

James Gillespie's High School

S1-S4 PSE – Relationships, Sexual Health and Parenthood (RSHP)

<https://rshp.scot/> - teachers use lessons from this resource and

supplement with other activities and information.

S1 – Puberty and Body Changes

My Body

Activity plan - <https://rshp.scot/wp-content/uploads/2024/01/Part-1-Names-of-parts-of-my-body-Activity-plan.pdf>

Slides - <https://rshp.scot/wp-content/uploads/2024/01/Part-1-My-Body-Part-1-Names-of-parts-of-my-body-Slides.pptx>

My Body is Changing

Activity plan - <https://rshp.scot/wp-content/uploads/2024/01/Part-2-My-body-is-changing-Activity-plan-1.pdf>

Slides - <https://rshp.scot/wp-content/uploads/2024/01/My-Body-Part-2-My-body-is-changing-Slides.pptx>

Menstruation

Activity plan - <https://rshp.scot/wp-content/uploads/2024/01/Menstruation-Activity-plan.pdf>

Slides - <https://rshp.scot/wp-content/uploads/2024/01/How-adults-plan-and-prevent-pregnancy-Activity-plan-1.pdf>

Love and Relationships

Activity plan - <https://rshp.scot/wp-content/uploads/2024/01/Part-1-What-is-love-Activity-plan-1.pdf>

Slides – <https://rshp.scot/wp-content/uploads/2024/01/Part-1-What-is-love-Slides.pptx>

Sexual relationships

Activity plan - <https://rshp.scot/wp-content/uploads/2024/01/Sex-How-do-people-have-sex-Activity-plan-1.pdf>

Slides - <https://rshp.scot/wp-content/uploads/2024/01/Sex-How-do-people-have-sex-Slides.pptx>

How human life begins

Activity plan - <https://rshp.scot/wp-content/uploads/2024/01/How-human-life-begins-pregnancy-birth-Activity-plan.pdf>

Slides - <https://rshp.scot/wp-content/uploads/2024/01/How-human-life-begins-pregnancy-and-birth.pptx>

S2 – Relationships

Stereotypes and equality

Activity plan – <https://rshp.scot/wp-content/uploads/2024/01/Part-1.-Stereotypes-and-Equality-Activity-plan-2.pdf>

Slides - <https://rshp.scot/wp-content/uploads/2024/01/Part-1.-Stereotypes-and-Equality-Slides-1.pptx>

More about gender

Activity plan - <https://rshp.scot/wp-content/uploads/2024/01/Part-2.-More-about-gender-Activity-plan-1.pdf>

Slides - <https://rshp.scot/wp-content/uploads/2024/01/Part-2.-More-about-Gender-Slides.pptx>

Transgender

Activity plan - <https://rshp.scot/wp-content/uploads/2024/01/Part-3.-Transgender-Activity-Plan-1.pdf>

Slides - <https://rshp.scot/wp-content/uploads/2024/01/Part-3.-Transgender-Slides.pptx>

Heterosexual/LGB

Activity plan - https://rshp.scot/wp-content/uploads/2024/01/Part-4.-Hetero_LGB-Activity-Plan-1.pdf

Slides – https://rshp.scot/wp-content/uploads/2024/01/Part-4-Heterosexual_LGB.pptx

Being attracted to someone

Activity plan – <https://rshp.scot/wp-content/uploads/2024/01/Part-2.-Being-attracted-to-someone-Activity-plan-1.pdf>

Slides - <https://rshp.scot/wp-content/uploads/2024/01/Part-2.-Being-attracted-to-someone-Slides.pptx>

Masturbation

Activity plan - <https://rshp.scot/wp-content/uploads/2024/01/Part-4.-Masturbation-sec-Activity-plan.pdf>

Slides - <https://rshp.scot/wp-content/uploads/2024/01/Part-4.-Masturbation-Slides.pptx>

Me online/how we use social media

Activity plan - <https://rshp.scot/wp-content/uploads/2024/01/Part-1.-Me-online-Activity-plan.pdf>

Slides - <https://rshp.scot/wp-content/uploads/2024/01/Part-1.-Me-online-Slides.pptx>

Sending and sharing images

Activity plan – <https://rshp.scot/wp-content/uploads/2024/01/Sending-and-Sharing-Images-Activity-plan.pdf>

Slides - <https://rshp.scot/wp-content/uploads/2024/01/Part-3.-Sending-and-Sharing-Images-Slides.pptx>

Pornography – what is it?/what harm does it do?

Activity plan - <https://rshp.scot/wp-content/uploads/2024/01/Pornography-Activity-plan.pdf>

Slides - <https://rshp.scot/wp-content/uploads/2024/01/Pornography-Slides.pptx>

S3 – Sexual consent/the law, contraception and STIs

Sexual consent and the law

Activity plan - <https://rshp.scot/wp-content/uploads/2024/01/Sexual-Consent-and-what-the-law-says-Activity-plan.pdf>

Slides - <https://rshp.scot/wp-content/uploads/2024/01/Sexual-Consent-and-what-the-law-says-Slides.pptx>

Contraception

Activity plan - <https://rshp.scot/wp-content/uploads/2024/01/Choices-about-Contraception-Activity-plan.pdf>

Slides – <https://rshp.scot/wp-content/uploads/2024/01/Choices-about-Contraception-Slides.pptx>

Condoms

Activity plan - <https://rshp.scot/wp-content/uploads/2024/01/Condoms-Activity-plan.pdf>

Slides - <https://rshp.scot/wp-content/uploads/2024/01/Condoms-Slides.pptx>

STIs/BBVs

Activity plan – <https://rshp.scot/wp-content/uploads/2024/01/Part-1.-About-STIs-and-BBVs-Activity-plan-2.pdf>

Slides - <https://rshp.scot/wp-content/uploads/2024/01/Part-1.-About-STIs-and-BBVs-Slides-2.pptx>

Sexual Health Services

Activity plan - <https://rshp.scot/wp-content/uploads/2024/02/Finding-and-Using-Services-Activity-Plan.pdf>

Slides - <https://rshp.scot/wp-content/uploads/2024/02/Finding-and-using-sexual-health-services-Slides-1.pptx>

S4 – Relationships/Sexual Health/Consent

Relationships

Activity plan - <https://rshp.scot/wp-content/uploads/2024/01/Part-1.-The-relationship-I-want-Activity-plan-1.pdf>

What consent means in a relationship

Activity plan - <https://rshp.scot/wp-content/uploads/2020/03/Part-1.-What-consent-means-in-a-relationship-Activity-plan-APRIL-2020.pdf>

Slides - <https://rshp.scot/wp-content/uploads/2020/03/Part-1.-What-consent-means-in-a-relationship-Slides-APRIL-2020.pptx>

The age of consent

Activity plan - <https://rshp.scot/wp-content/uploads/2024/01/The-age-of-consent-Activity-plan-1.pdf>

Slides - <https://rshp.scot/wp-content/uploads/2024/01/The-age-of-consent-Slides.pptx>

Keeping yourself and others safe

Activity plan - <https://rshp.scot/wp-content/uploads/2024/01/Going-Out-Part-1-Keeping-Safe-Activity-plan-1.pdf>

Slides - <https://rshp.scot/wp-content/uploads/2024/01/Going-out-Part-1-Keeping-safe-Slides.pptx>

Meeting and dating online

Activity plan - <https://rshp.scot/wp-content/uploads/2024/01/Going-out-Part-2-Meeting-and-dating-online-Activity-Plan-1.pdf>

Slides - <https://rshp.scot/wp-content/uploads/2024/01/Going-Out-Part-2-Meeting-and-dating-online-Slides.pptx>

Finding and using sexual health services

Activity plan – <https://rshp.scot/wp-content/uploads/2021/08/Finding-and-using-services-Senior-Phase-Activity-plan-August-2021.pdf>

Slides - <https://rshp.scot/wp-content/uploads/2019/07/Finding-and-using-sexual-health-services-Slides.pptx>