



As a Health Promoting School, Tollbrae promotes health in its widest sense. We consider the physical, social and emotional development of our pupils and the development of self-esteem as central to this. RSHP work at this school is presented in an honest, objective, balanced and sensitive manner. Our approach reflects our school value of Respect.

Our aims

- To help our pupils learn how to make informed, responsible and healthy choices about their lives as they grow.
- To provide opportunities for pupils to develop personal and interpersonal skills that will enable them to make and maintain appropriate relationships within the family, with friends and within the wider community.
- To build pupil confidence, self-esteem and knowledge as they go through school.
- To teach children at the relevant time about the physical/emotional development of their bodies.
- To teach children about life cycles and reproduction in nature.

Children see images of sexuality on a daily basis, through for example, TV, internet, music, computer games and friends. School and parents need to work together to help children make sense of what can often be confusing messages. It is becoming increasingly recognised that sex and relationships education should not be a 'one off' lesson provided as children go through puberty, instead the knowledge and understanding should be developed gradually as an integral part of growing up.

We believe that RSHP work is about the teaching of growing up, sexuality and sex through an understanding of respect, love and care. Recent research by the World Health Organisation shows that school programmes are more effective when delivered before sexual activity begins. Good education will not bring forward sexual relationships and in fact delays the onset of sexual activity.

For a number of years, we have implemented the Relationships, Sexual Health and Parenthood (RSHP) strand from Curriculum for Excellence.

The North Lanarkshire programme of work that we follow was produced by experienced teachers in partnership with NHS specialists.

The RSHP programme for our pupils contains the following themes:

Early Level (Nursery – Primary 1)

- Friends and friendship.
- Family and special people who care for us.
- Exploring our feelings.
- Awareness of the way our bodies grow and change.
- Life Cycles in nature.
- Looking after a baby.

First Level (P2 – P4)

- Similarity, diversity and respect
- Being part of a family and having friends
- How life begins, pregnancy and looking after a baby
- Using the correct biological terms for our body parts
- Privacy and the PANTS rule

Second Level (P5 – 7)

- Emotional wellbeing, body image and self-worth
- Fairness and equality
- Physical and emotional changes at puberty
- Personal Hygiene
- Privacy and keeping safe in the real and online worlds
- Developing an awareness of gender identity
- Changing nature of friendship
- Love and relationships

Although learning within our RSHP programme goes on throughout the year, parents will be informed when teachers intend to teach the more sensitive topics. Please inform the school if you wish to withdraw your child from this learning.

Parents can help with RSHP work by:

- Making themselves aware of the school programme.
- Being open and honest with their children.
- Giving their children the opportunity to speak about issues discussed in school if they want to and answering questions as best as they can.

Useful websites:

Lanarkshire Sexual Health <http://www.lanarkshiresexualhealth.org/resources/>

Education Scotland <http://www.educationscotland.gov.uk/learningandteaching>

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