

## Why do young people learn about RSHP in Secondary School



- They are naturally curious about their changing bodies and starting to think about relationships and sex
- They are learning about these topics every day through social media, the online world and their peers
- Teachers are equipped with up to date, accurate information and resources which can support young people to question and balance any incorrect information
- Learning about RSHP can help young people to develop healthy relationships and keep themselves safe

## PARENT'S INFORMATION

Secondary Level

# RELATIONSHIPS, SEXUAL HEALTH AND PARENTHOOD EDUCATION

(RSHP)

The most effective approach to young people's sexual health education is achieved through a supportive partnership between parents and school



KNOWLEDGE

+

LEARNING

+

RESILIENCE

=

POSITIVE CHOICES

Scotland strives to be a place where all children feel included, safe, and free from all forms of discrimination and bullying

- Every family in Scotland has the right to their own values and beliefs
- Every young person in Scotland has the right to learn about their body, relationships, sexuality and sexual health

- Learning about the things we share and the things that make us unique helps young people develop a better understanding of themselves and encourages respect and acceptance of others

RSHP

EVIDENCE

### What does the evidence say?

RSHP education helps young people:

- to delay onset of sexual activity
- to reduce risk taking
- to increase their use of contraception and condoms when they do become sexually active
- to reduce the likelihood of unplanned pregnancy



## HOW YOU CAN HELP

### TALKING

- with your child regularly and in an open way helps prepare them for things like body changes during puberty
- gives you an opportunity to share your family values with your child

### LISTEN

- to your child without judgement
- as they will be more likely to come to you when they are worried or curious about something, rather than searching online

### BE AWARE

- of your child's access to the internet through phones, tablets and consoles and talk to them about what they are accessing and how it makes them feel
- that the appropriate parental controls are used on all devices

### HAVE THE INFORMATION YOU NEED

- Parent information on what content is taught at what stage and how to support this learning at home, is available at [www.rsHP.scot](http://www.rsHP.scot) under the Levels tab
- As with any subject, your school will be happy to speak to you about your child's learning

RSHP

BENEFITS

Helping them understand what healthy relationships look and feel like

Helping them understand sexual consent, respect and boundaries

Helping them be more aware of risks and consequences

Helping them become critical thinkers and build digital resilience

Encouraging respect and acceptance of others

Equipping them with the knowledge and skills to keep themselves safe and the confidence to ask for help

