Introduction

As an organisation, Education Scotland is committed to promoting the welfare of children and young people across Scotland. Our work includes working with Scottish Government, local authorities, educational establishments, practitioners and partners to develop and support approaches to keeping children and young people safe.

Education Scotland also leads on key aspects within Curriculum for Excellence (CfE) relating to the quality and improvement in Health and Wellbeing (HWB) in Scottish education. Learning in HWB is designed to ensure that children and young people develop the knowledge and understanding, skills, capabilities and attributes which they need for mental, emotional, social and physical wellbeing now, and in the future.

Relationships, Sexual Health and Parenthood (RSHP) in the curriculum

RSHP is one of the six organisers within the Health and Wellbeing curriculum area. All children and young people have a right to learn about relationships, sexual health and parenthood in an age and stage, in a developmentally appropriate way. RSHP begins at age 3 in early learning and childcare, through primary and secondary school, including Senior Phase, up to age 18. The Experiences and Outcomes and Benchmarks which relate to learning for children and young people aged 3-15, make clear what learners need to know, and be able to do to progress through the levels.

Very young children learn:
- how to look after their body
- the correct anatomical terms for body parts
- ‘my body belongs to me’, and who to go to for help to reduce the potential for harm when possible

From the Early through to the Senior Phase, young people progress in their learning to know and understand:
- respect for my body and what behaviour is right and wrong and who I should talk to if I am worried about this;
- know how to access services, information and support if my sexual health and wellbeing is at risk; how to get support and help with situations involving abuse, and I understand that there are laws which protect me from different kinds of abuse;
- my rights in relation to sexual health including my right to confidentiality, and my responsibilities, including those under the law;
- how to manage situations concerning my sexual health and wellbeing and I am learning to understand what is appropriate sexual behaviour; and
- the support available and current legislation related to a range of types of
abuse, for example, female genital mutilation, domestic abuse, grooming and child sexual exploitation.

RSHP should meet the needs of learners in a changing context, whether that is in terms of concerns we may have for children and young people; the influence of pornography, negative experiences of social media or gender-based violence; or positive cultural shifts such as a better understanding of the rights of learners with disabilities or LGBT young people. Children and young people do not just learn in formal settings, they also learn at home and so RSHP needs to reflect the role of parents and carers as the child’s first and lifelong educator.

RSHP contributes strongly to addressing a broad range of issues that children and young people face, including gender-based violence, stalking and sexual harassment within a wider culture of misogyny. RSHP also equips children and young people with the resilience, knowledge and skills to better identify, protect themselves and seek help from adults in relation to child sexual abuse, grooming, coercive control, sexual harassment, and gender-based violence and discrimination in relation to an LGBT identity. It also contributes towards addressing sexual offending behaviour among young people. RSHP contributes strongly to children and young people in Scotland receiving support and guidance from the trusted adults in their lives to grow up able to have healthy relationships and experience good sexual health.

3-18 National RSHP Resource

A new national RSHP online learning and teaching resource is now available at https://rshp.scot/. This resource has been funded and developed by a partnership of local authorities and health boards (including Healthy Respect on behalf of NHS Lothian), with advice and support from Education Scotland and the Scottish Government. It was launched on Wednesday 25 September at Scottish Learning Festival. It provides a comprehensive set of learning activities for teaching staff and other front line staff in all educational establishments as well as informal learning settings, to deliver high quality, up-to-date and engaging age and stage appropriate RSHP education for children and young people across the entire 3-18-year-old age range of CfE. This new resource is also designed to be inclusive for learners with moderate additional support for learning needs.

Content of the New Resource

The RSHP resource is aligned to the CfE Experience and Outcomes for RSHP [https://rshp.scot/about-the-resource/#mappinglearning] and the associated benchmarks, with learning activities available to support progression from the Early through to Senior Phase.

The resource includes detailed and up-to-date teaching content on:

- Relationships and Friendships
- Sexual Health and Reproduction
- Bodily autonomy, Consent and Protection from harm
- Emotional Wellbeing and Help-seeking Behaviour
• Equalities and Inclusion
• Gender
• Parenthood and Families

The resource:
• aims to improve the quality, relevance, consistency and coverage of RSHP;
• supports professional judgement and progression in learning. Suggested learning activities can be adapted to suit individual learning needs;
• includes information for parents and carers for each activity;
• includes quality assured video clips, presentations, teaching notes and recommendations for wider reading;
• reflects the diversity and rights of children and young people including girls and young women, LGBT young people and young people with disabilities;
• considers the training and continuing professional development needs of teachers/facilitators; and
• recognises that RSHP supports Scottish Government’s broader ambition of improving health and wellbeing outcomes for the whole population.

For practitioners working in early learning and childcare, the resource provides guidance for staff and for parents and carers to use teachable moments. For educators working with primary and secondary school age children and young people there are a series of flexible guided activities which ensure a quality learning experience. The resource is designed to be used by educators working with learners with Additional Support Needs; with signposting to further material that might also be useful.

Learning about consent

In March 2017, Scottish Government announced as part of their Mental Health Strategy the intention to undertake a national review of Personal and Social Education (PSE), the role of pastoral guidance in local authority schools, and services for counselling for children and young people. A key finding from the Personal and Social Education Thematic Review was the importance of teaching age and stage appropriate RSHP education and consent. RSHP Education can be an instrumental tool in tackling issues early on before they escalate into more severe wellbeing issues. In May 2019, Scottish Government published key messages for young people on Healthy Relationships and Consent – A resource for professionals working with young people. The key messages are reflected throughout the new RSHP resource.

Universal Support

A significant part of Education Scotland’s work involves collaboration with Scottish Government and other stakeholders. Education Scotland has lead responsibility for the following actions from Scotland’s national action plan to prevent and eradicate FGM. 2016.

- Education Scotland will review, update and develop learning resources that can be used in the classroom in an age appropriate manner
To develop and maintain Female Genital Mutilation FGM educational materials and resources for teachers to support children, parents/carers and other networks, to include annual safeguarding update.

The recommended actions from the plan included Education Scotland reviewing, updating and developing universal learning resources that can be used in the classroom in an age appropriate manner.

As a result, Education Scotland consulted with practitioners and third sector organisations to support content for Safeguarding - Female Genital Mutilation (FGM) on the National Improvement Hub. This includes background information for practitioners, resources to support learning along with signposting to organisations who can support Female Genital Mutilation FGM-related questions or information. Since its publication in November 2017, it has received 880 visits.

Currently, we are working collaboratively with the third sector to publish examples of good practice of the third sector working with schools and local authorities.

Education Scotland is also committed to embedding the principles and values of Getting it right for every child ensuring the right support can be offered at the right time from the right people.

**Targeted interventions**

It is the duty of care of practitioners to follow child protection procedures outlined within the school and local authority to raise any safeguarding concerns, including those relating to Female Genital Mutilation (FGM).

A very important procedure of this is the development of a personalised child's plan which will be co-ordinated when a child needs a range of extra support. This will explain what should improve for the child, the actions to be taken and why the plan has been created. The child's plan is managed by a 'lead professional': someone with the right skills and experience to make sure the plan is managed properly. The child and parent(s) will know what information is being shared, with whom and for what purpose, and their views will be taken into account. This may not happen in exceptional cases, such as where there is a concern for the safety of a child or someone else.

Planning around Getting it right for every child uses the wellbeing indicators unique to the individual and there is no set level of wellbeing that children should achieve. Each child should be helped to reach their full potential as an individual. When a child, young person or their family asks for help with a wellbeing concern, the people who support them should listen to their views and consider appropriate next steps.

**Professional Learning**

The provision of high-quality professional learning in safeguarding and child protection is key to building the capacity, confidence and skills of practitioners in
relation to safeguarding and child protection learning, including Female Genital Mutilation (FGM).

We have delivered safeguarding professional learning to groups of Education Scotland staff across the organisation. In December 2017, we launched a set of three safeguarding and child protection modules to provide staff with on-line professional learning. This includes information relating to Female Genital Mutilation (FGM).

Education authorities are responsible for the implementation of regular child protection training for all staff, which includes guidance relating to reporting safeguarding concerns.

Finally, Education Scotland was represented at the National Summit on Preventing and Eradicating Female Genital Mutilation on Thursday 11th July at Glasgow Women’s Library and shared information about Safeguarding - Female Genital Mutilation (FGM) on the National Improvement Hub.
Briefing on Female Genital Mutilation (FGM) evidence from scrutiny activities

HM Inspectors of Education focus on safeguarding and child protection as part of each school inspection. Our school Quality Improvement Frameworks, including How Good is Our School? (4th Edition) include a quality indicator which considers the schools arrangements for safeguarding and child protection.

Each school, which is inspected, completes a safeguarding form highlighting its practice in this area. During the inspection, HM Inspectors of Education meet with designated senior school staff to discuss and evaluate the quality of the school/ELC approaches to safeguarding and child protection. This discussion provides an opportunity for the school to share with HM Inspectors of Education any arrangements it has put in place to ensure that staff have an understanding of FGM issues.

HM Inspectors of Education ask all schools being inspected to provide information about professional learning for staff on FGM. They explore with school leaders their understanding of their responsibilities in keeping girls safe from FGM.

Given the sensitivities around HM Inspectors’ discussions with senior school staff in connection with safeguarding and child protection and the need to protect the anonymity of children and young people, details are not routinely included in published reports.

If HM Inspectors of Education identify particular strengths in relation to safeguarding and child protection these may be recorded within the inspection safeguarding form or the Summary of Inspection Findings. Where there are any areas of concern or areas for development in relation to safeguarding and child protection, HM Inspectors of Education would discuss these with school leaders and representatives of the relevant local authority.