Relationships, Sexual Health and Parenthood Programme

Parent Information leaflet – Primary 1

Educating children about sexuality and relationships is about developing their confidence and self-esteem, knowledge of their bodies and the skills they need to build relationships. One of the main ways that children learn about relationships and sexuality is from their parents or carers." - **Healthy Respect (NHS).**

At Ratho Primary School, we value strong partnerships with parents and as such, have outlined your child's learning journey in RSHP below.

What will my child learn about as they move through the school?

Stage	General Overview of Themes
N	How to be a good friend & important people around me
P1	My body belongs to me & important people around me
P2	We are different to our friends
P3	Different families and nurturing living things
P4	Respecting myself, others and our privacy
P5	Building positive relationships
P6	Physical & emotional changes & sex and the human life cycle
P7	Physical & emotional changes & the role of the parent/carer

How will my child learn at Early Level?

As we plan responsively to the children in Early Level these outcomes are taught through ongoing discussions and themes are covered across the school year. From P2 onwards, RSHP will be taught in year groups (e.g. all P2 pupils together and all P3 pupils together) over a six-week period in term 3. As content is tailored to specific year groups, we encourage children not to share their learning in RSHP with those out-with their peer group.

What will my child learn about in Primary 1?

In Primary 1, children will learn **'my body belongs to me'**. This involves learning about different **body parts, personal space, modesty** and **privacy (e.g. closing toilet doors)**. We will discuss **how bodies change** as they grow (e.g. getting taller and things we can do now that we couldn't do before). In addition, children will build on prior learning from nursery by exploring the concept of '**important people around me**' in more detail. This involves getting to know **staff** in the **school** and the **local community**.

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Vocabulary

We know that different people use different words for parts of the body associated with sexuality and sexual reproduction. Children may have heard terms at home, through their friends or from the media. They may be confused about the meaning of some terms and not appreciate that some words can cause great offence.

Therefore, it is essential to introduce and use the proper anatomical terms as early as possible, with cultural and faith perspectives in mind. At Ratho Primary School we will be referring to body parts using the correct medical terms. We hope this provides a consistent language for learning and benefits children when working with a wide range of professionals.

How can I help my child's learning?

- Talk to them about relationships, parenthood and sex - you do not need to wait until they bring it up.
- Help children learn how to behave in some places and not others (e.g. some things you can do at a party but not at the supermarket).
- Know that it is impossible to be prepared for *every* question.
- Raise the subject in a matter of fact way if something occurs (e.g. on a TV programme).
- Be reassured that you know your child and will know the best way to answer any questions depending on their age and stage of development.
- Be truthful.
- Visit RPS website for a vocabulary list and reading list.

For more advice on **how to talk to your children about relationships and sexual well-being** please look at this handy **guide from NHS Scotland:**
http://rathoprimary.org.uk/rshp/

Home learning

In Primary 1 there is no set home learning to be completed, however we will be responsive to the children's interests. For example, we may ask them to bring in a picture of them as a baby or a memory box. We would encourage you to continue chatting to your child about their learning in RSHP if they bring it up in conversation at home. For example, this may happen if a family member or friend has a new baby.