

Kincardine O'Neil and Lumphanan Schools



RSHP Information P1-3

The information and resources in this programme have been taken from the RSHP government resource (available at www.rshp.scot)

What is the RSHP programme?

RSHP is the 'Relationship, Sexual Health and Parenthood' programme created by the Scottish Government in partnership with the NHS. The resource provides a comprehensive set of learning activities for use in early learning settings, primary and secondary schools, ASN settings, colleges and in community-based learning. The resource is structured in line with Curriculum for Excellence Levels.

Why is RSHP so important?

RSHP is a key element of the Health and Wellbeing area of Curriculum for Excellence. Health and Wellbeing is one of the eight curricular areas in Curriculum for Excellence. Its importance is reflected in its position at the centre of the curriculum and at the heart of children's learning. Along with literacy and numeracy it is one of the three core areas that are the responsibility of all staff in learning establishments.



When our curriculum breaks down what we need learners to explore, there is a recognition that learning about relationships, sexual health and parenthood is part of our national approach.

How will the programme be structured in our schools?

To accommodate the multi-composite structure across the schools, the RSHP programme has been tailored to ensure that learning is appropriately targeted at each stage.

These stages will be; P1-3, P4-5 and P6-7. The programme will be delivered by class teachers. We will share an overview of the content each year.



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.
- That there are professional people who help and care for them, like nursery staff, teachers, doctors, or nurses.

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

- Where living things come from.
- The life cycle of plants and animals.
- What a baby needs and how to care for a baby.

How will the lessons be delivered?

Children at this age are curious. They are really interested in how relationships work, learning about their bodies and about babies. For children this age a lot of our learning together is about talking and playing. At school we will use conversations, games, drawing and story books to support learning about health and wellbeing.

All of the RSHP resources, lesson plans and learning outcomes that will be covered this year in P1-3 can be accessed from the planner which has been shared via email.

More information can be found at:

<https://rshp.scot/>



P1-3 RSHP Content

Part of every child's learning is about families and friendships, that every child is unique and special, their bodies, feelings and making choices and looking after living things. This is part of our Health and Wellbeing learning called Relationships, Sexual Health and Parenthood education. Here are the main things we learn about at the P1-3 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.

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.