

Thursday 1st May 2025

Dear Parent/Carer,

Relationships, Sexual Health and Parenthood Topic

During this term, P1 will begin a topic looking at personal Health & Wellbeing. As part of this, we will cover:

- My Body
- My Body Belongs to Me
- Personal Space and Privacy
- Pregnancy and Looking after a Baby

All of the lessons we will cover can be found here: <https://rshp.scot/early-level/>

I would encourage you to chat to your child about the lessons. In class, we will encourage respectful, mature conversations and discussions. Children will have the opportunity to ask lots of questions and there will be a question box for them to use should they not feel comfortable asking their questions in front of the class.

Many thanks,

Mrs Struthers