



Hillhead Primary School  
 110 Otago Street  
 Glasgow  
 G12 8NS

13<sup>th</sup> March 2019

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:

<b>Primary 1 Lessons</b> 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.	<b>Primary 2 Lessons</b> 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.
<b>Primary 3 Lessons</b> 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.	<b>Primary 4 Lessons</b> 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.
<b>Primary 5 Lessons</b> 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?	<b>Primary 6 Lessons</b> 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?
<b>Primary 7 Lessons</b> 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