



TS/RS

October 2018

Dear Parent/Carer

I am writing to inform you that your child will shortly be working through a series of lessons in Personal and Social Education lessons (PSE) which will cover the topics of Relationships and Sexual Health.

These topics known as RSHP (Relationships, Sexual Health and Parenthood) and they are taught in schools across Scotland as part of the National Curriculum within the Health and Wellbeing component of Curriculum for Excellence.

We will be covering these topics between November and March 2018 with all year groups. The material used will be appropriate for each year group and in accordance with the National Guidelines.

Please find the list of topics listed below. Should you wish to discuss these lessons further please do not hesitate to contact your child's Guidance Teacher at Charleston Academy.

<b>Understanding my Body</b>	<b>Puberty</b>	<b>Menstruation</b>	<b>Contraception</b>
<b>Appropriate Sexual Behaviour</b>		<b>HIV and STI's</b>	<b>Peer Pressure</b>
<b>Consent</b>		<b>Power</b>	<b>Contraception</b>

Yours faithfully

Russell McFee  
Acting Depute Rector.