



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

<https://rshp.scot>

# 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.

**Our termly overviews detail the Health and Wellbeing learning for the term. Across Cawdor we have a Health and Wellbeing Curriculum that supports the development of Relationships, Sexual Health and Parenthood across the three years that children progress through each Curriculum for Excellence Level. In May and June the explicit teaching of 'Physical Change' and 'Sexual Health and Sexuality' will take place for all year groups. The information of the key teaching points for those aspects is included in this presentation.**

# What do we do at Early Level?

When it comes to **their bodies**, children learn about:

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

EARLY LEVEL (Nursery and P1)		
<a href="#">CLICK HERE Information for families – Learning at School – The Early Level</a> <a href="#">CLICK HERE Information for families – Learning at Home – The Early Level</a>		
Experiences and Outcomes	Education Scotland Benchmarks – End of P1	P1 – Themes
I am aware of my growing body and I am learning the correct names for its different parts and how they work. <b>HWB 0-47b</b>	- Describes how bodies change as they grow. Identifies body parts using correct names, for example, penis, testicles, vulva and nipples.	<b>My Body – <a href="#">Early Level</a></b> - <a href="#">Prop</a>

These are the Outcomes in the Scottish Curriculum for the end of P1

This is what Education Scotland expects children to know/ be able to do by the end of P1.

These are the aspects that we will teach using the RSHP resources for each year group. This will take place in May/ June each year.

# What do we do at First Level?

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

- 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

FIRST LEVEL (P2, P3 and P4)				
<a href="#">CLICK HERE Information for families – Learning at School – The First Level</a> <a href="#">CLICK HERE – Information for families – Learning at Home – The First Level</a>				
Experiences and Outcomes	Education Scotland Benchmarks – End of P4	P2 Themes	P3 Themes	P4 Themes
I am aware of my growing body and I am learning the correct names for its different parts and how they work. <b>HWB 1-47b</b>	- Identifies the correct words for body parts and their functions, for example, womb, scrotum, ovaries, vagina.	<b>My Body – <u>Early Level</u> (recap)</b> - <u>Prop</u>	<b>My Body – <u>First Level</u></b> - <u>Activity Plan</u> - <u>Slides</u> - <u>Prop</u>	<b>Keeping Clean – <u>First Level</u></b> - <u>Activity Plan</u> - <u>Slides</u> - <u>Prop</u>

These are the Outcomes in the Scottish Curriculum for the end of P4

This is what Education Scotland expects children to know/ be able to do by the end of P4.

These are the aspects that we will teach using the RSHP resources for each year group. This will take place in May/ June each year.

# What do we do at Second Level?

SECOND LEVEL (P5, P6 and P7)				
<a href="#">CLICK HERE – Information for families – Learning at School – The Second Level</a> <a href="#">CLICK HERE – Information for families – Learning at Home – The Second Level</a>				
Experiences and Outcomes	Education Scotland Benchmarks – End of P7	P5 Themes	P6 Themes	P7 Themes
<p>I can describe the physical and emotional changes during puberty, understand why they are taking place and the importance of personal hygiene. <b>HWB 2-48a</b></p> <p>I am able to describe how human life begins and how a baby is born. <b>HWB 2-50a</b></p>	<ul style="list-style-type: none"> <li>- Uses correct terminology for all private body parts and reproductive organs, for example, breasts, clitoris.</li> <li>- Describes the physical and emotional changes during puberty including erections, wet dreams, pubic hair, masturbation, menstruation, hormones, mood swings.</li> <li>- Demonstrates an understanding of diversity in sexuality and gender identity.</li> <li>- Describes ways of keeping hygienic during puberty</li> <li>- Describes human conception and birth, for example, sexual intercourse, egg and sperm, giving birth.</li> <li>- Gives reasons why contraception may be used, for example, to prevent pregnancy and infection.</li> <li>- Describes some symptoms of pregnancy.</li> </ul>	<p><b>My Body – <a href="#">Second Level</a></b></p> <p>Part 1: Names of parts of my body</p> <ul style="list-style-type: none"> <li>- <a href="#">Activity Plan</a></li> <li>- <a href="#">Slides</a></li> <li>- <a href="#">Prop 1</a></li> <li>- <a href="#">Prop 2</a></li> <li>- <a href="#">Prop 3</a></li> </ul> <p>Part 2: My body is changing (inc. menstruation)</p> <ul style="list-style-type: none"> <li>- <a href="#">Activity Plan</a></li> <li>- <a href="#">Slides</a></li> </ul>	<p><b>My Body – <a href="#">Second Level</a></b></p> <p>Part 3: Feelings and Puberty</p> <ul style="list-style-type: none"> <li>- <a href="#">Activity Plan</a></li> <li>- <a href="#">Slides</a></li> <li>- <a href="#">Prop</a></li> </ul> <p>Part 4: Personal Hygiene</p> <ul style="list-style-type: none"> <li>- <a href="#">Activity Plan</a></li> <li>- <a href="#">Slides</a></li> </ul>	<p><b>Sex: How people have sex/ what do they do? – <a href="#">Second Level</a></b></p> <ul style="list-style-type: none"> <li>- <a href="#">Activity Plan</a></li> <li>- <a href="#">Slides</a></li> </ul> <p><b>How Human Life Begins: Pregnancy – <a href="#">Second Level</a></b></p> <ul style="list-style-type: none"> <li>- <a href="#">Activity Plan</a></li> <li>- <a href="#">Slides</a></li> </ul> <p><b>Menstruation – <a href="#">Second Level</a></b></p> <ul style="list-style-type: none"> <li>- <a href="#">Activity Plan</a></li> <li>- <a href="#">Slides</a></li> </ul>

These are the Outcomes in the Scottish Curriculum for the end of P7

This is what Education Scotland expects children to know/ be able to do by the end of P7.

These are the aspects that we will teach using the RSHP resources for each year group. This will take place in May/ June each year.

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.