealing with emotions
Respect for self and others
The correct language for body parts
Keeping clean and healthy
Timescales of growth varies between different lifecycles
Some of the tasks required to look after a baby
Being part of a family



Dealing with bullying situations

Upper Stages (P5-7)

Physical and Emotional changes at puberty
Body image and self-worth
Understanding of own developing sexuality
Developing an awareness of gender identity
Changing nature of friendship
Dealing with feelings
Menstruation, pregnancy and birth

Note

Sexual Health sits within the strand of (Relationships, Sexual Health and Parenthood) within the Curriculum for Excellence and makes up one component of a broad area that we teach overall.

For the sexual health part see the stages noted above as that explicitly details what will be taught.

Again, if you do not wish your child to take part in this then please contact the school as soon as possible.