

## Relationships, Sexual Health and Parenthood (RSHP) National resource for Scotland

*A 'once in a lifetime' opportunity to do better for our children and young people*



### What is the resource?

- An online teaching and learning resource at <https://rshp.scot/>
- Age and stage appropriate for learners 3-18 years, organised by Curriculum for Excellence Levels
- Supporting delivery of the RSHP curriculum as expressed through Health and Wellbeing/RSHP Experiences and Outcomes and associated benchmarks
- For use in formal and informal learning settings
- Up to date and engaging and meeting the needs of learners with additional support needs, including mild to moderate learning disabilities

### Why has it been developed?

- To improve the quality, relevance, consistency and coverage of RSHP Education
- To support educators in the delivery of this topic area
- To contribute to key focus areas identified in the Scottish Government PSE Review
- To Provide a 'once for Scotland' approach
- To better reflect the diversity and rights of children and young people, including girls and young women; lesbian, gay, bisexual and transgender young people; and young people with disabilities

### Who has developed it?

- Developed by a partnership of local authorities and health boards, with advice from Education Scotland and Scottish Government
- Funded jointly by 12 health boards and 5 local authorities
- TASC (Scotland) commissioned to undertake an open, collegiate development process leading to publication of the final resource in August 2019

In addition to information being age and stage appropriate, it is also possible to map by theme across levels: <https://rshp.scot/about-the-resource/#mappinglearning> including topics such as; bodily autonomy, consent, equalities, parenthood and families, relationships, friendships, sexual health and reproduction.



### RSHP education benefits children and young people by...



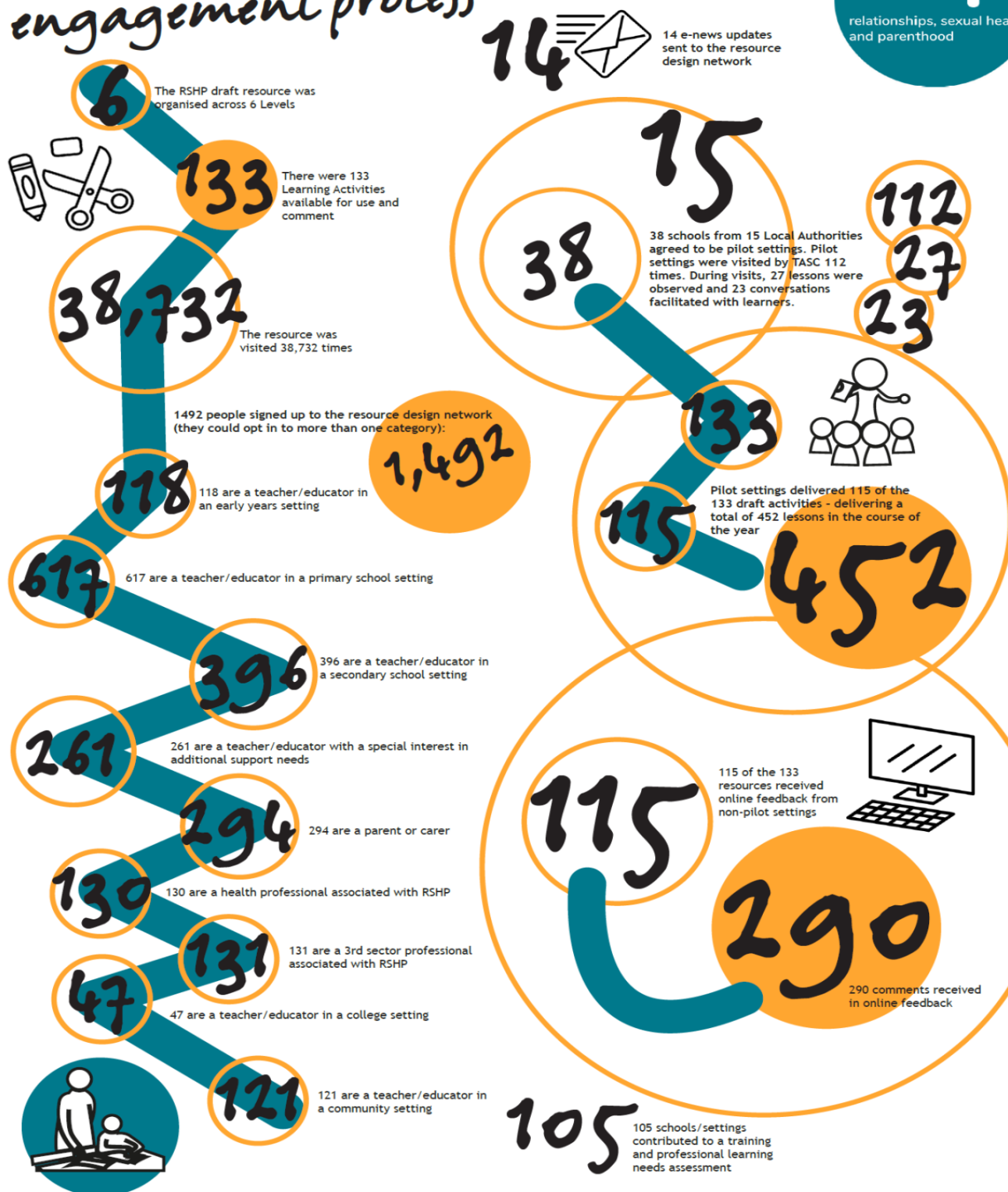
### Rights & Protective factors

### Evidence shows that good RSHP education is linked to;

- Delayed initiation of sexual intercourse
- Decreased frequency of sexual intercourse
- Decreased number of sexual partners
- Reduced risk taking
- Increased use of condoms
- Increased use of contraception



# The RSHP resource development and engagement process



For any further information relating to the contents of this report, please contact Jude Irwin, BBV and Sexual Health Training and Education Manager. T: 01698 377619 E: [jude.irwin@lanarkshire.scot.nhs.uk](mailto:jude.irwin@lanarkshire.scot.nhs.uk)