

Primary School RSHP Curriculum Letter

Dear Parent/Carer

During this session of term 2, we intend to implement the Curriculum for Excellence Health and Wellbeing's Relationships, Sexual Health, and Parenthood strand (RSHP).

This HWB strand forms a key element of our HWB programme 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 and sexual health in a responsible and healthy manner.

If you do not wish for your child to take part in the lessons, then please inform the school as soon as possible.

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

Early Years of Primary school (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 of Primary School (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 of Primary School (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.