



RSHP

**Relationships, Sexual Health and Parenthood
Education**

Wallacestone Primary School

May 2022



NEW RESOURCE



This session we will launch a new resource across the school called RSHP - Relationships, Sexual Health and Parenthood. In this powerpoint you will find information about what this resource is, and how this resource supports teachers, pupils and parents/carers to make sure we are Getting It Right For Every Child (GIRFEC). This resource forms part of our Health and Wellbeing curriculum. This year, we will be teaching these lessons during our summer term. All cluster primary schools have collaborated so we have a consistent approach to teaching RSHP across our community.



BACKGROUND ABOUT NEW RESOURCE



The Relationship, Sexual Health and Parenthood resource has been developed by a partnership of local authorities and health boards, with advice from Education Scotland and the Scottish Government. An independent agency TASC (Scotland) was commissioned to develop the resource. The aim of this resource is that it is used consistently across Scotland.

RSHP CURRICULUM

Our RSHP curriculum has been in place for some years, it is part of Curriculum for Excellence. This is a new resource, designed to help us to deliver the existing RSHP curriculum.

You can find the resource here - [Home - RSHP](#)



WHAT IS THE RESOURCE?

- The resource is a modern, progressive programme that reflects equality and diversity.
- Content is up-to-date and engaging and also meets 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.
- At Primary School stages this means - Early Level (Nursery and P1), First Level (P2, P3 and P4) and Second Level (P5, P6 and P7).

WHY DOES RSHP MATTER?

Here is a short video clip from the resource itself. Interviewees include professional staff, young people and parents and carers.

Why Does RSHP Matter?





WHAT WILL I FIND IN THE RESOURCE?



- The resource is made up of a series of Activity Plans that describe how a teacher can approach an aspect of RSHP education.
- The Activity Plans are supported by PowerPoints or other resources the lesson might need.
- There is information for parents and carers, ideas about communicating between school and home, reading lists for school libraries and reading at home.
- The resource is accessible and open to everyone; parents and carers can see what is being delivered in school.

As with all resources we use in school, we are not using all of the available materials but have been selective in the materials we have chosen. Exactly what will be covered at each stage is contained within this PowerPoint.

WHY HAS THE RESOURCE BEEN DEVELOPED?

- There is a need to improve the quality, relevance, consistency and coverage of RSHP education.
- We need to deliver RSHP education that helps protect children and young people from harm and supports them to understand that friendships and personal relationships should be healthy, happy and safe.
- The resource helps teachers to source material that is age and stage appropriate, so that they can focus on building relationships with learners.
- We need our RSHP education to reflect a modern and inclusive Scotland where we value and respect the human rights of everyone.

IS THE RSHP RESOURCE AGE AND STAGE APPROPRIATE?

Here is a short video clip from the resource itself.
Interviewees include professional staff, young people and
parents and carers.

Is the new teaching resource age and stage appropriate?
on Vimeo



RSHP AT WALLACESTONE

- This resource links nicely with the work we already do with Emotion Works.
- We have personalised the resource, deciding what will be taught at each class stage. We are not using all of the available materials.
- In Nursery some of the Early Level concepts will be explored through play and through “teachable moments”.
- We are aware that children may have missed out on some of the previous years learning so will ensure we also cover that this year.

WHAT DO WE COVER AT PRIMARY 1? (EARLY LEVEL)

When it comes to families and friendships, children in P1 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.
- About the importance of kindness and showing kindness to others.

When it comes to every child being unique and special, children in P1 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.

WHAT DO WE COVER AT PRIMARY 1? (EARLY LEVEL)

When it comes to their bodies, children in P1 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 in P1 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.

WHAT DO WE COVER AT PRIMARY 1? (EARLY LEVEL)

When it comes to looking after themselves and other living things, children in P1 learn about:

- The needs of plants, animals and babies.
- The fact 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 COVER AT PRIMARY 2? (FIRST LEVEL)

When it comes to families and friendships, children in P2 learn:

- That all our families are different, and that people who are important to the children provide care and love.
- To identify and talk about adults in their life who help, care and look after them.
- 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.

WHAT DO WE COVER AT PRIMARY 2? (FIRST LEVEL)

When it comes to feelings and making choices, children in P2 learn:

- To recognise when they have a question or a worry.
- To identify adults that they can go to if they have a question or a worry, reinforcing the idea of trust.
- About different emotions and how to communicate effectively about their feelings. Children will be beginning to recognise what triggers certain feelings and beginning to recognise how they might behave when they feel a certain way.

WHAT DO WE COVER AT PRIMARY 2? (FIRST LEVEL)

When it comes to looking after themselves and other living things children in P2 learn about:

- The life cycles of butterflies and frogs.
- The needs of plants and how to look after them.
- How to look after pets.
- What they need as a child to grow and develop.

Information for parents and carers about RSHP learning at First Level at school and at home:

<https://rshp.scot/first-level/>

WHAT DO WE COVER AT PRIMARY 3? (FIRST LEVEL)

When it comes to families and friendships, children in P3 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 and the importance of kindness and empathy. This includes dealing with disagreements with friends and responding positively to this.
- About the importance of kindness and showing kindness and respect to others.

WHAT DO WE COVER AT PRIMARY 3? (FIRST LEVEL)

When it comes to every child being unique and special, children in P3 learn:

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

When it comes to feelings and making choices children in P3 learn:

- To identify adults that they trust and who can help when they have a worry or a question.
- About different emotions and how to communicate effectively about their feelings. Children should be becoming more confident at recognising what triggers certain feelings and how they behave when they feel a certain way. They will begin to learn strategies for self regulation.

WHAT DO WE COVER AT PRIMARY 3? (FIRST LEVEL)

When it comes to looking after themselves and other living things,
children in P3 learn about:

- What a baby needs and how to care for a baby. Children learn about some of the basic needs of a baby - such as feeding, changing, washing, cuddling and sleeping.

Information for parents and carers about RSHP learning at First Level at
school and at home:

<https://rshp.scot/first-level/>

WHAT DO WE COVER AT PRIMARY 4? (FIRST LEVEL)

When it comes to similarity, diversity and respect, children in P4 learn:

- To consider and discuss stereotypes and gender biased expectations.
- To understand that how they look, behave, or their aspirations should not be limited by stereotypes, gender or expectations of what boys and girls should do.
- About disabilities.
- About themselves, what makes them unique and the idea of diversity.
- That the terms heterosexual, gay, lesbian and bisexual can be used to describe who a person is attracted to or falls in love with.

WHAT DO WE COVER AT PRIMARY 4? (FIRST LEVEL)

When it comes to feelings and making choices, children in P4 learn:

- About online safety.
- To recognise when they have a question or worry and to identify adults they trust that they can go to if they have a question or a worry.
- About different emotions and how to communicate effectively about their feelings. Children should now be able to recognise what triggers certain feelings and how they behave when they feel a certain way. They will continue to learn strategies for self regulation.

WHAT DO WE COVER AT PRIMARY 4? (FIRST LEVEL)

When it comes to their bodies, children in P4 learn:

- The concept of bodily autonomy – that their body is their body.
- That parts of their bodies are private.
- That other people/children also have the right to privacy.
- Names for the private parts of their bodies. We will use the terms penis, vulva, nipples and bottom.
- About the PANTS rule from the NSPCC.

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/>

- About keeping clean and why hygiene is important to health, including washing hands when going to the toilet.

WHAT DO WE COVER AT PRIMARY 4? (FIRST LEVEL)

The PANTS rule from the NSPCC

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/>



WHAT DO WE COVER AT PRIMARY 4? (FIRST LEVEL)

- When it comes to looking after themselves and other living things, children in P4 learn about:
 - Where living things come from, how a baby develops and is born.
 - Some of a baby's basic needs such as feeding, changing, washing, cuddling and sleeping.
 - Some basic skills needed to look after 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 COVER AT P5? (SECOND LEVEL)

When it comes to relationships, children in P5 learn about:

- What they want from friendships and what kind of friend they wish to be.
- The benefits of friendships and the challenges that come up in maintaining relationships. Children will learn strategies to support with these challenges.
- The skills required to manage changing relationships, for example, tolerance, empathy, loyalty, kindness, resilience, mutual trust and respect.
- Respect for others and the importance of being kind – in our face-to-face relationships and online.

WHAT DO WE COVER AT P5? (SECOND LEVEL)

When it comes to being safe, children in P5 learn about:

- Social media and being safe and smart online.
- How their senses are used when considering if they like or dislike something.
- The fact that they, and others, can use words, body language and facial expression to communicate what they like and don't like.
- The fact that other people might not like what they like, or dislike what they dislike and that they need to respect each other and treat each other kindly.
- Who they can go to for help and support.

WHAT DO WE COVER AT P5? (SECOND LEVEL)

When it comes to a fair and equal life for girls and boys, children in P5 learn about:

- Stereotypes and equality - encouraging children to give examples of, and challenge, stereotypes.
- The importance of being able to understand and accept diversity amongst their peers.
- The idea and importance of Personal Space.
- What transgender means.
- Being fair and unfair.

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

WHAT DO WE COVER AT P6? (SECOND LEVEL)

When it comes to relationships, children in P6 learn about:

- What makes them unique, what makes people alike and what makes us different (diversity).
- Making and having friends.
- Respect for others and the importance of being kind – in our face-to-face relationships and online.

When it comes to being safe, children in P6 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 – their “My 5” – Five trusted adults.

WHAT DO WE COVER AT P6? (SECOND LEVEL)

When it comes to growing up and learning about their body, children in P6 learn about:

- Making choices and decisions.
- Looking after their body and keeping clean.
- Puberty and how their bodies and emotions change as they grow.

Many of the lessons will take place as a whole class. During the puberty lessons, the children will be split into boys and girls. The girls will be taught by their class teachers and the boys by Mr McGlynn. Previous experience has taught us that most children feel more relaxed and able to discuss the content of the lessons if they are split into boys and girls.

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

WHAT DO WE COVER AT P7? (SECOND LEVEL)

When it comes to relationships, children in P7 learn more about:

- What makes them unique, what makes people alike and what makes us different (diversity).
- Making and having friends.
- Respect for others and the importance of being kind – in our face-to-face relationships and online.
- Loving relationships and being attracted to others.

WHAT DO WE COVER AT P7? (SECOND LEVEL)

When it comes to being safe, children in P7 learn more 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 - their “My 5” – Five trusted adults.

WHAT DO WE COVER AT P7? (SECOND LEVEL)

When it comes to growing up and learning about their body, children in P7 learn about:

- Making choices and decisions.
- Looking after their body and keeping clean.
- Puberty and how their bodies and emotions change as they grow. They also learn about the changes to the bodies and emotions of the opposite sex.

When it comes to conception, pregnancy, birth and being a parent/carers, children in P7 learn about:

- How a baby is made (conception).
- Pregnancy and how a baby is born.
- Being a parent and what that involves.

WHAT DO CHILDREN AND YOUNG PEOPLE WANT FROM THEIR RSHP EDUCATION?

Here is a short video clip from the resource itself. Interviewees include professional staff, young people and parents and carers.

[What do children and young people want from RSHP? on Vimeo](#)



PARENTS AND CARERS

- Across this resource, and in our school approach to RSHP education, there is an acknowledgement that parents and carers are the primary educators of their children.
- In delivering RSHP education parents/carers will be given advance knowledge of topics and lessons.
- By learning together at home and school we can help consolidate learning – it's a partnership approach.

Here is a short video clip from the resource itself.

[What is the role of parents and carers within RSHP?](#)

FURTHER QUESTIONS

- The Frequently Asked Questions section on the website may be of help:
<https://rshp.scot/faq/>

- If you have any further questions for the school, please complete the form below. We will aim to get back to you as soon as possible.

<https://forms.office.com/Pages/ResponsePage.aspx?id=oyzTzM4Wj0KVQTctawUZKTD6Zy87L4tInOXdBU16mpdUMzQ0T0dHU1RYV0E1SEVCMIRUWVJNNIM0UC4u>