

RELATIONSHIPS, SEXUAL HEALTH AND PARENTHOOD (RSHP) EDUCATION: A new national teaching and learning resource for Scotland



Content of the New Resource

The RSHP resource is aligned to the Curriculum for Excellence Experience and Outcomes for RSHP Education [<https://rshp.scot/about-the-resource/#mappinglearning>] and the associated benchmarks, with learning activities available to support progression from the Early through to the Senior Phase. The resource:

- Includes detailed and up-to-date teaching content on:
 - Relationships and Friendships
 - Sexual Health and Reproduction
 - Bodily autonomy, Consent and Protection from harm
 - Emotional Wellbeing and Help-seeking Behaviour
 - Equalities and Inclusion
 - Gender
 - Parenthood and Families
- Aims to improve the quality, relevance, consistency and coverage of RSHP Education
- Supports professional judgement and progression in learning. Suggested learning activities can be adapted to suit individual learning needs
- Includes information for parents and carers for each activity
- Includes quality assured video clips, presentations, teaching notes and recommendations for wider reading
- Reflects the diversity and rights of children and young people including girls and young women, LGBT young people and young people with disabilities
- Considers the training and continuing professional development needs of teachers/facilitators
- Recognises that RSHP Education supports the Scottish Government's broader ambition of improving health and wellbeing outcomes for the whole population.

For the early years, the resource provides guidance for staff and for parents and carers to use teachable moments. For educators working with primary and secondary school age children and young people there are a series of flexible guided activities which ensure a quality learning experience. The resource is designed to be used by educators working with learners with Additional Support Needs; with signposting to further material that might also be useful.

All of the resources have been quality assured and peer reviewed by a partnership of teaching staff and educators, health professionals and third sector organisations across Scotland.

Over the last year, the resource has been piloted in schools and establishments across Scotland and refined following comprehensive feedback from teachers, parents and stakeholders.

The resource is free and fully available online, open to all at www.rshp.scot. *The images that follow show how the RSHP resource looks at a Curriculum for Excellence Level, and also the front page of an example Activity Plan.*



Learning at this Level is likely to be for children in P5, P6 and P7, but it can be earlier or later for some. It is the role of the teacher/facilitator to decide when a child or group should be learning at this Level. An indication is given of content that could form the starting point of work, with progression to other topics also indicated.

If you have any technical difficulties with digital content, for example on platforms like YouTube, please check our [Using digital content/URLS](#) information. To use the slides provided, first download/'save as' and then open from your download folder/desktop location.

To support flexibility in delivery no timings are offered for the learning activities described here, the children may enjoy a lot of conversation or to spend time on related activities.

The Activity Plans are not a script, they are a suggested approach with some proposed activities to support teaching and learning. If you are a confident practitioner, you might dip in and out of the activities. If you feel you will benefit from more of a structure, then you can use what is suggested. This may depend on the topic.

To begin

My body

- Part 1: Names of parts of my body
 - [Names of parts of my body \(Activity plan\)](#)
 - [Names of parts of my body \(Slides\)](#)
 - [Names of parts of my body \(Prop 1\)](#)
 - [Names of parts of my body \(Prop 2\)](#)
 - [Names of parts of my body \(Prop 3\)](#)
- Part 2: My body is changing (inc menstruation)
 - [My body is changing \(Activity plan\)](#)
 - [My body is changing \(Slides\)](#)

SECOND LEVEL

To begin

My body

Friends and friendship

A fair and equal life for girls and boys

My senses: Things I like, things I don't like

Consent

Social media/popular culture

Protecting me/Abuse and relationships

Progression 1

Emotional wellbeing and Body image

Love and relationships

Sex: How people have sex/what do they do?

How human life begins, pregnancy and birth

Being a parent or carer

Progression 2

Understanding Human Sexuality

Menstruation

How adults plan and prevent a



Title: Friends and Friendship
Part 1: My friends/Being a friend

Level: FIRST

Links to Curriculum for Excellence

Experience and Outcomes	Benchmarks
<ul style="list-style-type: none">I am aware of how friendships are formed and that likes, dislikes, special qualities and needs can influence relationships. HWB 1-44aI understand positive things about friendships and relationships but when something worries or upsets me I know who I should talk to. HWB 1-44	These Experiences and Outcomes sit within HWB Responsibility of All and span across all five levels to recognise the nature of development and learning in HWB. There are no Benchmarks for these Experiences and Outcomes.

Learning Intentions

- Children learn how friendships are formed and nurtured.
- Children identify who to go to if they are worried or concerned about peer relationships.
- Children consider the feelings associated with friendship.

Success Criteria

- I can talk about how to make and sustain friendships.
- I understand the importance of kindness and empathy.
- I understand that friends have disagreements and can think of positive ways to cope and respond.

Resources to support this activity

- PowerPoint Slides
- *What is a good friend?* Short film <https://youtu.be/ReMq3KX8F94> (duration 2 minutes 1 second)
- Friendship Tree/Image suggested templates for leaves/blossoms, pens/crayons, scissors and glue.
- Items for the 'That's me too' activity (see activity plan item 5).

Whenever you use content on a platform like YouTube please cue the film you intend to play in advance, check it is the film you want to view, and skip adverts.

The importance of RSHP education

All children and young people have a right to learn about relationships, sexual health and parenthood in ways appropriate to their learning needs, cognitive abilities and stage of maturity.

RSHP education should meet the needs of learners in a changing context, whether that is in terms of concerns we may have for children and young people – the influence of pornography, negative experiences of social media or gender-based violence – or positive cultural shifts such as a better understanding of the rights of learners with disabilities or LGBT young people. Children and young people do not just learn in formal settings, they also learn at home and so RSHP education needs to reflect the role of parents and carers as the child's first and lifelong educator.

Research evidence shows that children and young people who take part in RSHP at school are more likely to delay sexual activity until they are physically and emotionally mature enough to be able to manage sexual relationships and are less likely to experience adverse outcomes compared to young people who have not taken part.^{i ii}

RSHP also equips children and young people with the resilience, knowledge and skills to better identify, protect themselves and seek help from adults in relation to child sexual abuse, grooming, coercive control, sexual harassment, gender-based violence and discrimination in relation to an LGBT identity. It also contributes towards addressing sexual offending behaviour among young people.

Issues that RSHP education can address

RSHP education contributes strongly to children and young people in Scotland receiving support and guidance from the trusted adults in their lives to grow up able to have healthy relationships and experience good sexual health.

RSHP contributes strongly to addressing a broad range of issues that children and young people face. These include:

- Preventing teenage pregnancy
- Parenting for young people that reach parenthood
- Increases in sexually transmitted infections
- Free access to pornography and its influence on children and young people's sexual development and relationships
- Pressure to share intimate images online or by text message and the impact of losing control of such imagery
- Grooming and the risk of child sexual exploitation
- Gender-based violence, stalking and sexual harassment within a wider culture of misogyny
- Low levels of knowledge about what constitutes consent in sexual relationships and how to give or withhold consent
- Discrimination in relation to sexual orientation or gender identity.

RSHP in the curriculum

RSHP is a key element of the Health and Wellbeing area of Curriculum for Excellence. Health and Wellbeing is one of the eight curricular areas in Curriculum for Excellence. Its substantial importance is reflected in its position at the centre of the curriculum and at the heart of children's learning. Along with literacy and numeracy it is one of the three core areas that are the responsibility of all staff in learning establishments.

Learning in Health and Wellbeing is designed to ensure that children and young people develop the knowledge and understanding, skills, capabilities and attributes which they need for mental, emotional, social and physical wellbeing.

Guidance for RSHP

[Statutory guidance](#) to support RSHP education was published in 2014. The Scottish Government is committed to updating this guidance in 2019, a recommendation of the working group on LGBT inclusive education and the [Personal and Social Education \(PSE\) review](#).

The new RSHP resource and the updated guidance will support teachers and other educators to deliver high quality and engaging RSHP education within the framework of Curriculum for Excellence.

The resource can be used to support the delivery of RSHP lessons in mainstream and specialist settings and in non-denominational and denominational schools. The Scottish Catholic Education Service advise that the resource can be a useful tool to help teachers plan and deliver RSHP lessons in line with Curriculum for Excellence, within the wider context of Church teaching and the culture and ethos of individual schools. The decision on which elements of the resource are used is one for teachers' professional judgement.

LGBT in RSHP

In 2018 Scotland became the first country in the world to commit to embedding [LGBT inclusive education](#) across the curriculum. RSHP education has a key role to play in teaching children and young people about the values of respect and tolerance and as a source of factual information about different types of relationships and identities.

Learning about consent

A key finding from the PSE review was the importance of teaching age and stage appropriate RSHP education and consent. RSHP Education can be an instrumental tool in tackling issues early on before they escalate into more severe wellbeing issues.

In May 2019, Scottish Government published key messages for young people on [Healthy Relationships and Consent](#) – A resource for professionals working with young people. The key messages are reflected throughout the new RSHP resource.

Young People's views of RSHP Education

Young people in Scotland have stated their views and opinions in numerous consultation and engagement exercises, research studies and evaluations^{iii iv}. From these some key themes have emerged in relation to RSHP which have been central to the formation of the new resource. RSHP education matters to young people. It sits alongside mental and emotional health as the issue of greatest importance to them. However, as the PSE Review also demonstrated, there are inconsistencies and gaps across Scotland in the delivery and quality of RSHP.

The *Best Lesson Ever* illustration below summarises the views of young people from Lothian schools, who took part in a formal evaluation of RSHP in secondary schools.

BEST LESSON EVER

Young people attending High Schools in East Lothian, West Lothian, Midlothian and Edinburgh have been taking part in a consultation about their views on the learning they do at school about relationships, sexual health and parenting. Over 700 young people completed a questionnaire and 150 of them took part in an additional exercise designing the best ever PSE lesson where they would learn about relationships, sexual health and parenting. This poster describes what that best lesson ever would be like.



Parents, Carers and RSHP Education

Parents and carers are their child's primary educator and RSHP education is a partnership between them and the school. Parents need to understand the content of the lessons their children will receive so they are able to reinforce and consolidate their learning at home.

The vast majority of parents and carers want their child to receive RSHP education from schools and find it useful to know in advance what will be taught, what language or terminology is being used and what additional reading they can do to complement their child's learning. This is one of the main reasons for the RSHP resource being open access. The resource also provides information that schools can use, adapt to meet their own needs, and share with parents and carers about RSHP learning at school and how it links with home.

The resource encourages learners to take activities home, encouraging conversations between children and young people and their parent or carer. Booklists can also be shared so that parent and child can read together

Creating the national RSHP resource

TASC (Scotland) was commissioned to create the resource by a partnership of NHS Health Boards and Local Authorities, with advice from Education Scotland and the Scottish Government.

The resource has been informed by feedback from 39 pilot schools and a network of professionals and parents/carers over the 2018/19 academic year.

Upkeep and maintenance of the resource will be supported by the RSHP National Steering Group, whose membership is comprised of professionals from Local Authorities, Health Boards, Education Scotland and the Scottish Government. The <https://rshp.scot/> website has a feedback feature so that any issues with content, broken hyperlinks or any general questions can be responded to quickly.

The Steering Group will proactively update the content on regular basis.

Your role in RSHP education

We are asking for your support with the implementation of RSHP in schools and education establishments. You can do this in a range of ways depending on your role. We would be delighted if you could promote the new national resource to your colleagues and teams, share the resource at cluster meetings and with parents at Parent Council meetings or parent's nights. The contact feature on the RSHP website lists contacts who can support you with applying the resource in your local area.

Above all, please use the RSHP resource and provide feedback to us on how it is going.

Views on the importance of RSHP Education and the new national resource

To explain more about the importance of RSHP and how implementing this resource can benefit children and young people we have a series of short video clips available to view. We interviewed a wide range of people involved in delivering or implementing RSHP across Scotland and asked them to share their experiences including Teaching Staff, Early Years Staff, Quality Improvement Officers, Education Officers, Director of Education, Public Health Staff, and of course young people and parents and carers. The video clips are available at <https://vimeo.com/user100739316>

In addition, the comments below come from colleagues and children and young people who have supported development of the resource.

From primary school age children

We should find a way to make this all normal to talk about, something we can look forward to. It's part of life, embrace it.

We were learning that we are unique. Everyone's not the same. Everyone's different. You have different feelings inside. If we were all the same we wouldn't know who was who.

From secondary school age young people

It's felt different. We do typical sex ed stuff, but this felt beneficial. Like when we talked about consent and gender.

It's good to learn in school because our parents are embarrassed, and they might not have the knowledge, or not in-depth enough.

From primary school teachers

The headings can be daunting but the content isn't.

It's high time this came along.

It's been just so lovely using the resource every Thursday morning. They just open up. It seems so different.

From secondary school teachers

This term, the resource was a game changer, it helped us build relationships with young people. There was enough content for us to pick, choose and adapt. Its turning round the teaching of PSE and improved teacher confidence, this will turn round our whole approach.

This is a huge improvement, it's filled in the gaps. I like what's been built in, like normalising lesbian and gay relationships in things like little case studies. What's wonderful is that it's given something for us to start with, but we can still adapt and add to it.

It's good this is online, it makes it so easy to communicate with parents; this protects me.

The pupils really enjoyed the content, its pitched right, they feel ready for it and it's at a good challenging pace.

References

ⁱ Jones L, Bates G, Downing J et al. *A review of the effectiveness and cost effectiveness of personal, social and health education in secondary schools focusing on sex and relationships and alcohol education for young people aged 11 to 19 years: final report*. Liverpool: John Moores University Centre for Public Health; 2009

ⁱⁱ Kirby D. *Emerging answers: Research findings on programs to reduce teen pregnancy and sexually transmitted diseases*. Washington DC: The National Campaign to Prevent Teen and Unplanned Pregnancy; 2007

ⁱⁱⁱ *Young People's Views on Sexual Health and Relationship Education in Non-Denominational Schools in Glasgow (2014)* TASC Scotland for NHS GGC

^{iv} *Young people's views on their school-based Relationships, Sexual Health and Parenthood Education (2015)* TASC Scotland for Healthy Respect, NHS Lothian