

Glencoats Primary School
Relationships, Sexual Health & Parenting Education
Parent & Carer Information





A national teaching and learning resource for Relationships, Sexual Health and Parenthood (RSHP) education.

<https://rshp.scot>

Dear Parent/Carer,

At Glencaots Primary School, we use a new national resource to teach relationships and sexual health education to our young people that you can see at <https://rshp.scot/>

Our RSHP curriculum has been in place for many years and is an integral part of Curriculum for Excellence and our Health & Wellbeing Programme. The resources, which you can see at the above website, are designed to help us to deliver our existing RSHP curriculum.

The learning and teaching activities and resources are up-to-date and engaging and meet the needs of learners with additional support needs. All content is age and stage appropriate for learners 3-18 years, organised by Curriculum for Excellence Levels, from Early Level through to Senior Phase. The resource was developed by a partnership of Local Authorities and Health Boards, with advice from Education Scotland and Scottish Government.

We will cover the content in –

Early Level (Primary 1)

First Level (Primary 2; Primary 3 – Progression 1; Primary 4 – Progression 2)

Second Level (Primary 5; Primary 6 – Progression 1; Primary 7 – Progression 2)

In Glencaots Primary School, RSHP Education is delivered to all classes in the last term (April – June).

If you wish to discuss the content of the resource further, please do not hesitate to contact the school at any time. Teachers will always deliver the programme sensitively and will respond to individual needs where appropriate.

Yours sincerely,

Carol McCormick

Interim Head Teacher

What do we learn at Early Level? (Primary 1)

When it comes to families and friendships, children learn:

- That all our families are different, and that people who are important to the children provide care and love.
- How to make and keep friendships, thinking about how they get along with other children, play together, co-operate and share. This can include learning about personal space and to recognise and respect how another person is feeling.
- About the importance of kindness and showing kindness to others.

When it comes to every child being unique and special children learn:

- That people are individual and unique.
- About the similarities and differences among children in their group.
- To understand that treating someone badly based on a difference is not okay.

When it comes to their bodies, children learn about:

- Names for parts of their body – and that parts of their body are private.
- Keeping clean and why this is important – learning about hand washing and brushing teeth.

When it comes to feelings and making choices children learn:

- To recognise and express their feelings, including when they might feel safe or unsafe, happy or worried.
- To identify adults that they can go to if they have a question or a worry, introducing the idea of trust.

When it comes to looking after them and other living things children learn about:

- Where living things come from.
- The needs of plants, animals and babies.
- That there are professional people who help and care for them

Information for parents and carers about RSHP learning at Early Level at school and at home: <https://rshp.scot/early-level/>

What do we learn at First Level? (Primary 2 – 4)

When it comes to relationships children learn about:

- What makes them unique
- Families, and how all our families are different
- The different adults who might care for children – like teachers, support staff in school
- Making and having friends
- Being a boy and a girl and that they can be any kind of boy or girl they want to be
- What makes people alike and what makes us different (diversity)
- Respect for others and the importance of being kind.

When it comes to growing up and their body children learn about:

- Making choices and decisions
- Looking after their body and keeping clean
- How their bodies change as they grow
- Names of parts of their body and names for private body parts; we use the words penis, vulva, bottom, nipples
- Parts of their body are private
- Other people should not touch the private parts of their body

- What behaviour is okay in public and what is okay in private (for example pulling pants up before leaving the bathroom).

When it comes to how human life begins, pregnancy and birth children learn about:

- The life cycles of plants and animals
- How a baby is made (conception)
- Pregnancy and how a baby is born
- What a baby needs and how to care for a baby.

Information for parents and carers about RSHP learning at First Level at school and at home: <https://rshp.scot/first-level/>

What do we learn at Second Level? (Primary 5 – 7)

When it comes to relationships children learn about:

- What makes them unique and what makes people alike and what makes us different (diversity)
- Making and having friends
- Being a boy and a girl, and that they can be any kind of boy or girl they want to be
- Loving relationships and being attracted to others
- Respect for others and the importance of being kind – in our face-to-face relationships and online.

When it comes to being safe children learn about:

- Social media and being safe and smart online
- Feeling safe and unsafe
- Different kinds of abuse and neglect that can happen to a child
- What we mean by consent
- Who they can go to for help and support.

When it comes to growing up and learning about their body children learn about:

- Making choices and decisions
- Looking after their body and keeping clean
- Puberty and how the bodies and emotions of both girls and boys change as they grow
- What 'having sex' is and about contraception and condoms.

When it comes to conception, pregnancy, birth and being a parent/carer children learn about:

- How a baby is made (conception)
- Pregnancy and how a baby is born
- Being a parent and thinking about what kind of parent they would be.

Information for parents and carers about RSHP learning at Second Level at school and at home: <https://rshp.scot/second-level/>

