

Health & Wellbeing Relationships, Sexual Health and Parenthood Education

Relationships, Sexual Health and Parenthood Education (RSHP) is taught as part of Curriculum for Excellence: Health and Wellbeing (HWB). A national resource has been developed and launched to support the teaching and learning in the part of the curriculum. The resource can be accessed at the following: <https://rshp.scot/>

The resource has been devised with support from Education Scotland and has taken account of research and successful practice in supporting the learning and development of children and young people, particularly in sensitive areas. It utilises a wide variety of activities and learning and teaching materials. It also provides support materials for parents to access and use with their children.

At Bellsquarry Primary School, we have created a stage overview to clearly outline what content, key themes and vocabulary will be taught at each stage (P1-P7).

We know that children will be naturally curious and may wish to ask questions at home to clarify their understanding. Parents/carers can access all teaching content and resources on the website if you wish to do so: <https://rshp.scot/>

The information below outlines the content that will be taught in line with the RSHP National Resource. Please contact us if you have any questions or require further information.

P1 Relationships, sexual health and Parenthood and planning for choices and change			
RSHP Early Level - friends and friendship: helping others, playing together and being kind, personal space and privacy, when I feel sad or upset <i>HWB 0-44a, HWB 0-44b, HWB 0-19a</i>	RSHP Early Level - looking after plants and animals, pregnancy and looking after a baby <i>HWB 0-50a, HWB 0-51a</i>	RSHP Early Level - my body, my body belongs to me, unique, similar and different, our families <i>HWB 0-47a, HWB 0-47b, HWB 0-48a</i>	RSHP Early Level - people who look after me, asking questions, making choices, seeing yes/no <i>HWB 0-45a, HWB 0-49a, HWB 0-20a</i>
P2 Relationships, sexual health and Parenthood and planning for choices and change			
RSHP First Level 'To begin' – Looking after plants and animals <i>HWB 1-50a, HWB 1-51a</i>	RSHP First Level 'To begin' – people who help and look after me <i>HWB 1-45a, HWB 1-49a, HWB 1-20a</i>	RSHP First Level 'To begin' – Friends and friendship <i>HWB 1-44a, HWB 1-44b, HWB 1-19a</i>	RSHP First Level 'To begin' – My body, privacy <i>HWB 1-47a, HWB 1-48a</i>
P3 Relationships, sexual health and Parenthood and planning for choices and change			
RSHP First Level Progression 1 – My family/All our families are different <i>HWB 1-45a</i>	RSHP First Level Progression 1 – Feelings and safety <i>HWB 1-44, HWB 1-45b</i>	RSHP First Level Progression 1 – Similarity, diversity and respect <i>HWB 1-47a</i>	RSHP First Level Progression 1 – Keeping clean <i>HWB 1-47b, HWB 1-48a</i>

P4 Relationships, sexual health and Parenthood and planning for choices and change		
RSHP First Level Progression 2 – Safe and happy online <i>HWB 1-44, HWB 1-45b</i>	RSHP First Level Progression 2 – How human life begins, pregnancy and birth <i>HWB 1-47b, HWB 1-50a</i>	RSHP First Level Progression 2 – What babies need <i>HWB 1-47b, HWB 1-50a</i>

P5 Relationships, sexual health and Parenthood and planning for choices and change			
RSHP Second Level - To Begin My Body <i>HWB 1-47a, HWB 2-48a</i>	RSHP Second Level - To Begin Friends and Friendship <i>HWB 2-44a, HWB 2-44b, HWB 2-45a</i> A fair and equal life for girls and boys <i>HWB 2-44a, HWB 2-44b, HWB 2-49a</i>	RSHP Second Level - To Begin My Senses: Things I like, things I don't like <i>HWB 2-45b, HWB 2-01a, HWB 2-15a</i> Consent <i>HWB2-45b, 2-49a</i>	RSHP Second Level - To Begin Social Media/Popular Culture <i>HWB 2-45b, HWB 2-01a, HWB 2-15a</i> Protecting me/Abuse and Relationships <i>HWB 2-49a</i>

P6 Relationships, sexual health and Parenthood and planning for choices and change			
RSHP Second Level – Progression 1 Emotional Wellbeing and Body Image <i>HWB 2-44b, HWB 2-45a, HWB 2-47a, HWB 2-48a</i>	Keeping Myself Safe (inc. Internet Safety) My World of Work / Developing the Young Workforce	RSHP Second Level – Progression 1 Love and Relationships Sex: How people have sex/what they do? <i>HWB 2-44a, HWB 2-44B, HWB 2-45a, HWB 2-45b</i>	RSHP Second Level – Progression 1 Human Life Begins – Pregnancy and Birth <i>HWB 2-50a</i> Being a Parent/Carer

P7 Relationships, sexual health and Parenthood and planning for choices and change			
Keeping Myself Safe (inc. Internet Safety) My World of Work / Developing the Young Workforce	RSHP Second Level Progression 2 - Understanding Human Sexuality <i>HWB2-47a, HWB3-37a</i>	RSHP Second Level Progression 2 – Menstruation <i>HWB 2-47a, HWB 2-48a</i>	RSHP Second Level Progression 2 - How adults plan and prevent a pregnancy <i>HWB 2-05a</i>