

Dear Parent/Guardian,

Relationship, Sexual Health and Parenthood Education

Relationships, Sexual Health and Parenthood (RSHP) is a key element of the health and wellbeing curriculum and helps to prepare children for changes in their body and relationships. Auchenlodment Primary School and ELCC is committed to the provision of quality RSHP Education in accordance with Local and National Guidelines and are using teaching resources available on the online national toolkit www.rshp.scot

Parents and carers are children’s primary educator and RSHP education is best taught in partnership with parents and the school. The rshp.scot resource acknowledges parents and carers need to understand the content of the lessons their child will receive so they are able to reinforce and consolidate learning at home. This will also ensure that terminology used at home complement the child’s learning at school.

Throughout this term and next term staff will teach RSHP education throughout the school. You can access all teaching materials which will be used through looking at the www.rshp.scot website. Below is a list of what is covered at each stage for your reference. You can click on each bullet point to access the link to the website.

<u>Primary 1 (Early Level)</u>	
<ul style="list-style-type: none"> • My body • My body belongs to me • Unique, similar and different • Our families • People who help and look after me • Asking Questions, Making Choices, Saying Yes/Saying No 	<ul style="list-style-type: none"> • Friends and friendship: Helping others • Playing together, Being kind • Personal Space and Privacy • When I feel sad or upset • Looking After Plants and Animals • Pregnancy and Looking After a Baby
<p>Some of the Early level topics are taught through teachable moments which occur in daily learning and play rather than set lessons.</p>	
<u>Primary 2 (First Level)</u>	<u>Primary 3 (First Level)</u>
<ul style="list-style-type: none"> • My body • Privacy • Friends and friendship • People who help and look after me 	<ul style="list-style-type: none"> • My family/All our families are different • Feelings and safety • Similarity, diversity and respect (Part 1-4) • Keeping Clean • Looking after plants and animals
<u>Primary 4 (First Level)</u>	<u>Primary 5 (Second Level)</u>
<ul style="list-style-type: none"> • Safe and happy online • How human life begins • Similarity, diversity and respect (Part 5 – Gay, Lesbian, Heterosexual) 	<ul style="list-style-type: none"> • Friends and friendship • A fair and equal life for girls and boys (Part 1-3) • My senses: Things I like, things I don’t like • Consent • Social media/popular culture • Protecting me/Abuse and relationships (Part 1 and 2)

<u>Primary 6 (Second Level)</u>	<u>Primary 7 (Second Level)</u>
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<ul style="list-style-type: none">• Emotional wellbeing and Body image• Love and relationships• My body (Parts 1-4)• Consent• Abuse• Menstruation	<ul style="list-style-type: none">• How human life begins, pregnancy and birth• Sex: How people have sex/what do they do?• Being a parent or carer• Understanding Human Sexuality
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Following on from viewing the online resources you have any questions regarding the RSHP curriculum please do not hesitate to contact Ms Newlove or Mrs Scott.

Yours sincerely,

Mrs Scott