



## Tipperty School

### Relationships, Sexual Health and Parenthood Education Policy

March 2022

#### Aims

Tipperty School promotes health in its widest sense, considering the physical, social, and emotional wellbeing and development of our pupils at all times. Relationships, Sexual Health and Parenthood (RSHP) is one of the six key areas within the Health and Wellbeing 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 Tipperty School.

The Scottish Government have produced a national teaching and learning resource for the support and delivery of this area of the curriculum (RSHP). 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 this resource also allows the school to be consistent in its learning and teaching approach. Please see the website for more information: [About the resource - RSHP](#)

This policy lays out a broad statement of our planned teaching within this curricular area, however at all times we aim to be responsive to individual learner's needs and we will work closely with families to plan individual learning programmes where appropriate.

#### Details of the RSHP Programme

Topics within the RSHP programme include:

- Body autonomy, consent and protection from harm
- Emotional wellbeing and help-seeking behaviour
- Equalities and inclusion
- Gender equality and discrimination
- 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.

### Learning Across all Levels

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

That people are individual and unique.

About the similarities and differences (diversity).

Looking after their body and keeping clean.

Making choices and decisions.

### Early Level P1

#### At Early Level the children learn:

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

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.

Where living things come from.

The needs of plants, animals and babies.

That there are professional people who help and care for them.

## First Level - P2 to P4

### At First Level the children learn about:

The different adults who might care for children – such as teachers, support staff in school.

Recognising what makes them an individual and determining the kind of person they want to be.

Respect for others and the importance of being kind.

How their bodies change as they grow.

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).

The life cycles of plants and animals.

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

We know that families are made up in lots of different ways and it is important that we recognise and celebrate these differences. We will be led by the needs of the school community and the children within it at all times when opening up these discussions. This topic can be addressed at First Level, as appropriate to the needs of the school community.

## Second Level P5-P7

### At Second Level the children learn about:

Recognising what makes them an individual and determining the kind of person they want to be.

Loving relationships and being attracted to others.

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.

Puberty and how bodies and emotions change as people grow.

What 'having sex' is, including reference to contraception.

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.

We will ensure that the following terminology is introduced by the end of Second Level, as led by the needs of the children and the school community: Heterosexual/Lesbian/Gay/Transgender. If the children use these terms at Early or First level, we will acknowledge correct usage in a matter-of-fact manner before the topic is taught at Second Level (usually P7).

## Home-School Links

We recognise how important it is that both home and school work together in delivering this important area of the curriculum. We will inform parents of the relevant year groups each year before teaching of RSHP commences, along with a broad outline of the information covered. This will support discussion at home as appropriate.

We feel it is important that parents are very clear as to how we will approach discussions of RSHP in school. We recognise that 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. Body Parts will be identified as part of the input in P6/7 to include the terms penis, vagina etc. We will encourage the correct usage of terminology for body parts as led by the children at Early and First levels.

At Tippetry School we will answer any questions that the children may have during the lessons with honesty, sensitivity and in an age-appropriate manner. We will reassure the children that body changes are normal and that these changes happen to everyone at different times.

Information for parents and carers about RSHP learning at school and at home can be accessed by clicking on the following links.

<https://rshp.scot/early-level/>

<https://rshp.scot/first-level/>

<https://rshp.scot/second-level/>

The Living and Growing resources can be viewed by parents by contacting the School Office.

We will be open to supporting any communication between home and school that is appropriate to meet the needs of our learners in this curricular area.

Policy Review: June 2024