



Relationships, Sexual Health and Parenthood (RSHP) Learning at Home **First Level (P2-P4)**

Family and Friendships

At home talk about:

Sharing and playing with others.

Who supports and cares for your child.

Encourage your child to be who they want to be!

Share: photos and memories of your own childhood. What you like about your child.

What your child is good at.

Growing up and Bodies

At home talk about:

The pants rule (no one should see what is covered by your pants).

Being touched is your child's own choice.

Use correct names for body parts: penis, vuvla, bottom and nipples.

Activities: encourage independence - go to toilet on their own and shut door for privacy.

Unique and Special

At home talk about:

Things your child is good at.

What you love about your child.

Discuss how other family members are unique.

Activities: encourage boy/girl friendships, dressing up and play with different toys.

Feelings and Making Choices

At home talk about:

Feelings.

Who trusted adults may be.

How your body may feel when experiencing different emotions.

Help children to recognise that adults can help.

Importance of listening and talking.

Baby's Story

At home talk about:

How babies are made.

Where the baby grows.

How babies are born.

What do baby needs to survive?

This will all be in very simple terms, please access the www.RSHP.scot website for PowerPoints to support this at home.

Recommended Books

These books will help learning at home. They should be available at your local library.

Your body belongs to you by Cornelia Spelman

Colin and Lee, Carrot and Pea (book about individuality) by Morag Hood

Who's in a family? by Robert Skutch

Families, Families, Families! By Suzanne Lang

The Huge bag of Worries by Virginia Ironside

I'm a Girl! (book about gender stereotypes) by Yasmeen Ismail

No Means No! By Jayneen Sanders and Cherie Zamazing

The boy who built a wall around himself (feelings & encouraging communication) Ali Redford

How did I begin? By Mick Manning and Brita Granstrom

How are babies made? By Alastair Smith

Stories for boys who dare to be different by Lois Rock

Goodnight stories for rebel girls by Elena Favilli and Francesca Cavallo

