

Carrick Knowe Primary School

Headteacher: Mrs Gail Canning



28th April 2026

Dear Parents/Carers,

RSHP in P7

As mentioned in the termly newsletter, this term P7 will be covering parts of the Relationships, Sexual Health and Parenthood programme.

On the following page, you will find an overview of the planned learning for each week and below we have included some useful websites where you can find more information.

www.carrickknoweprimary.com/RSHP

Our school website contains lots of information about the progression we have in place in the school. There is also a 'terminology' progression so you are aware of the language we are using with the children.

www.RSHP.scot

This website contains a number of resources and presentations that we will be using when delivering the RSHP programme. When visiting this website, please bear in mind that we may have adapted some of the resources so that they suit the needs of our pupils. We will also not be using every single resource you see on the website.

If you have any further questions, then please feel free to contact the school in the usual way.

Yours sincerely,

Gail Canning
Head Teacher

Tel: 0131 334 4505 | Email: headteacher@carrickknowe.edin.sch.uk | Website: www.carrickknoweprimary.com





Relationships, Sexual Health and Parenthood Education in P7



Week	Week Beginning	Overview
1	27 th April	A fair and equal life for girls and boys • Stereotypes and Equality • Being Fair
2	4 th May	Protecting Me / Abuse and Relationships (Part 1) • When I feel safe / unsafe • My trusted individuals • Bullying
3	11 th May	Protecting Me / Abuse and Relationships (Part 2) • Physical Abuse • Neglect • Sexual Abuse
4	18 th May	Consent • What is consent? • My body is mine
5	25 th May	Being A Parent / Carer • What does a parent/carer need to know do? • If I were a parent/carer...

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