



Relationships, Sexual Health and Parenthood (RSHP) Overview

At Riverside PS, our Relationships, Sexual Health and Parenthood curriculum is based on the national resource (<https://rshp.scot/>) which sits within Curriculum for Excellence.

Below is an outline of the topics covered at each stage with links to the content and resources used, as well as links to further information for parents and carers.

At each stage there will be an element of revision of previous learning.

All resources and materials on the national resource are readily available in Gaelic.

There are also resources available to support learners with Additional Support Needs (<https://rshp.scot/learners-with-additional-support-needs-asn/>)

and Complex Additional Support Needs (<https://rshp.scot/complex-asn/>).

If you have any questions or concerns about the content and you don't feel that these are addressed by the information provided by the national resource, then please contact the school directly.

Stage	Topics Overview	Links
Nursery /P1	<ul style="list-style-type: none"> • My body • My body belongs to me • Unique, similar and different • Our families • People who help and look after me • Asking Questions, Making Choices, Saying Yes/Saying No • Friends and friendship: Helping others • Playing together, Being kind • Personal Space and Privacy • When I feel sad or upset • Looking After Plants and Animals • Pregnancy and Looking After a Baby 	<p style="text-align: center;">Early Level - RSHP</p> <p style="text-align: center;">Experiences Outcomes and Benchmarks (Early Level) (rshp.scot)</p> <p style="text-align: center;">Early-Level-Booklist-January-2021.pdf (rshp.scot)</p> <p style="text-align: center;">Information for Parents and Carers: https://rshp.scot/early-level/#informationforparentsandcarer</p>
P2	<ul style="list-style-type: none"> • My body • Privacy • Friends and friendship • Looking after plants and animals • People who help and look after me 	<p style="text-align: center;">First Level - RSHP</p> <p style="text-align: center;">Es-Os-and-Benchmarks-FIRST-LEVEL (rshp.scot)</p> <p style="text-align: center;">First-Level-Booklist-January-2021.pdf (rshp.scot)</p> <p style="text-align: center;">Information for Parents and Carers: https://rshp.scot/first-level/#informationforparentsandcarers</p>
P3	<ul style="list-style-type: none"> • My family/All our families are different • Feelings and safety • Similarity, diversity and respect • Keeping Clean 	<p style="text-align: center;">First Level - RSHP</p> <p style="text-align: center;">Es-Os-and-Benchmarks-FIRST-LEVEL (rshp.scot)</p> <p style="text-align: center;">First-Level-Booklist-January-2021.pdf (rshp.scot)</p> <p style="text-align: center;">Information for Parents and Carers: https://rshp.scot/first-level/#informationforparentsandcarers</p>
P4	<ul style="list-style-type: none"> • Safe and happy online 	<p style="text-align: center;">First Level - RSHP</p> <p style="text-align: center;">Es-Os-and-Benchmarks-FIRST-LEVEL (rshp.scot)</p>

	<ul style="list-style-type: none"> How human life begins, pregnancy and birth 	<p>First-Level-Booklist-January-2021.pdf (rshp.scot)</p> <p>Information for Parents and Carers: https://rshp.scot/first-level/#informationforparentsandcarers</p>
P5	<ul style="list-style-type: none"> My body Friends and friendship A fair and equal life for girls and boys My senses: Things I like, things I don't like Consent Social media/popular culture <hr/> <ul style="list-style-type: none"> Protecting me/Abuse and relationships 	<p>Second Level - RSHP</p> <p>RSHP-Es-Os-and-Benchmarks-SECOND-LEVEL</p> <p>Second-Level-Booklist-January-2021.pdf (rshp.scot)</p> <p>Information for Parents and Carers: https://rshp.scot/second-level/#informationforparentsandcarer</p>
P6	<ul style="list-style-type: none"> Emotional wellbeing and Body image Love and relationships Sex: How people have sex/what do they do? How human life begins, pregnancy and birth <hr/> <ul style="list-style-type: none"> Being a parent or carer 	<p>Second Level - RSHP</p> <p>RSHP-Es-Os-and-Benchmarks-SECOND-LEVEL</p> <p>Second-Level-Booklist-January-2021.pdf (rshp.scot)</p> <p>Information for Parents and Carers: https://rshp.scot/second-level/#informationforparentsandcarer</p>
P7	<ul style="list-style-type: none"> Understanding Human Sexuality Menstruation <hr/> <ul style="list-style-type: none"> How adults plan and prevent a pregnancy: contraception and condoms 	<p>Second Level - RSHP</p> <p>RSHP-Es-Os-and-Benchmarks-SECOND-LEVEL</p> <p>Second-Level-Booklist-January-2021.pdf (rshp.scot)</p> <p>Information for Parents and Carers: https://rshp.scot/second-level/#informationforparentsandcarer</p>

Learners at all stages will also participate in the following Health and Wellbeing Programmes during the session:

NSPCC Speak out stay safe

Main information: <https://learning.nspcc.org.uk/services/speak-out-stay-safe>

Parental Information Video: <https://www.youtube.com/watch?v=jolOr4E-9PQ>

Further Information: <https://www.nspcc.org.uk/keeping-children-safe/our-services/working-with-schools>

NSPCC Pants – The Underwear Rule

Teaching resources: <https://learning.nspcc.org.uk/research-resources/schools/pants-teaching>

Parental Information: <https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/>

Last updated April 2022