



[www.rshp.scot](http://www.rshp.scot)  
[admin@rshp.scot](mailto:admin@rshp.scot)

# Relationships, Sexual Health and Parenthood Education

Third/Fourth Level

May 2020



Renfrewshire  
Council

# Welcome



www.rshp.scot  
admin@rshp.scot

This session aims to provide you with information on ***Relationships, Sexual Health and Parenthood (RSHP)*** education.

RSHP education is a significant part of the wider Health and Wellbeing curriculum within Curriculum for Excellence.

**Gleniffer High School** has decided to use a new national resource that has been designed to help us with the delivery of the key messages around RSHP education.



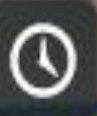
Renfrewshire  
Council

# Why does RSHP matter?



## Why Does RSHP Matter?

from RSHP Video Resources



02:38



# What is the resource?



www.rshp.scot  
admin@rshp.scot

The resource was developed by a partnership of Local Authorities and Health Boards, with advice from Education Scotland and Scottish Government.

**All content is age and stage appropriate** for learners 3-18 years, organised by Curriculum for Excellence Levels, from Early Level through to Senior Phase.

Content is **up-to-date, engaging and meets the needs** of learners with additional support needs, including mild to moderate learning disabilities.

It can be used in **formal** and **informal** learning settings.

# Why has it been developed?



www.rshp.scot  
admin@rshp.scot

RSHP education must reflect a modern and inclusive Scotland where we value and respect the human rights of everyone.

RSHP education helps to **protect** children/young people from harm and supports them to understand that friendships and personal relationships should be healthy, happy and safe.

There is a need to improve the **quality, relevance, consistency and coverage** of RSHP education.

The resource helps teachers to source material that is age and stage appropriate, so that they can focus on building relationships with learners.

# What will I find in the resource?



www.rshp.scot  
admin@rshp.scot

To assist the teacher with their approach to planning and delivery of any aspect of the resource, the resource includes:

- a series of **activity plans**;
- supporting **PowerPoint presentations and other resources** the lesson might need; and
- **information for parents/carers** - ideas about communicating between school and home, reading lists for school libraries and reading at home, etc.

As the resource is open and accessible to everyone, parents/carers are welcome to visit via [www.rshp.scot](http://www.rshp.scot) to see what their child/children will learn.

# What can parents/carers do to help?

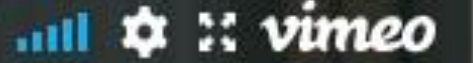
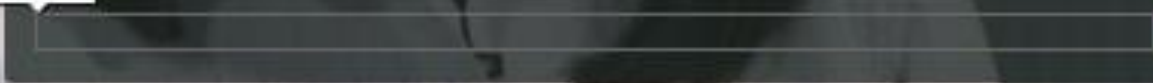


What is the role of parents and carers within RSHP?

from RSHP Video Resources



02:00





# What can parents/carers do to help?



[www.rshp.scot](http://www.rshp.scot)  
[admin@rshp.scot](mailto:admin@rshp.scot)

Across this resource, and in our schools approach to RSHP education, there is an acknowledgement that parents and carers are the primary educators of their children.

In delivering RSHP education parents/carers will be given advance knowledge of topics and lessons.

By learning together at home and school we can help consolidate learning – it's a partnership approach.



# Relationships, Sexual Health and Parenthood

National Resource

[www.rshp.scot](http://www.rshp.scot)

# Is the resource age & stage appropriate?



Is the new teaching resource age and stage appropriate?

from RSHP Video Resources



Colin Morrison

Developer of the RSHP Resource | TASC Scotland

01:57



vimeo

# What do we do at Third/Fourth Level?

Relationships	Being Safe
<p>Pupils will learn:</p> <ul style="list-style-type: none"><li>• Loving relationships and being attracted to others</li><li>• Making relationships work</li><li>• Respect for others and the importance of being kind – in our face-to-face relationships and online.</li></ul>	<p>Pupils will learn:</p> <ul style="list-style-type: none"><li>• Social media and being safe and smart online</li><li>• What we mean by consent</li><li>• Abuse in relationships – considering grooming, sexual exploitation, partner control, coercion and violence</li><li>• Pornography – what it is and what harm it does</li><li>• Sexually Transmitted Infections (STIs)</li><li>• Who they can go to for help and support, including Sexual Health Services.</li></ul>

# What do we do at Third/Fourth Level?

<b>Growing up and learning about their body</b>	<b>Emotional Wellbeing</b>
<p>Pupils will learn:</p> <ul style="list-style-type: none"><li>• Puberty and how the bodies and emotions of both girls and boys change as they grow – this includes menstruation (periods) and masturbation.</li></ul>	<p>Pupils will learn:</p> <ul style="list-style-type: none"><li>• Feeling emotional.</li><li>• Looking after themselves and others.</li><li>• Body image and the pressures on young people.</li></ul>

# What do we do at Third/Fourth Level?

Gender	Being a parent/carer
<p>Pupils will learn:</p> <ul style="list-style-type: none"><li>• Gender stereotypes</li><li>• Equality</li><li>• That they can be any kind of boy or girl they want to be</li><li>• Feminism</li><li>• Sexual harassment.</li></ul>	<p>Pupils will learn:</p> <ul style="list-style-type: none"><li>• Being a parent and thinking about what kind of parent they would be</li><li>• How having a baby changes the parent's life</li><li>• Important things about child development including the importance of nurture and play for babies and children.</li></ul>

# What do we do at Third/Fourth Level?

Sex and sexuality	More Information
<p>Pupils will learn:</p> <ul style="list-style-type: none"><li>• The age of consent.</li><li>• The pressures young people can feel about having sex.</li><li>• That some people are lesbian, gay, bisexual or transgender.</li><li>• That sex should be something that is pleasurable.</li><li>• Getting pregnant, contraception and condoms.</li><li>• What we mean when we talk about human sexuality.</li><li>• The idea of sexual rights.</li></ul>	<p>Information for parents and carers about RSHP learning at Third/Fourth Level at school and at home:</p> <p><a href="https://rshp.scot/third-fourth-level/">https://rshp.scot/third-fourth-level/</a></p>



If you have further questions about the RSHP resource the FAQ section on the site may be of help:  
<https://rshp.scot/faq/>