



From mountain to sea

Barthol Chapel School

Relationships, Sexual Health & Parenthood Policy (RSHP)



Aim

Barthol Chapel School promotes health in its widest sense. We consider the physical, social and emotional development of our learners. Relationships, sexual health and parenthood is one of the six areas within Health and Wellbeing. All schools are required to provide and deliver this education in an objective, balanced and sensitive manner within a framework of sound values.

Home – School Links

Education begins at home and we recognise that you the first and foremost educators of your child. We would encourage you to discuss what your child is being taught at school. In some exceptional circumstances, parents and carers may feel it is appropriate to deal with their child's sexual health education at home. This should be discussed with a member of the Senior Management Team so that appropriate alternatives can be made.

School Staff will answer questions your child may have honestly, sensitively and in an age appropriate manner. Opportunities will be given for pupils to ask questions or discuss issues in a confidential and safe way e.g. anonymous question box. We may seek your support by asking for help with homework tasks e.g. making a family tree or asking parents with new babies into school. Staff will reassure pupils that all of the changes your child's body/emotions will go through are normal and will happen to everyone but at different times. The sexual health programme will be covered in class with the main content of this curricular area delivered in Term 4.

If you have any question or would like to view the learning materials, please contact the school.

Key Learning

At Barthol Chapel School, we use a national resource that you can see at <https://rshp.scot/>

This resource is used because it is:

- Age and stage appropriate for learners, organised by Curriculum for Excellence Levels, from Primary 1 through to Primary 7.
- Content is up-to-date and engaging and meets the needs of learners with additional support needs.

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. We need our RSHP education to reflect a modern and inclusive Scotland where we value and respect the human rights of everyone.



The key learning themes from Primary 1 to Primary 3 are as follows:

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:

- The needs of plants, animals and babies.
- That there are professional people who help and care for them

The key learning themes from Primary 4 to Primary 5 are as follows:

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.

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

- The life cycles of plants and animals
- How a baby grows and develops
- What a baby needs and how to care for a baby.

The key learning themes from Primary 6 to Primary 7 are as follows:

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

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.

The key learning themes at the Primary 7 stage

- What 'having sex' is and about contraception and condoms.
- Understand the concept of human sexuality.

