



**Education Resources**  
Executive Director **Lyndsey McRoberts**  
**Elizabeth Steele** Head Teacher  
**Forth Primary School and Nursery**

14 January 2026

Dear parents and carers,

### **Relationships, Sexual Health and Parenthood Education**

Between now and the end of session, the school will continue to implement *Relationships, Sexual Health and Parenthood* education.

We are committed to the provision of quality relationship, sexual health and parenthood education in accordance with National Guidelines. It forms a key element of personal, social and health education in schools and is an important part of children's preparations for adult life. It should develop understanding and attitudes which will help children to form relationships in a responsible and healthy manner.

The RSHP programme for the pupils will comprise:

#### **Primary 1/2/3**

- Friendships
- People who care for us
- Similarities/differences
- My body
- How things grow and develop
- Personal space and privacy
- Looking after a baby

#### **Primary 4/5**

- Relationships
- Similarity, Diversity and Respect
- How Human Life Begins/Pregnancy and Birth
- My growing body/Puberty (P5)
- Menstruation (P5)

#### **Primary 6/7**

- 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/Carer
- Understanding Human Sexuality
- How Adults Plan and Prevent a Pregnancy

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**INVESTORS  
IN PEOPLE**



These themes will be discussed in an age-appropriate manner with content appropriate for the age group considered. You can help your child by talking to them openly and positively about these topics.

If you would like to find out more about our health programme, please contact us. We will be very happy to discuss it with you.

Yours sincerely,

A handwritten signature in blue ink that reads "Elizabeth Steele". The script is cursive and fluid, with the first name and last name clearly distinguishable.

Elizabeth Steele  
Head Teacher