



14<sup>th</sup> 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](http://www.rshp.scot) under the tab 3<sup>rd</sup> and 4<sup>th</sup> level resources.

All S4 pupils will be focusing on 'Choices about contraception and Social Media'

The 'Choices about contraception' Section covers:

- Choices about contraception
- Condoms
- Sexual Health: Getting advise and support

The 'Social Media' Section covers:

- Me online and using social media
- Netiquette
- Sending and Sharing images

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**

