

Relationships, Sexual Health, and Parenthood Education (RSHP)

Information for Parents & Carers at Primary Level

Healthy Respect & RSHP

- We support quality RSHP education by delivering training to teachers and educators across Lothian
- RSHP is a key part of the Health & Wellbeing Primary Curriculum
- Parents are encouraged to look at the lesson plans and resources which are available online at www.rshp.scot

Knowledge + Confidence
= Positive Choices



Why do children learn about RSHP at primary level?

- RSHP can help children prepare for things like body changes and keeping themselves safe
- RSHP helps children learn about personal boundaries, trusted adults, online safety, and how to seek help when they need it.
- Learning basic concepts early helps children understand more complex topics as they grow.
- Learning is carefully planned so children receive the right information at the right age.



What your child will learn & when

Examples of topics covered per level. Full details can be found at www.rshp.scot

Level	Topic
Early level Early years – P1	My body & privacy Friendships Families & trusted adults
First level P2–P4	Privacy & help seeking Families, diversity & respect Online safety The baby story
Second level P5–P7	Growing up & puberty Consent & boundaries Relationships Being smart online

Supporting parents, carers, & schools with RSHP learning

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 & 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
- Schools have a legal duty under the Equality Act (2010) to ensure education is inclusive and free from unlawful discrimination.
- Your school will be happy to speak to you about your child's learning



Open conversations help children feel confident asking questions and sharing their thoughts.





Supporting your child's RSHP education as a parent or carer

Talk early and frequently

- Talking openly with your child from an early age helps prepare them for new experiences before they happen
- Talking gives you an opportunity to share your family values with your child
- Check out [TheChat.scot](https://www.thechat.scot) or our [Parents & Caregivers Resource List](#) on our website for information on talking to your child about RSHP topics

Listen without judgment

- This helps make your child more likely to come to you when they are worried or curious about something, rather than searching online

Be aware of online risks

- Be aware of your child's access to the internet and talk to them about what they are seeing and how it makes them feel
- Ensure appropriate parental controls are used on all devices
- Visit [Childnet](https://www.childnet.co.uk) for advice and resources

Have the information you need

- Information about what children learn at each stage, and how you can support this learning at home, is available at [RSHP.scot](https://www.rsHP.scot) under the 'Levels' tab.



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

RSHP education benefits children by...



Helping them understand personal space, boundaries & respect



Helping them be more aware of risks & consequences



Helping them become critical thinkers & build digital resilience



Helping them understand what healthy relationships look & feel like



Building the skills to keep themselves & others safe online



Encouraging respect & acceptance of others



Giving them the skills to keep themselves safe & the confidence to ask for help

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learning**