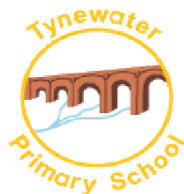


**Tynewater Primary  
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**EDUCATION  
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Dear Parent/Carer

### **Relationships, Sexual Health and Parenthood Education (RSHP)**

Each term your child will be learning more about relationships, sexual health and parenthood in line with the [Health and Wellbeing Experiences and Outcomes and Benchmarks](#) from the Curriculum for Excellence.

It is important that all children have an understanding of this area, appropriate to their age and stage of development. Midlothian Council believes it is the right of all our pupils to take part in this aspect of the Scottish Curriculum based on the UNCRC (United Nations Convention of the Rights of the Child) stating that;

“11. The UN Committee on the Rights of the Child has emphasised that states parties must “ensure that children have the ability to acquire the knowledge and skills to protect themselves and others as they begin to express their sexuality.”

[Conduct of Relationships, Sexual Health and Parenthood Education in Schools, The Scottish Government, December 2014:](#)

#### **The aims of our school RSHP programme are to:**

- Develop an understanding of how to maintain positive relationships with a variety of people
- Develop an awareness of how thoughts, feelings, attitudes, values and beliefs can influence decisions about relationships, and sexual health
- Develop understanding of the complex roles and responsibilities of being a parent or carer

Some parents/carers may be concerned about the teaching of this part of the curriculum. However, we know that children are exposed to information through various forms of modern media and through discussions had or overheard amongst peers. Informal learning about such important matters may be confusing, alarming, biased or simply incorrect.

It is important that pupils learn about relationships, sexual health and parenthood in a factual and age appropriate way safely with trusted adults.

If you do have concerns, please read the [frequently asked questions \(FAQs\)](#) on the [RSHP website](#). I am happy to discuss any additional concerns you may have that are not covered in the FAQs.

Withdrawal of a child from RSHP must be done from an informed position of understanding the importance of health education for all children.

[Conduct of Relationships, Sexual Health and Parenthood Education in Schools, The Scottish Government, December 2014](#) states:

“57. In the instance of a parent wishing to withdraw a school aged child from sexual health education lessons, schools must remind parents of the child’s right to an education and to participate, bearing in mind their age and maturity. Where, after due consideration...the parent or carer decides to withdraw a school aged child from sexual health education lessons, arrangements should be made for the child to have alternative positive educational provision, which meets the Health and Wellbeing outcomes.”

I would like to thank you in advance for your support in this matter and look forward to continued partnership working with you for the benefit of your child.

Yours faithfully,

Louise Mitrakas  
Head Teacher  
Tynewater Primary School

*Please find below the topics that Primary 5 will cover in RHSP this year;*

<u>Term</u>	<u>Topics</u>	<u>Learning Intentions</u>
<b>Term 1</b>	Friends and Friendship  Equal Life for Girls and Boys	- Children understand that there are different kinds of friendships and relationships. Children recognise that friendships can be built and maintained in their immediate social environments and online. Children know that positive peer relationships are good for their health and wellbeing and that of others. Children give examples of skills and behaviours that enhance friendships and peer relationships. - Children learn about themselves, what makes them unique and the idea of diversity. Children consider stereotypes and gender-biased expectations.
<b>Term 2</b>	My Senses: Things I like Things I Don't Like  My Body	- Children learn about their senses, about how senses are used when considering if they like or dislike something. • Children acknowledge personal space and boundaries. • Children understand that feelings and responses are communicated both verbally and non-verbally. - Children learn the correct names for parts of their body, including male and female genitalia, and their functions. Children recognise that body changes with puberty impact on feelings and behaviour. Children learn strategies to manage emotions. Children understand the importance of personal hygiene
<b>Term 3</b>	Consent	- Children understand the concept of consent. Children understand the concept of bodily autonomy. Children acknowledge personal space and boundaries. Children know

	Social Media/Popular Culture	<p>that all forms of abuse are wrong. Children learn help-seeking behaviours.</p> <p>-Children see the internet as a positive place that is fun and helps them learn. Children reflect on their online behaviours. Children identify potential or actual abusive behaviour in online environments. Children learn help-seeking behaviours.</p>
<b>Term 4</b>	Protecting Me/Abuse and Relationships	-Children learn that all forms of abuse are wrong. Children are informed about sources of information and support.