



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 <https://rshp.scot/>

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 or early years practitioner 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 with additional support needs, including mild to moderate learning disabilities.

Why does RSHP matter?



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- <https://vimeo.com/361263347>

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?



- <https://vimeo.com/361994410>

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 RSH learning at Early Level at school and at home: <https://rshp.scot/early-level/>

What do we do at First Level?



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

- What makes them 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).



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What do we do at First Level?

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

What do we do at Second Level?



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

What do we do at Third/Fourth Level?



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When it comes to **relationships** young people learn about:

- Loving relationships and being attracted to others
- Making relationships work
- Respect for others and the importance of being kind – in our face-to-face relationships and online.

When it comes to **being safe** young people learn about:

- Social media and being safe and smart online
- What we mean by consent
- Abuse in relationships – considering grooming, sexual exploitation, partner control, coercion and violence
- Pornography – what it is and what harm it does
- Sexually Transmitted Infections (STIs)
- Who they can go to for help and support, including Sexual Health Services.

When it comes to **growing up and learning about their body** young people learn about:

- Puberty and how the bodies and emotions of both girls and boys change as they grow – this includes menstruation (periods) and masturbation.

What do we do at Third/Fourth Level?



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When it comes to **emotional wellbeing** young people learn about:

- Feeling emotional
- Looking after themselves and others
- Body image and the pressures on young people.

When it comes to **gender** young people learn about:

- Gender stereotypes
- Equality
- That they can be any kind of boy or girl they want to be
- Feminism
- Sexual harassment.

When it comes to **being a parent/carers** young people learn about:

- Being a parent and thinking about what kind of parent they would be
- How having a baby changes the parent's life
- Important things about child development including the importance of nurture and play for babies and children.

What do we do at Third/Fourth Level?



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When it comes to **sex and sexuality** young people learn about:

- The age of consent
- The pressures young people can feel about having sex
- That some people are lesbian, gay, bisexual or transgender
- That sex should be something that is pleasurable
- Getting pregnant, contraception and condoms
- What we mean when we talk about human sexuality
- The idea of sexual rights.

Information for parents and carers about RSHP learning at Third/Fourth Level at school and at home: <https://rshp.scot/third-fourth-level/>

What do we do at Senior Phase?



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Learning at Senior Phase, which would be in S4, S5 and S6 or in community or college settings, continues the themes and topics that start in the earlier secondary school years.

- Young people continue to reflect on friendships and romantic and intimate relationships. There is further learning on the pressures young people can face, including when it comes to pornography, alcohol or drugs and how they impact on relationships.
- Young people are encouraged to get to know their own body, and to seek advice and help if they have a worry or a problem. This includes finding out about sexual health services.
- Young people talk about sexual activity in more detail so that they can understand what the law says, think carefully about the importance of consent, and acquire the knowledge and confidence they need to make the best decisions for themselves and in the relationships they will have.

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



- <https://vimeo.com/361997291>

Let's look at the resource....



<https://rshp.scot>

Parents and Carers

- Across this resource, and in our school/centre 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 and carers in RSHP education?



- <https://vimeo.com/361996285>



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 and respond to 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?