

Date 16/04/2026

Dear Parents/Carers,

We are writing to inform you of the upcoming Relationships, Sexual Health and Parenthood RSHP lessons that will be starting next week in your children's class P6A and P6B.

Our Lesson topics will include:

- **Emotional Wellbeing and Body Image.**
 - Part 1: My Feelings
 - Part 2: My Body
 - Part 3: When I feel sad or worried.

- **Love and Relationships**
 - Part 1: What is love
 - Part 2: Being attracted to someone

- **Sex: How people have sex/what do they do?**

- **How human life begins- Pregnancy- Birth**

- **Being a Parent/ Carer**
 - Part 1: What does a parent/carer need to know and do?
 - Part 2: If I were a parent or carer.

- **Social media and Popular culture.**
 - Part 1: Where do we go online.
 - Part 2: Being smart online.

We will hold an online information session to discuss these topics. If you wish to withdraw your child from the lessons, please inform us before then.

If we do not hear from you by Thursday next week, we will assume that you are happy for your child to take part in these lessons.

We welcome open discussion and encourage you to review the lesson materials if you wish too. For more information, please visit:

<https://rshp.scot/second-level/>

Thank you,
Class Teachers.

