

## **Personalised Learning College (PLC) High Needs Learners Relationships and Sex Education (RSE)**

### **Definition:**

RSE is learning about the emotional, social and physical aspects of growing up, relationships, gender, sexuality and sexual health. It should support learners to gain accurate information, develop skills and form positive beliefs, values and attitudes. It also gives pupils essential skills for building positive, enjoyable, respectful, loving and non-exploitative friendships and relationships, staying safe both on and offline. This enables them to take responsibility for their body, relationships, reproduction, sexual health and wellbeing. RSE does not promote sexual activity either directly or indirectly.

The term Relationships and Sex Education (RSE) is used in this policy rather than sex education. As our learners may have already received sex education at school, we focus on attitudes and values, developing self-esteem and self-respect and help to provide the skills needed to manage relationships, we also cover how to have safe sex.

### **Legislation:**

As learners attending PLC may have received an appropriate RSE curriculum whilst at school or previous setting, we will ensure that learners receive RSE, appropriate to their particular needs as outlined in their Education, Health and Care Plan and will take specialist advice where necessary. We will do this by working in partnership with health professionals, social workers, external organisations and other mentors or advisers.

Learners with the mental capacity to make decisions for themselves have the right to withdraw from RSE, and this should be discussed with the relevant PLC Hub Coordinator and managed through the review process.

### **Ethos:**

Relationship and Sex Education (RSE) is an important element of the Personal, Social and Health Education (PSHE) curriculum at PLC. We believe that learners should learn about their own physical development, together with an awareness of their relationships with others, including intimate relationships. This can greatly enhance learners' ability to lead fulfilling lives and safeguard them from unhealthy relationships and exploitation.

We also expect learning outcomes to be enhanced by the increased self-esteem and confidence which a good RSE education programme can bring about. Throughout everything we do at PLC, we make a commitment to developing learning and relationships through encouraging autonomy and the taking of responsibility, supported by open communication between learners, staff and parents/carers

We believe that each of us should feel valued and of worth to others which enhances wellbeing and mental health. Our learners, with a variety of learning needs and from a range of backgrounds, need to experience positive self-esteem. They can then be encouraged to develop the skills to form loving, healthy and caring relationships during their lives and to share and respect the views

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and lifestyle choices of others. Although we will not encourage sexual experimentation, we aim to give learners the skills to understand and maintain healthy relationships with others and the assertiveness to avoid being exploited. We will generate an honest and open atmosphere where questions and discussions on relationship matters can take place without any stigma, judgment, or embarrassment.

We will support our young people to explore and develop respect, boundaries and social norms. This will include developing appropriate behaviours and relationships within their family, peer group and society.

### **Aims:**

We aim to ensure that our RSE education will:

- Promote the spiritual, cultural, mental and social wellbeing of all learners.
- Prepare learners for adult life.
- Develop learners' awareness and understanding about the importance of strong positive relationships and being able to differentiate between different types of relationships.
- Support learners to develop skills for building positive, enjoyable, respectful, and non-exploitative friendships, relationships and to stay safe both on and offline.
- Support learners to understand accurate information, develop skills and form positive beliefs, values, and attitudes.
- Support learners to understand each person's right to make informed choices and have a voice that is respected and acknowledged.
- Learners will know how and where to access advice or help if needed and which professionals can help

### **Curriculum Delivery:**

The following topics can be included in the RSE curriculum:

- Personal care and skills and hygiene
- Physical development, health, diet, and exercise
- E-Safety and IT usage
- Safety within our home and community
- Respectful relationships
- Sexual relationships and the law including consent
- Managing conflict
- Families and people who care for learners
- Caring friendships
- Decision and choice making
- Appropriate vocabulary for body parts
- Sexual health
- Contraception/sexually transmitted diseases
- Consequences of personal choices
- Acceptable behaviour in terms of relationships, not just intimate ones
- Mental wellbeing
- Drugs, alcohol and tobacco
- Basic first aid

**Coercive Behaviour:**

- Recognising the signs of exploitative relationships
- How to access help
- Diversity in relationships (LGBTQ+)

**Equality, Diversity and Inclusion:**

We aim to deal sensitively, respectfully, and honestly with issues of sexual orientation, sexual and gender identity answer appropriate questions and offer support. Young people, whatever their developing sexuality, need to feel that relationship education is relevant to them. Our support will also consider the needs of gay; lesbian, transgender or bi-sexual learners and we will actively challenge any incidences of homophobic, biphobic and transphobic behaviour.

Male, female, and non-binary learners have the right to equal RSE at PLC and we consider topics and approaches that will actively engage all learners, irrespective of gender identity. We will also be proactive in combating sexism and sexist behaviour.

**Confidentiality:**

All RSE will be taught in a calm and supportive manner. Teachers and other staff cannot offer or guarantee learners' confidentiality. Should there be any safeguarding concerns raised, all staff will follow safeguarding policy guidelines and statutory requirements.

Any personal information, discussions or experiences which are not a safeguarding concern will be treated with sensitivity and will be kept confidential.

**Consent:**

PLC does not have to seek parental consent for us to teach their young person relationships, sex and health education, but PLC should make the curriculum materials available to parents on request.