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 Head Teacher: Michelle Ferguson



**Renfrewshire
 Council**
 Children's Services

28 May 2021

Dear Parents/ Carers,

Relationships, Sexual Health and Parenthood Education.

Relationships, Sexual Health and Parenthood is a key element of the health and wellbeing curriculum and helps to prepare children for changes in their body and relationships. Parents and carers are the first educators of children and RSHP is best taught in partnership with parents and the school. We recognise the need to inform you of the content of the lessons that your child will receive so that this can be reinforced and discussed at home.

These lessons will begin during health week on Tuesday 1st June. The key themes and a brief outline of the content are outlines below. Due to lockdown last year, these themes were not explored during remote learning. Your child will be taught the lessons missed from the previous year.

Stage	Theme	Content
Primary 1	Uniqueness of the body Awareness of the way the bodies grow and change	Naming of body parts including naming sexual organs. Identifying changes as we grow from a baby to a child
Primary 2	Where living things come from Family and other special people who care for me Recognising and Expressing Feelings	Recognising that babies grow in a mother's womb. Identifying people who care for me.
Primary 3	Respect and care for self and others Ways of keeping safe Bullying	Focus on health. Leading a balanced healthy lifestyle, including good hygiene routines.
Primary 4	Exploring changes in the body How human life begins Expressing and dealing with feelings and emotions	Naming body parts including sexual organs. Recognising the importance of good hygiene. Pregnancy – baby develops in a mother's womb and how her body changes over the nine months.
Primary 5	Being part of a family Friendships Dealing with bullying situations, including cyber bullying	Exploring gender roles and challenging stereotypes. Identifying qualities in a good friend. Staying safe online.
Primary 6	Physical and emotional changes at puberty Menstruation Body image and self-worth Understanding developing	Identifying changes in bodies during puberty including naming parts of sexual organs.

Director of Children's Services: Steven Quinn

	sexuality and dealing with sexual feelings	
Primary 7	Developing an awareness of sexual identity Changing nature of friendship Menstruation, pregnancy and birth Being part of a family and the importance of respect within families	Conception, stages of pregnancy and how a baby develops in the womb, birth of a baby.

As always if you have any questions regarding this letter or indeed any aspect of your child's education please do not hesitate to contact the school office

Your faithfully,
Michelle Ferguson

Head Teacher