

# Kincardine O'Neil and Lumphanan Schools



## RSHP Information P6-7

The information and resources in this programme have been taken from the RSHP government resource (available at [www.rshp.scot](http://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.



## P6-7 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 P6-7;

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

- What makes them unique and what makes people alike and what makes us different (diversity)
- 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

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
- What a baby needs and the role of a parent/carer

### 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. 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 P6-7 can be accessed from the planner which has been shared via email.

More information can be found at:

<https://rshp.scot/>

