

Tuesday 24th March 2026

<https://parkheadprimary.westlothian.org.uk>

Dear Parent/Carer,

Relationships, Sexual Health and Parenthood

Next term P5 classes will begin a topic looking at the cycle of life. As part of this, we will cover:

- My body
- Friends and Friendship
- Fair and equal lives for boys and girls
- My senses – Things I like and don't like
- Consent
- Protecting me/ Abuse and relationships

All of the lessons we will cover can be found here: <https://rshp.scot/second-level/> in the “To begin” section.

We 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.

If you have any questions or concerns about your child participating in these lessons, please contact their class teacher.

Many thanks,

Mr Lawson and Mr Gilchrist

Mr Lawson and Mr Gilchrist
Class Teachers for P5a and P5b

