

## Delivery of the Topic

The RSHP education topic takes place as all other learning, in the classroom with your child's teacher. Sometimes we may have visiting specialists such as the school nurse, childsmile team or handwashing specialist. At school all learning will take place with discussion, games, drawing and story books to support learning. Please do not hesitate to contact the school if you have any queries.

Children are curious. Particularly in upper stages they are really interested how people grow and develop; learning about their bodies and will have questions about sexual relationships and their perception of these.

At Bell's Brae Primary our Teachers develop trusting, respectful relationships with your child. We understand their needs and can adapt learning to suit their individual style or learning need. We appreciate you supporting their RSHP learning at home and would encourage you to use the resources in the 'learning at home' section to support your home discussions.

**The plans and resources are available by contacting the school or using the links on the 'learning at home section' to find the parent guides to supporting learning at home.**



## Learning at Home: Ideas for parents/carers

To support learning at home please follow the links for your child's relevant stage:

Early Level (Nursery—P1):

[About the resource - RSHP](#)

[Early Level - RSHP](#)

First Level (P2-P4):

[About the resource - RSHP](#)

[First Level - RSHP](#)

Second Level (P5-P7):

[About the resource - RSHP](#)

[Second Level - RSHP](#)

To view the RSHP resource please visit the following website:

<https://rshp.scot/>

<https://rshp.scot/about-the-resource/>

Other helpful links for parents/carers:

<https://education.gov.scot/parentzone/learning-at-home/supporting-health-and-wellbeing/relationships-sexual-health-and-parenthood>



## Health & Wellbeing Relationships, Sexual Health and Parenthood



**Supporting your child through Relationships, Sexual Health and Parenthood education.**



## Relationships, Sexual Health and Parenthood Resource:

In this part of the health and wellbeing curriculum area, your child will develop an understanding of how to maintain positive relationships with a variety of people.

They will become aware of how thoughts, feelings, attitudes, values and beliefs can influence decisions about relationships, and sexual health.

Your child will develop their understanding of the demanding role and responsibilities of being a parent or carer.

The Scottish Government is committed to ensuring that all children and young people receive high quality relationships, sexual health and parenthood education as they grow up.

RSHP resource has been created to ensure equity for all learners in Scotland to help support children and young people to learn progressively throughout their education and equip them with correct and relevant information.

Bell's Brae Primary School is committed to working with children and young people along with parents and carers to create a positive, open and honest culture around relationships, sexual health and parenthood.

## What your child will learn at different stages:

### Early Level: Nursery-Primary 1

When your child is in nursery or in P1 at school we say that they are learning at Early Level. For some children learning at this Level can be later. Part of every child's learning is about **families and friendships**, that every child is **unique and special**, their **bodies, feelings and making choices** and looking after **living things**. Children learn the correct names of body parts and the concept of privacy. They have visits from Childsmile and professionals who teach them handwashing. Stories like the 'Hungry caterpillar' are used to introduce learners to the concept of life cycles. The Wir Ain Peerie Bodies resource is used in Nursery to learn pupils the correct names for private parts and about how to keep our bodies safe.

### First Level: Primary 2-Primary 4

Children in Primary 2-Primary 4 are typically learning at First Level, for some earlier or later. At this stage children learn **relationships, growing up, their bodies** and what we call **the baby's story**. Relationships focusses on similarity and diversity, being a boy or girl, respect and kindness. Growing up enables discussion about making choices and keeping their bodies clean, body changes as they grow, names for private parts of the body. Privacy and we use the 'Pantosaurus' campaign. Children explore life cycles of plants and animals, how a baby is made (conception) and pregnancy. Children continue their learning on what babies need and how to care for them.

### Second Level: Primary 5-Primary 7

Second level learning occurs when your child is in P5, P6 or P7 sometimes earlier or later for some. Part of our learning at school is about **relationships, a fair and equal life for life for girls and boys, being safe, consent, growing up, their bodies, how human life begins, pregnancy and birth** and lastly being a **parent/carer**.

Relationships continues to build on themes of diversity, families, friendships, being a boy or girl. It explores loving relationships and being attracted to others. Respect for others and kindness face-to-face and online. Safety on social media and being smart online is a key aspect alongside asking for help and support. The concept of 'consent' is introduced, different types of abuse and neglect that can happen to a child and how situations when we may feel safe or unsafe.

Looking after their bodies and keeping them clean through puberty, alongside associated changes and emotions of both boys and girls during puberty is a key theme. At P6 children are introduced to 'what having sex' is and in P7 about contraception and condoms.

When it comes to conception, pregnancy and birth children learning how a baby is made (conception) pregnancy and how a baby is born, being a parent and think about what kind of parent they would be.

### Learners with ASN:

Resources are available for pupils with additional support needs such as 'social stories' and different mediums of learning about important concepts. Sometimes it may be appropriate for a child to learn in a smaller setting or with the Support for Learning Teacher. To find out more about these please follow the link: <https://rshp.scot/learners-with-additional-support-needs-asn/programmes-resources-to-support-learning/>

