

## Intended Learning for Primary 1

- Looking after and exploring our natural world
- God's Love for Me
- Food Health and Nutrition
- I am Unique
- Diversity
- Showing Love
- Talk about families
- Emotions
- People who help us
- Friendship and helping others
- Respect
- Feelings and emotions
- Understanding my body
- Looking after a baby

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

- Looking after plants and animals
- Unique, similar and different
- Playing together, being kind
- Our Families
- When I feel sad or upset
- People who help and look after me
- Friends and friendship: helping others
- Asking questions, making choices, saying yes/saying no, personal space and privacy
- My body, My body belongs to me
- Pregnancy and looking after a baby

# 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 - P1**

**2023**

## Catholic Context

Sex and Relationship Education in Catholic Schools is taught in the context of a loving, long term, married relationship, 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