

Kincardine O'Neil and Lumphanan Schools



RSHP Information P4-5

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.



P4-5 RSHP Content

Part of our learning at school is about relationships, growing up, their bodies and what we call the baby's story. This is part of our Health and Wellbeing learning called Relationships, Sexual Health and Parenthood education. Here are the main things we learn about in P4-5;

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

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

- Looking after their body and keeping clean.
- 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 and 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:

- How a baby is made (conception).
- Menstruation (girls only in p4-5, the whole class will cover this in P6-7).
- What a baby needs and how to care for a baby.

When it comes to **being safe** children learn about:

- Being safe and smart online.
- Feeling safe and unsafe.
- Who they can go to for help and support.

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 the RSHP slideshows, resources and learning outcomes that will be covered this year in P4-5 can be accessed from the planner which has been shared via email.

More information can be found at:

<https://rshp.scot/>

