

Intended Learning for Primary 5

- Health and Hygiene
- Skills and Abilities
- Keeping myself safe
- Feeling safe and heard
- Relationships
- Online relationships
- Faith and forgiveness
- Emotional Wellbeing

RSHP Resources Used: <https://rshp.scot/second-level/>

- Social Media and Popular culture, Protecting me/abuse and relationships
- Friends and friendships
- Emotional wellbeing and body image, My senses

Sex Education in P5

Body Systems

- To develop an understanding of the body's systems and how they link together
- To recognise the important organs in the body and how they work
- To learn how to look after the body in terms of healthy eating including hand washing and oral hygiene
- Skeletal system
- Breathing and circulation
- Digestion
- Blood
- The senses
- In P5 the children will learn about all of the body systems EXCEPT reproduction

St. Andrew's RC Primary School Gorebridge, Midlothian



Relationships, Sexual Health
and Parenthood
Programme

Personal Safety Programme
Keeping Myself Safe

**Information for Parents
and Carers - P5**

2023

Catholic Context

Sex and Relationship Education in Catholic Schools is taught in the context of a loving, long term, married relationships, but other family contexts are discussed, recognised and valued.

The main resource for the teaching of Relationships, Sexual Health and Parenthood is God's Loving Plan.

The detailed planning framework in God's Loving Plan connects learning in Religious Education (RERC) to aspects of Health & Wellbeing (H&W/B) taught from Primary 1 to Primary 7.

This learning is organised under four THEMES, dealing with God as the source of all life who is delighted when we use our unique talents (including our bodies) for good, who calls us to be loving people and who guides us to make choices that are good and responsible.

The teaching and learning in GLP is supported by the use of resources from Relationships, Sexual Health and Parenthood (RSHP). The RSHP curriculum is part of ACFE and is used nationally. All content is age and stage appropriate for learners 3-18 years. Content is up to date and engaging and meets the needs of learners with ASN, including mild to moderate learning disabilities.

Personal Safety Programme—Keeping Myself Safe

The personal safety programme is taught in conjunction with the RSHP programme. Keeping Myself Safe is the main resource used.

Aims of RSHP and Personal Safety Programme

- To encourage children to demonstrate sensitivity and respect for themselves and others
- To encourage use of correct terminology for body parts and functions
- To help children understand the physical changes they will experience as they grow, including puberty and adolescence.
- To prepare children for the range of emotional changes they may experience as they grow
- To encourage the children to make appropriate choices and learn respect themselves, others and difference
- To encourage healthy and safe living
- To give children practical strategies for keeping themselves safe

Resources Used

- God's Loving Plan (GLP)
- Relationships, Sexual Health and Parenthood (RSHP) (<https://rshp.scot/>)
- Channel 4—All About Us—Living and Growing
- PrimaryScience.Net
- School Science and Health and Well-being Planners
- Healthy Respect—Sex and Relationships Education
- Keeping Myself Safe Interactive Resource
- The Risk Factory
- Choices for Life