



About theChat

TheChat was commissioned to find out how parents support their children at home when it comes to learning about friendships and relationships, growing up and puberty, being safe and topics like consent. Parents have also talked about wanting their teenage children to understand about relationships and sexual health. In our reporting we use the term *parent* to mean both *parents and carers*; this includes any family member with direct caring responsibility, as well as foster carers and kinship carers.

Conversations with parents – called ‘chats’ – and a national survey have provided insight into life at home and how parents want to support their child from the early years, through childhood and into the teenage years so that they are equipped to be healthy, happy and safe in their friendships and relationships.

TheChat has shown that parents are the primary and most important educators of their children on all these matters, but we have also taken time to talk about what parents know and think about nursery and school-based learning. In nursery or school this will be called Relationship, Sexual Health and Parenthood (RSHP) learning. We have talked about what parents want to see in terms of how school and home should work together to support learning.

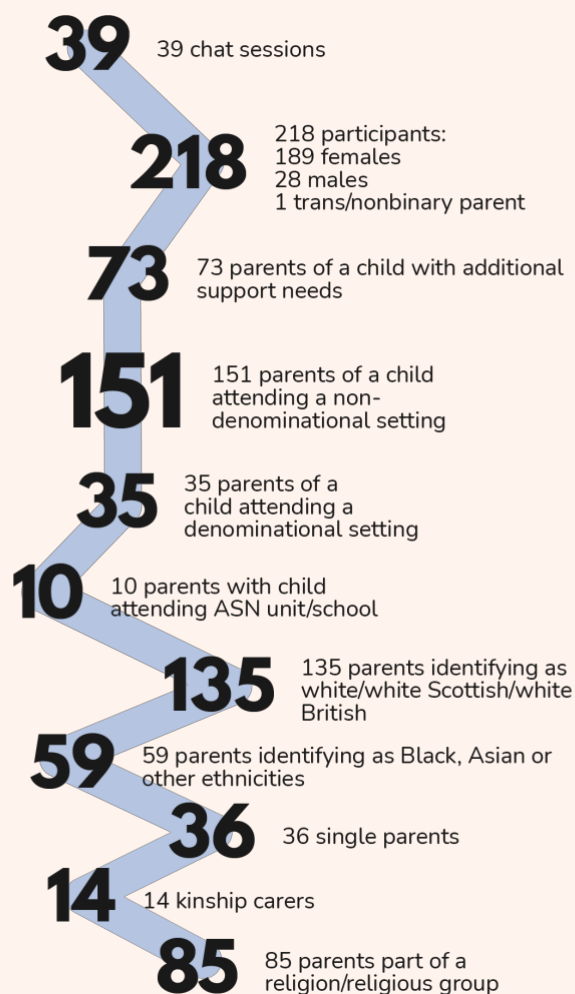
TheChat was a Scotland-wide project, facilitated by independent agency TASC (Scotland) on behalf of NHS Borders, NHS Grampian, NHS Greater Glasgow and Clyde, NHS Tayside and NHS Eileanan Siar (Western Isles) and Glasgow City Council.

Parental engagement with theChat

Parents and carers engaged with theChat through a series of facilitated small group conversations called 'chats' and then by completing a national survey.

The Chats

TheChat began with a series of small group chats that took place between October 2023 and May 2024. These were predominantly in-person, with some facilitated via Zoom. Parents talked about how they support their child's learning at home, they spoke about their views on school-based learning, and shared views on what would support them in their role as their child's first educator. Learning from the discussions directly informed the creation of the national survey.



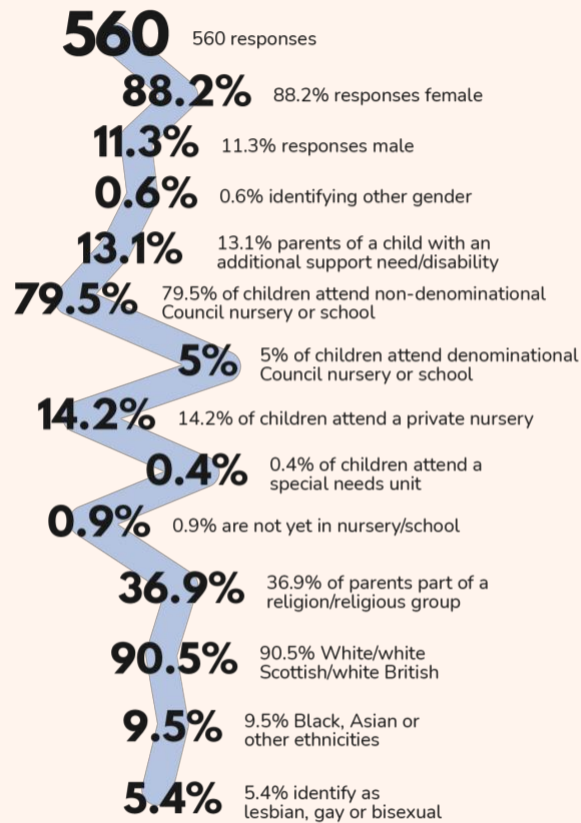
The National Survey

The survey was open for five weeks, May/June 2024. It was promoted widely through parent and community organisations, Parent Councils, nurseries and schools, as well as social media platforms.

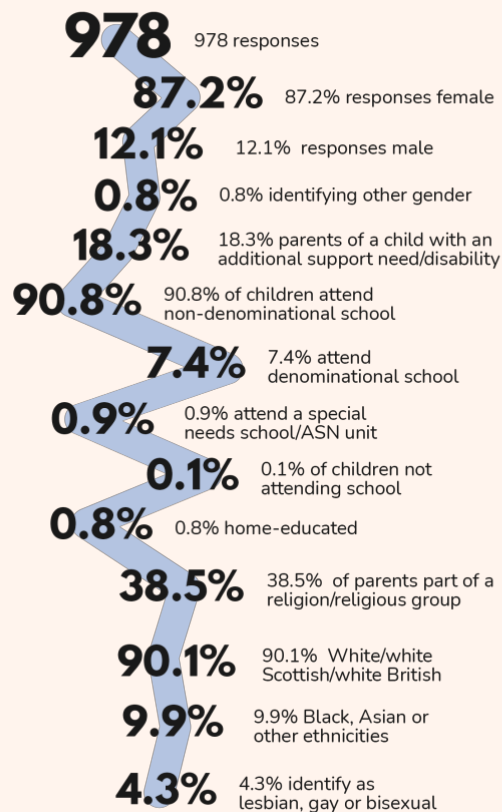
There were 4 versions of the survey, with parents asked to complete a survey for the age category of their child: 3 to 5 years old (with a child likely to be in nursery or P1); 6 to 8 years old (for a child likely to be in P2, P3 or P4); 9 to 12 years old (for a child likely to be in P5, P6 or P7); 12 to 18 years old (for young people likely to be in secondary school or in college). Of course, ages do not always correspond to school years in this way, but for the most part are likely to. The cross over in terms of children aged 12 was to allow for completion if the 12-year-old was still in primary school or was now in secondary school.



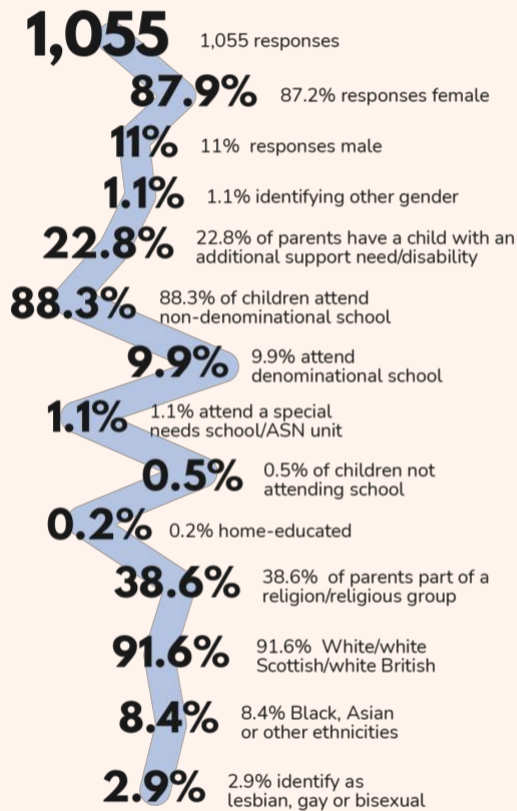
Survey for
parents of
children
aged 3 to 5
years old



Survey for
parents of
children aged 6
to 8 years old



Survey for
parents of
children aged 9
to 12 years old



Survey for
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children aged
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old

