



Hillhead Primary School
 110 Otago Street
 Glasgow
 G12 8NS

23rd January 2018

Dear Parent/Carer

Every year, Primary One to Seven completes a unit of work about Sexual Health and Relationships Education known as SHRE. The lessons are all age and stage appropriate and are an integral part of the Health and Wellbeing Curriculum. These materials were developed by Glasgow City Council and are recognised by the Scottish Government as an appropriate method for teaching the relevant experiences and outcomes of the Curriculum for Excellence. All the lessons will be taught this term.

The topics covered will be:

Primary 1 Lessons P1 Lesson 1 - Me, I am unique. P1 Lesson 2 - Feelings, this is how I feel. P1 Lesson 3 - Stranger danger, keep safe. P1 Lesson 4 - My life, my special people.	Primary 2 Lessons P2 Lesson 1 - Living Things, where they're from. P2 Lesson 2 - Pets, our special friends. P2 Lesson 3 - I am me, I am like you. P2 Lesson 4 - Family Life, ups and downs.
Primary 3 Lessons P3 Lesson 1 - Living Things, where they're from. P3 Lesson 2 - Bullying, let's deal with it! P3 Lesson 3 - Girls and Boys, all friends together P3 Lesson 4 - Life Changes, express yourself.	Primary 4 Lessons P4 Lesson 1 - Who cares, we care! P4 Lesson 2 - Feeling good, you choose! P4 Lesson 3 - Problems, we can fix them! P4 Lesson 4 - Our life, who cares for us.
Primary 5 Lessons P5 Lesson 1 - You're alright, I'm alright. P5 Lesson 2 - I am me, you are you. P5 Lesson 3 - My body, my rights! P5 Lesson 4 - Growing up, what's changing?	Primary 6 Lessons P6 Lesson 1 - Friendships, what makes them work? P6 Lesson 2 - Online, are you on guard? P6 Lesson 3 - Boy stuff, girl stuff, what's it all about? P6 Lesson 4 - Growing up, what's happening to me?
Primary 7 Lessons P7 Lesson 1 - Going out, keeping safe. P7 Lesson 2 - Changing times, changing feelings. P7 Lesson 3 - Growing up, how do I feel? P7 Lesson 4 - Growing up - body parts. P7 Lesson 5 - Families - What are they like?	

Any parents who wish to view the SHRE resources are welcome to contact the school to make an appointment.

Yours sincerely

Susan Thomson
 Depute Head Teacher