



A national teaching and learning resource for Relationships, Sexual Health and Parenthood (RSHP) education

<https://rshp.scot>

# Welcome



This information is about what we do in a part of our Health and Wellbeing curriculum that we call *Relationships, Sexual Health and Parenthood (RSHP)* education.

Gleniffer High School uses the new national resource that you can see at <https://rshp.scot/>

Our RSHP curriculum has been in place for some years, it is part of Curriculum for Excellence. This is a new resource, designed to help us to deliver the existing RSHP curriculum.

# What is the resource?

---



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

- A teacher uses the resource to support teaching and learning.
- 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.
- It is used in formal and informal learning settings.
- Content is up-to-date and engaging and meets the needs of learners with additional support needs, including mild to moderate learning disabilities.

# Why does RSHP matter?



- <https://vimeo.com/361263347>

# What will I find in the resource?

---

- The resource is made up of a series of Activity Plans that describe how a teacher can approach an aspect of RSHP education.
- The Activity Plans are supported by PowerPoints or other resources the lesson might need.
- There is information for parents and carers, ideas about communicating between school and home, reading lists for school libraries and reading at home.
- The resource is accessible and open to everyone; parents and carers can see what is being delivered in school.
- The resource was developed by a partnership of Local Authorities and Health Boards, with advice from Education Scotland and Scottish Government.

# Why has it been developed?

---



- There is a need to improve the quality, relevance, consistency and coverage of RSHP education.
- We need to deliver RSHP education that helps protect children and young people from harm and supports them to understand that friendships and personal relationships should be healthy, happy and safe.
- The resource helps teachers to source material that is age and stage appropriate, so that they can focus on building relationships with learners.
- We need our RSHP education to reflect a modern and inclusive Scotland where we value and respect the human rights of everyone.

# Is the RSHP resource age and stage appropriate?



- <https://vimeo.com/361994410>

# What do we do at Third/Fourth Level?



When it comes to **relationships** young people learn about:

- Loving relationships and being attracted to others
- Making relationships work
- Respect for others and the importance of being kind – in our face-to-face relationships and online.

When it comes to **being safe** young people learn about:

- Social media and being safe and smart online
- What we mean by consent
- Abuse in relationships – considering grooming, sexual exploitation, partner control, coercion and violence
- Pornography – what it is and what harm it does
- Sexually Transmitted Infections (STIs)
- Who they can go to for help and support, including Sexual Health Services.

When it comes to **growing up and learning about their body** young people learn about:

- Puberty and how the bodies and emotions of both girls and boys change as they grow – this includes menstruation (periods) and masturbation.



# What do we do at Third/Fourth Level?



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

When it comes to **emotional wellbeing** young people learn about:

- Feeling emotional
- Looking after themselves and others
- Body image and the pressures on young people.

When it comes to **gender** young people learn about:

- Gender stereotypes
- Equality
- That they can be any kind of boy or girl they want to be
- Feminism
- Sexual harassment.

When it comes to **being a parent/carer** young people learn about:

- Being a parent and thinking about what kind of parent they would be
- How having a baby changes the parent's life
- Important things about child development including the importance of nurture and play for babies and children.

# What do we do at Third/Fourth Level?



www.rshp.scot  
admin@rshp.scot

When it comes to **sex and sexuality** young people learn about:

- The age of consent
- The pressures young people can feel about having sex
- That some people are lesbian, gay, bisexual or transgender
- That sex should be something that is pleasurable
- Getting pregnant, contraception and condoms
- What we mean when we talk about human sexuality
- The idea of sexual rights.

Information for parents and carers about RSHP learning at Third/Fourth Level at school and at home: <https://rshp.scot/third-fourth-level/>

# What do we do at Senior Phase?



www.rshp.scot  
admin@rshp.scot

Learning at Senior Phase, which would be in S4, S5 and S6 or in community or college settings, continues the themes and topics that start in the earlier secondary school years.

- Young people continue to reflect on friendships and romantic and intimate relationships. There is further learning on the pressures young people can face, including when it comes to pornography, alcohol or drugs and how they impact on relationships.
- Young people are encouraged to get to know their own body, and to seek advice and help if they have a worry or a problem. This includes finding out about sexual health services.
- Young people talk about sexual activity in more detail so that they can understand what the law says, think carefully about the importance of consent, and acquire the knowledge and confidence they need to make the best decisions for themselves and in the relationships they will have.

# What do children and young people want from their RSHP education?



- <https://vimeo.com/361997291>

Let's look at the resource....



<https://rshp.scot>

# Parents and Carers

---



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

- Across this resource, and in our school/centre approach to RSHP education, there is an acknowledgement that parents and carers are the primary educators of their children.
- By learning together at home and school we can help consolidate learning – it's a partnership approach.

What is the role of parents and carers in RSHP education?



- <https://vimeo.com/361996285>



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



# RSHP resource films

<https://vimeo.com/showcase/6310425>

The series of short films made, some of which are part of this presentation, are all available here.

- Why does RSHP matter?
- Who should receive RSHP?
- What does RSHP equip children and young people to deal with?
- What is my responsibility and what support is available in local areas?
- How do we acknowledge and respond to concerns about RSHP?
- Is the new teaching resource age and stage appropriate?
- What is the role of parents and carers within RSHP?
- What do children and young people want from their RSHP?
- What practical learning do children and young people receive from RSHP education?