



14th December 2020

Dear Parent/Carer,

Cedarbank School is committed to educating our pupils about healthy relationships and sexual health. We understand the importance of this for our young people as they develop through adolescence.

Your child will be beginning a four week block of RSHP (Relationships, Sexual Health and Parenthood) when the school returns in January. All resources that will be used have been created by a National body that is supported by a partnership of NHS Boards, Local Authorities, Education Scotland, Scottish Government and Third Sector agencies. You can find all of these resources at www.rshp.scot under the tab 3rd and 4th level resources.

All S1 pupils will be focusing on 'My Body Now' and 'Body Image'.

The 'My Body Now' Section covers:

- Names of body parts
- How my body changes as I grow
- Menstruation
- Masturbation

The 'Body Image' Section covers:

- The influence of popular culture
- My real body/body confidence

These topics have been carefully selected for RSHP. I understand that some parents/carers may find this an uncomfortable subject to discuss with their child. However, a clear and factual conversation can help with misunderstandings young people may have about sexual health and help them to make appropriate and safe choices.

If you have any questions about these lessons or would like any support in addressing these issues with your child, please call the school office and ask for Mr Cox. I will be delighted to chat through with you any concerns you may have.

Yours sincerely,

Mr A Cox

Life Skills Development Post Holder



Award 2010

