

## High Mill Primary



Health & Wellbeing

RSHP
Curriculum Information
for
Parents

<sup>\*</sup>Pressing 'control' and clicking on links to videos in this document will enable you to watch them.



A national teaching and learning resource for Relationships, Sexual Health and Parenthood (RSHP) education

https://rshp.scot

## Welcome



This information session is about what we do in a part of our Health and Wellbeing curriculum that we call *Relationships*, *Sexual Health and Parenthood (RSHP)* education.

The school/centre has decided to use a new national resource that you can see at <a href="https://rshp.scot/">https://rshp.scot/</a>

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.

### What is the resource?



- A teacher can use the resource to support teaching and learning.
- 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.
- It can be used in formal and informal learning settings.
- Content is up-to-date and engaging and meets the needs of learners including those with additional support needs, including mild to moderate learning disabilities.

### 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.
- The resource was developed by a partnership of Local Authorities and Health Boards, with advice from Education Scotland and Scottish Government.

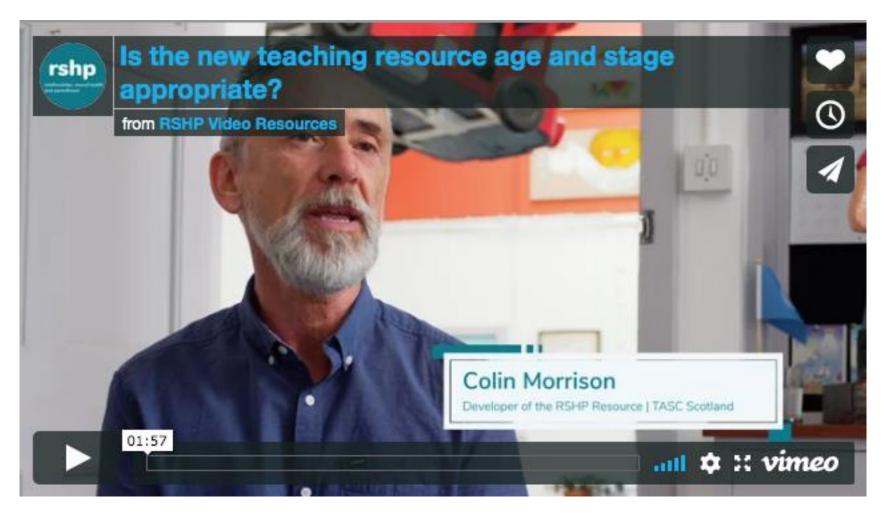
## Why has it been developed?



- 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?





## What do we do at Early Level?



#### When it comes to **families and friendships**, children 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. 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.

#### When it comes to every child being unique and special children 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 do at Early Level?



#### When it comes to **their bodies**, children 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 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.

#### When it comes to **looking after them and other living things** children learn about:

- Where living things come from.
- The needs of plants, animals and babies.
- 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: <a href="https://rshp.scot/early-level/">https://rshp.scot/early-level/</a>

### What do we do at First Level?



#### When it comes to **relationships** children learn about:

- What makes then unique
- Families, and how all our families are different
- The different adults who might care for children like teachers, support staff in school
- Making and having friends
- Being a boy and a girl and that they can be any kind of boy or girl they want to be
- What makes people alike and what makes us different (diversity)
- Respect for others and the importance of being kind.

#### When it comes to growing up and their body children learn about:

- Making choices and decisions
- Looking after their body and keeping clean
- How their bodies change as they grow
- Names of parts of their body and names for private body parts; we use the words penis, vulva, bottom, nipples
- Parts of their body are private
- Other people should not touch the private parts of their body
- What behaviour is okay in public and what is okay in private (for example pulling pants up before leaving the bathroom).





When it comes to **how human life begins, pregnancy and birth** children learn about:

- The life cycles of plants and animals
- How a baby is made (conception)
- Pregnancy and how a baby is born
- What a baby needs and how to care for a baby.

Information for parents and carers about RSHP learning at First Level at school and at home: <a href="https://rshp.scot/first-level/">https://rshp.scot/first-level/</a>

### What do we do at Second Level?



#### When it comes to **relationships** children learn about:

- What makes them unique and what makes people alike and what makes us different (diversity)
- Making and having friends
- Being a boy and a girl, and that they can be any kind of boy or girl they want to be
- Loving relationships and being attracted to others
- Respect for others and the importance of being kind in our face-to-face relationships and online.

#### When it comes to **being safe** children 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.

## What do we do at Second Level?



#### When it comes to growing up and learning about their body children learn about:

- Making choices and decisions
- Looking after their body and keeping clean
- Puberty and how the bodies and emotions of both girls and boys change as they grow
- What 'having sex' is and about contraception and condoms.

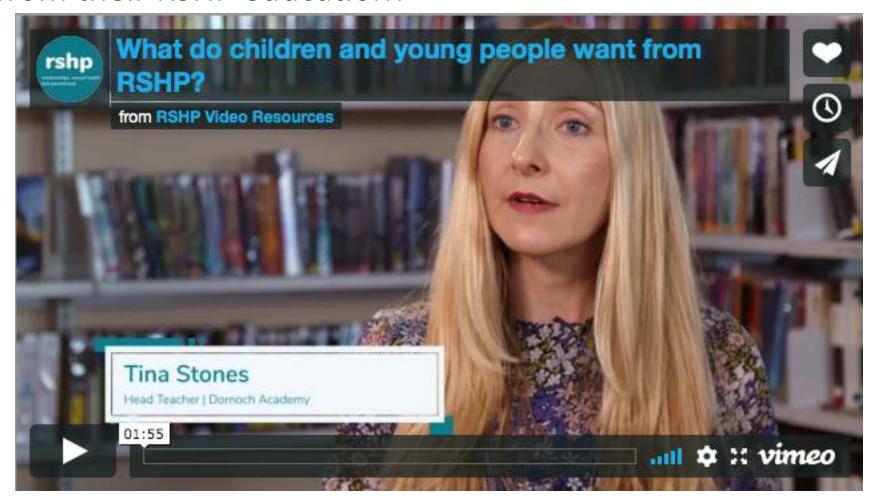
## When it comes to **conception**, **pregnancy**, **birth and being a parent/carer** children learn about:

- How a baby is made (conception)
- Pregnancy and how a baby is born
- Being a parent and thinking about what kind of parent they would be.

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

# What do children and young people want from their RSHP education?





### Let's look at the resource....



https://rshp.scot

### 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.

## What is the role of parents in RSHP education?





If you have further questions about the RSHP resource the FAQ section on the site may be of help:

https://rshp.scot/faq/

## RSHP resource films

#### https://vimeo.com/showcase/6310425

The series of short films made, some of which are part of this presentation, are all available here.

- Why does RSHP matter?
- Who should receive RSHP?
- What does RSHP equip children and young people to deal with?
- What is my responsibility and what support is available in local areas?
- How do we acknowledge an respond ot concerns about RSHP?
- Is the new teaching resource age and stage appropriate?
- What is the role of parents and carers within RSHP?
- What do children and young people want from their RSHP?
- What practical learning do children and young people receive from RSHP education?