

(vii) Mr S Mackie

To the Chair of the Education Committee

‘According to Endometriosis UK, endometriosis devastates the lives of women and their families and will effect up to one in ten Highlanders. Education at a young age is cited as the best way to raise awareness of the condition for both women and men and can help identify symptoms as early as possible.

Given the prevalence of this endometriosis and the importance of understanding this condition in early life, what is currently being taught on this subject in Highland Schools?’

Personal and Social Education is focused on educating in relation to health and wellbeing (what makes a healthy body/how to stay healthy/sexual health – mental health etc) rather than being disease focussed. The curriculum approach is founded on Public Health principles to empower and enable students to have ownership of their own health and support them to go to a trusted adult/teacher/GP if they think that things may not be right.

The school’s role would be to signpost the student to a GP in order that the diagnosis pathway can be progressed.

If a school knows that a student is having heavy periods and/or is being treated for possible endometriosis, the school nurse would step in with support, advice and guidance for both teaching staff and the student if asked.

It is also recommend that schools follow the www.rshp.scot site to cover Relationships, Sexual Health and Parenting. Endometriosis is covered in the Menstruation section in Level 3/4.