

Alehousewells School

Relationships, Sexual Health and Parenthood Education Policy

May 2023

Aims

At Alehousewells School we aim to develop our core values of Caring, Achieving, Responsible, Encouraging and Supporting. As a nurturing school that promotes health in its widest sense, we consider the physical, social, and emotional wellbeing 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 climate of mutual respect and trust based upon shared values. We strive to achieve this in Alehousewells School.

Rationale

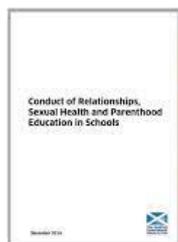
Throughout all areas of the curriculum, we aim for children to expand their awareness, recognition and realisation of their rights (United Nations Convention on the Rights of the Child (UNCRC)), and to encourage respectful behaviours towards the rights of both themselves and others. Above all, as a school, we have a responsibility to keep children safe from harm.

Relevant articles from the UNCRC are:



The UNCRC also emphasises that it must be ensured that children "have the ability to acquire the knowledge and skills to protect themselves and others as they begin to express their sexuality" (UNCRC, General Comments Jan. 2003).

This policy has also been written with the consideration of National guidance in particular Sexual Health and Parenthood Education in Schools, December 2014 Scottish Government.



Where page 1 states, "RSHP education is a key part of Health and Wellbeing within Curriculum for Excellence. RSHP education focuses on equipping children and young people with the knowledge, skills and values to make informed and positive choices about forming relationships. It can assist with making safer decisions about their sexual and emotional health and wellbeing in a responsible and healthy manner, as an important part of preparation for adult life. Children and young people develop an understanding of how to maintain positive relationships with a variety of people and are aware of how thoughts, feelings, attitudes, values and beliefs can influence decisions about relationships and sexual health. They also develop an understanding of the complex role and responsibilities of being a parent or carer."

Skills that the RSHP 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.

At Alehousewells we recognise the importance to plan, facilitate and support RSHP education in conjunction with other areas of the curriculum, such as science and religious and moral education. Therefore, RSHP is not always taught as a stand-alone subject.

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 - Nursery to 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.

Respect for others and the importance of being kind.

How their bodies change as they grow.

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 including social media and being safe online.

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.

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. We will encourage the correct usage of terminology for body parts, as led by the children, through all levels. At Alehousewells 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/>

We will also be using lessons and resources from SCARF and information can be accessed by clicking on the link below

<https://www.coramlifeeducation.org.uk/family-scarf/parents-and-schools-together>

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.