



Insch Primary School

Relationships, Sexual Health and Parenthood Education Policy

Updated November 2020

As a family nurturing school, Insch School promotes health in its widest sense. We consider the physical, social, and emotional development of our pupils, staff, families and the wider community.

Relationships, sexual health, and parenthood is one of the six areas within the 'Health and Wellbeing' section of the curriculum.

All schools are required to provide and deliver this education in an objective, balanced and sensitive manner within a framework of sound values. We strive to achieve this in Insch.

The Scottish Government have produced a national teaching and learning resource for the support and delivery of this area of the curriculum. 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. Using these resources also allows the school to be consistent in its learning and teaching approach.

Please see the website for more information:

<https://rshp.scot/about-the-resource/#parentsandcarers>



Topics within the RSHP programme include:

- *Bodily autonomy, consent and protection from harm
- *Emotional wellbeing and help-seeking behaviour
- *Equalities and inclusion
- *Gender equality, discrimination and gender-based violence
- *Parenthood and families
- *Relationships and friendships

*Sexual health and reproduction

Skills that the RSHP programme will help to develop:

*Self- regulating emotions

*Self-esteem and confidence

*A positive attitude towards differences and diversity.

*Treating others with respect.

*Making informed choices.

*Build and sustain relationships.

*Access help and support when necessary.

*Managing risk.

Early Level (Nursery to P1)

When it comes to families and friendships, children learn:

That all our families are different, and that people who are important to the children provide care and love.

How to make and keep friendships, thinking about how they get along with other children, play together, co-operate and share. This can include learning about personal space and to recognise and respect how another person is feeling.

About the importance of kindness and showing kindness to others.

When it comes to every child being unique and special children learn:

That people are individual and unique.

About the similarities and differences among children in their group.

To understand that treating someone badly based on a difference is not okay.

When it comes to their bodies, children learn about:

Names for parts of their body - and that parts of their body are private.

Keeping clean and why this is important - learning about hand washing and brushing teeth.

When it comes to feelings and making choices children learn:

To recognise and express their feelings, including when they might feel safe or unsafe, happy or worried.

To identify adults that they can go to if they have a question or a worry, introducing the idea of trust.

When it comes to looking after them and other living things children learn about:

Where living things come from.

The needs of plants, animals and babies.

That there are professional people who help and care for them

Information for parents and carers about RSHP learning at Early Level at school and at home: <https://rshp.scot/early-level/>

First Level P2-P4

When it comes to relationships children learn about:

What makes them unique

Families, and how all our families are different

The different adults who might care for children - like teachers, support staff in school

Making and having friends

Being a boy and a girl and that they can be any kind of boy or girl they want to be

What makes people alike and what makes us different (diversity)

Respect for others and the importance of being kind.

When it comes to growing up and their body children learn about:

Making choices and decisions

Looking after their body and keeping clean

How their bodies change as they grow

Names of parts of their body and names for private body parts; we use the words penis, vulva, bottom, nipples

Parts of their body are private

Other people should not touch the private parts of their body

What behaviour is okay in public and what is okay in private (for example pulling pants up before leaving the bathroom).

When it comes to how human life begins, pregnancy and birth children learn about:

The life cycles of plants and animals

How a baby is made (conception)

Pregnancy and how a baby is born

What a baby needs and how to care for a baby.

Information for parents and carers about RSHP learning at First Level at school and at home: <https://rshp.scot/first-level/>

Second Level P5-P7

When it comes to relationships children learn about:

What makes them unique and what makes people alike and what makes us different (diversity)

Making and having friends

Being a boy and a girl, and that they can be any kind of boy or girl they want to be

Loving relationships and being attracted to others

Respect for others and the importance of being kind - in our face-to-face relationships and online.

When it comes to being safe children learn about:

Social media and being safe and smart online

Feeling safe and unsafe

Different kinds of abuse and neglect that can happen to a child

What we mean by consent

Who they can go to for help and support.

When it comes to growing up and learning about their body children learn about:

Making choices and decisions

Looking after their body and keeping clean

Puberty and how the bodies and emotions of both girls and boys change as they grow

What 'having sex' is and about contraception and condoms.

When it comes to conception, pregnancy, birth and being a parent/carer children learn about:

How a baby is made (conception)

Pregnancy and how a baby is born

Being a parent and thinking about what kind of parent they would be.

Information for parents and carers about RSHP learning at Second Level at school and at home: <https://rshp.scot/second-level/>

Other resources that we use for the learning and teaching of RSHP are:

- *Channel 4 Living and Growing Series
- *Molly Potter Resources
- *Twinkl
- *NHS leaflets
- *Usborne 'What is happening to me?' books

Home-School Links

As the primary carers at home, we recognise that you are the first and foremost educators of your child. It is vital that we work together on this sensitive topic. Staff will inform parents prior to each lesson what the content of the lesson is on that session. This is mainly so that you can discuss with your children the subject matter of their lessons in school, especially in second level where we start to talk more about sexual health and reproduction. In a usual year, this subject would be taught in Term 4.

Families sometimes have special names for their body parts, but it is important that the children know and use the correct terminology as we will be referring to these at school.

Opportunities will be given for pupils to ask questions or discuss issues in a confidential and safe way e.g. Worries or Questions box.

School staff will answer any questions that the children may have during the lessons with honesty, sensitivity and in an age appropriate manner. They will reassure the children that all the changes that their bodies will go through is normal and happens to everyone at different times.

We may seek support from families by asking for help with homework tasks e.g. making a family tree or asking parents with new babies to come into school.

We know that families are made up in lots of different ways and it is important that we recognise and celebrate these differences.

In some exceptional circumstances, families may feel that it is appropriate to deal with their child's sexual health education at home. This should be discussed with the class teacher so that appropriate alternatives can be made.

Other useful websites:

<http://kidshealth.org/kid/grow>

<http://www.nhs.uk/Livewell/puberty/Pages/Pubertyinfoforchildren.aspx>

http://bbc.co.uk/schools/parents/impact_of_physical_growth/

Suggested books:

Growing Up For Boys	Alix Firth	Usborne
Growing Up For Girls	Felicity Brooks	Usborne
What's Happening to me?	Alix Firth	Usborne
Dr Christian's Guide to Growing up	Christian Jessen	Scholastic

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