



## Relationships, Sexual Health and Parenthood (RSHP) Learning at Home **Second Level (P5-P7)**

### **Relationships**

At home talk about:

Making and having friends.

Encourage children to be kind and not to get involved in arguments.

No pressure - girls and boys can be friends without being labelled boyfriend/girlfriend.

Treat everyone equally - boys and girls same activities and chores at home.

### **Bodies**

At home talk about:

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

Changes to body during puberty.

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

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

### **Consent**

At home talk about:

Consent is asking someone's permission to do something. For example, do you want a hug? Encourage child to ask for permission for things and understand and accept the answer is yes or no.

Being touched is your child's own choice. Talk about how children are the "Boss of their Body".

### **Being Safe**

At home talk about:

Social media, being safe and smart online.

Sharing information online - everyone can see it.

Coming to a trusted adult if seeing or hearing anything upsetting online.

Child's rights - right to be protected from harmful things.

### **Babies Story/Being a parent or carer**

At home talk about:

How babies are made.

Where the baby grows.

How babies are born.

What do babies need to survive?

Role of a parent and carer.

This will be in more detail than first level. Please access the [www.RSHP.scot](http://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.**

*Stories for boys who dare to be different* by Lois Rock

*Goodnight stories for rebel girls* by Elena Favilli and Francesca Cavallo

*What's happening to me?* (Girls Edition) By Susan Meredith

*What's happening to me?* (Boys Edition) By Alex Frith

*It's Perfectly Normal* (book about changes and sex) By Robie E. Harris and Michael Emberley

*Personal Hygiene? What's it got to do with me?* By Pat Crissey

*Let's Talk about Sex* by Robie E. Harris