Relationships, Sexual Health and Parenthood Programme

Parent Information leaflet

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 and My Body
P3	Different families and nurturing living things
P4	Respecting myself, others and our privacy & Similarities and Differences
P5	Building positive relationships
P6	Physical & emotional changes & sex and the human life cycle
P7	Physical & emotional changes, Protecting Me & the role of the parent/carer

How will my child learn?

At Ratho Primary School, this part of the curriculum 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 7?

In Primary 7, children will learn about **'physical and emotional changes**' that take place during **puberty** (e.g. **erections, pubic hair** and **mood swings**). This will also involve revising the **correct terminology for all private body parts** and reproductive organs (e.g. **penis, breasts, clitoris**).

In addition, children will also learn about **'the role of the parent/ carer'.** This involves discussing skills and qualities such as; **commitment, love, patience, sense of humour. They will also learn about consent and that 'no' means 'no'.**

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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 learn?

- 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

Your child may bring home activities to continue their learning. Some of these are simply verbal discussions that require you to talk about RSHP but others will require some written work.

Once finished, simply tick your home learning grid to show the activity has been completed.

Occasionally, we will share completed home learning tasks with the class. If you or your child do not want this work to be shared at school, keep the worksheets at home. However, if you are happy for the work to be shared, please send it in to school along with your child's home learning jotter.