Relationships, Sexual Health and Parenthood Education (RSHP)
Information for Parents & Carers at Primary Level

healthy respect

NHS Lothian

Healthy Respect's role in RSHP...

> We support quality RSHP education in primary and secondary education by delivering training to teachers and educators

> RSHP is a key part of the Health & Wellbeing Primary Curriculum

> The content is carefully developed to be age appropriate

> Parents are encouraged to look at the lesson plans and resources which are available online at **www.rshp.scot**

Knowledge + Learning + Resilience = Positive Choices

What will be taught and when?

These are examples of the topics covered per level. Full details can be found at **www.rshp.scot**

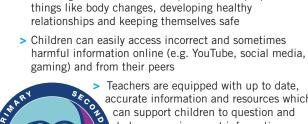| Level	Topic
Early level Pre-school/P1	My body & privacy Friendships Families
First level P2/P3/P4	My body Friendships on/offline Diversity The baby story
Second level P5/P6/P7	Growing up & puberty Relationships Consent Being smart online

Scotland strives to be a place where all children feel included, safe, and free from all forms of discrimination and bullying

Will the content of RSHP fit with our family values and beliefs?

> Every family in Scotland has the right to their own values and beliefs

> Every child in Scotland has the right to learn about their body, relationships, sexuality and sexual health

> RSHP education is learning about all kinds of families and relationships, celebrating diversity, encouraging respect and acceptance

> Learning about the things we share and the things that make us unique helps children develop a better understanding of themselves and encourages respect and acceptance of others

> Schools have a legal duty to provide education that does not discriminate against any parts of our population, in line with the Equality Act (2010)

> As with any subject, your school will be happy to speak to you about your child's learning

Why do children learn about RSHP at primary level?

> Children are naturally curious and are already learning about these topics every day

> Learning about RSHP can help children to prepare for things like body changes, developing healthy relationships and keeping themselves safe

> Children can easily access incorrect and sometimes harmful information online (e.g. YouTube, social media, gaming) and from their peers

> Teachers are equipped with up to date, accurate information and resources which can support children to question and balance any incorrect information

Supporting quality RSHP education & training in Lothian

Education Team
PRIMARY · SECONDARY · LEARNING DISABILITIES & ASN

Your child is more likely to talk openly and honestly with you if you are open to discussing different values and beliefs

How can you help your child's RSHP education as a parent/carer?

Talking...
> with your child regularly and in an open way helps them prepare for things like body changes during puberty
> gives you an opportunity to share your family values with your child

Listen...
> to your child without judgment
> as they will be more likely to come to you when they are worried or curious about something, rather than searching online

Be aware...
> of your child's access to the internet through phones, tablets, consoles and talk to them about what they are accessing and how it makes them feel
> that the appropriate parental controls are used on all devices www.childnet.com/parents-and-carers/hot-topics/parental-controls

Have the information you need...
> parent information on what content is taught at what stage and how to support this learning at home, is available at **rshp.scot** under the Levels tab
> UNESCO's "International technical guidance on sexuality education" provides a useful background to why quality RSHP is so important
www.unaids.org/en/resources/documents/2018/international-technical-guidance-on-sexuality-education

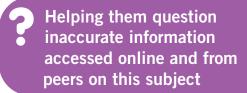For more information on the Healthy Respect Team visit www.healthyrespect.co.uk

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RSHP education benefits children by...

Helping them understand what healthy relationships look and feel like

Helping them question inaccurate information accessed online and from peers on this subject

Helping them be more aware of risks and consequences

Helping them understand basic concepts of consent, bodily autonomy, personal space and boundaries

Helping them become critical thinkers and build digital resilience

Encouraging respect and acceptance of others

Equipping them with the knowledge and skills to keep themselves safe and the confidence to ask for help