

14<sup>th</sup> April 2026

Dear Parent/Carer,

We would like to inform you that this term, Primary 7 will begin a topic looking at the cycle of life, known as the RSHP (Relationships, Sexual Health & Parenthood) curriculum. Primary 7 learners will cover the following units:

- 'My Body Now' – naming parts of my body and how my body changes as I grow
- 'Menstruation'
- 'How adults plan & prevent a pregnancy'

These lessons will be delivered on Thursday 28<sup>th</sup> May, Thursday 4<sup>th</sup> June and Thursday 11<sup>th</sup> June, covering **only** the above topics (P7 is Progression 2). All the resources that will be used for these lessons can be found on the RSHP website at <https://rshp.scot/second-level/#progression2> or by scanning this QR code.



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 also be a question box for them to use anonymously, should they feel uncomfortable asking their questions in front of the class. If you wish for your child to be exempted from these lessons, please inform their class teacher by email.

All the best,

Ms. Hart & Ms. Coetzee