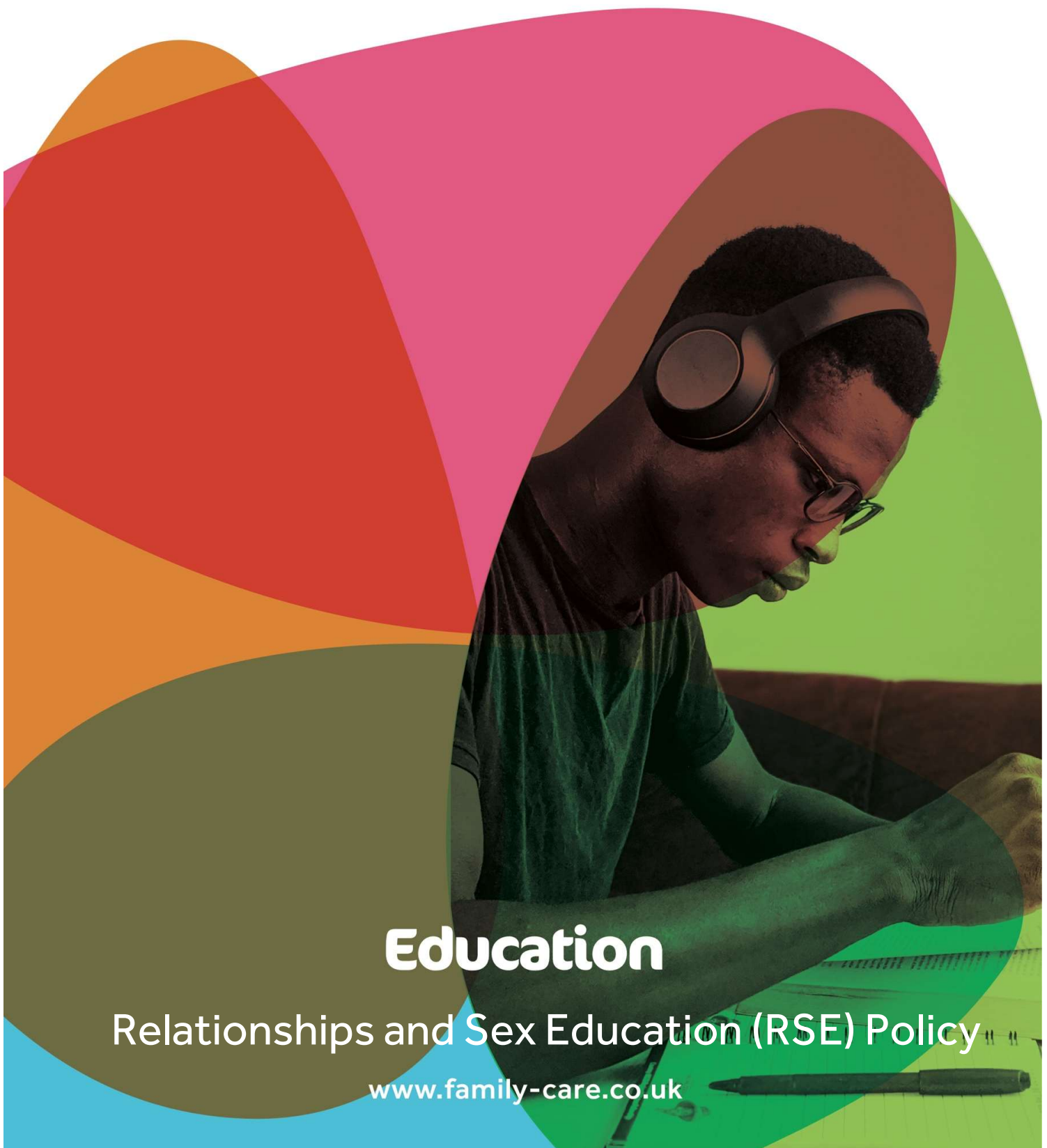


FamilyCare

Healing pasts • Building futures



Education

Relationships and Sex Education (RSE) Policy

www.family-care.co.uk

Relationships and Sex Education (RSE) Policy

Implementation/Reviewed: September 2026

Date of Next Review: September 2027



Aims

At Family Care, we recognise that all of our pupils have Education, Health and Care Plans (EHCPs), with a wide range of neurodiverse profiles including Autism Spectrum Disorder (ASD), ADHD, and social communication needs. Therefore, our RSE curriculum is designed to:

- Provide a safe, supportive framework for sensitive discussions about relationships, personal development, and safety.
- Support pupils' emotional and social development using the **Secure Base model**, fostering trust, resilience, and safe relationships.
- Equip pupils with knowledge of their bodies, relationships, and appropriate behaviours in a developmentally suitable way.
- Promote self-respect, confidence, empathy, and understanding of diversity.
- Teach the importance of consent, boundaries, online safety, and personal privacy.
- Ensure that teaching is **SEND-appropriate, age-appropriate**, and delivered through **adaptive teaching methods** that meet each pupil's unique needs.
- Reassure parents and carers that their child's RSE learning will be handled with **sensitivity, care, and respect for their individual development**.

Statutory Requirements

Family Care follows statutory guidance from:

- The Children and Social Work Act 2017
- Education Act 1996 (Sections 403, 406, 407)
- The Equality Act 2010 (Public Sector Equality Duty)
- Keeping Children Safe in Education (KCSIE)
- **Children and Families Act 2014 and SEND Code of Practice (2015).**
- DfE Statutory Guidance on RSE (2019) this guidance updated 2026 implementation September 2026

We are required to provide Relationships Education for all pupils. We also deliver relevant Health Education and the biological elements of Sex Education as part of the Science curriculum.

Policy Development

This policy was developed through consultation with:

- Pupils (using accessible communication methods)
- Parents/carers (via surveys and discussions)
- Staff teams (via training and feedback)
- The Governing Board

It is reviewed annually or earlier if guidance changes.



Definition of RSE at Family Care

Equality, Diversity and Inclusion:

Teaching reflects protected characteristics, diverse family structures and promotes respect for all. Relationships and Sex Education (RSE) at Family Care supports pupils' emotional, social, and cultural development, focusing on:

- Positive relationships
- Healthy lifestyles
- Consent and boundaries
- Personal identity
- Safety, including online safety

RSE is delivered in a way that reflects the **Secure Base model**, ensuring pupils feel emotionally safe, supported, and respected. Teaching is never about promoting sexual activity but about giving pupils the knowledge and confidence to navigate relationships and personal safety appropriately.

Curriculum

Our RSE curriculum is developmentally designed, not solely based on chronological age. Content is adapted to pupils' cognitive and emotional stages, with flexibility to meet individual EHCP targets.

Key topics include:

- harmful sexual behaviour,
- child-on-child abuse,
- sexual harassment,
- exploitation,
- menstrual health,
- online grooming,
- deepfakes,
- image sharing
- online scams
- Families and people who care for me
- Friendships and respectful relationships
- Online relationships and digital safety
- Changes during puberty
- Keeping safe and understanding consent

Parents can request to see curriculum materials. Resources are carefully chosen to be **accessible, appropriate, and supportive of SEND learners**.

Delivery of RSE (SEND-Appropriate, Age-Appropriate, Adaptive Teaching)

RSE at Family Care is taught through:

- PSHE lessons
- Science curriculum (biological aspects)
- Assemblies and bespoke interventions
- External specialist sessions (when appropriate)

Our delivery is characterised by:



- **SEND-appropriate approaches:** Lessons tailored to EHCP outcomes, cognitive profiles, and emotional needs.
- **Age-appropriate content:** Teaching focuses on pupils' developmental understanding, ensuring relevance and comprehension.
- **Adaptive teaching strategies**, including:
 - Visual supports (PECS, Wigit)
 - Social stories and role play
 - Small group or 1:1 sessions
 - Scaffolded, simplified language
 - Sensory-sensitive materials
 - Repetition and over-learning
- **Trauma-informed practice:** Using the **Secure Base model** to provide emotional safety, trust, and sensitive responses to individual experiences.
- **Pacing and flexibility:** Lessons proceed at a pace suited to pupil understanding, with regular check-ins.

We aim to **reassure parents** that RSE teaching is always delivered in a protective, supportive, and sensitive manner, designed to meet the unique needs of their child.

Use of External Organisations

External professionals may enhance RSE delivery, ensuring:

- Resources are SEND-appropriate, sensitive, and aligned with statutory guidance.
- Materials are vetted for accuracy, neutrality, and suitability for our pupils.
- Sessions are carefully planned with school oversight and staff present at all times.

Roles and Responsibilities

Designated Safeguarding Lead (DSL): Supports staff, manages disclosures arising from RSE and oversees safeguarding referrals.

- **Governing Board:** Approves this policy and holds leadership accountable.
- **Headteacher:** Oversees RSE delivery and responds to parental concerns.
- **RSE Lead:** Coordinates curriculum delivery, resources, and staff training.
- **Teaching Staff:** Deliver RSE with sensitivity, adapting content to meet individual needs.
- **Parents/Carers:** Key partners in supporting their child's RSE journey.
- **Pupils:** Encouraged to engage with RSE in a respectful, safe environment.

Parents' Right to Withdraw

Safeguarding and Confidentiality: Staff cannot guarantee confidentiality. Any concerns or disclosures indicating risk of harm will be reported to the DSL in accordance with safeguarding procedures.

- Parents **cannot withdraw** their child from statutory Relationships Education.
- If Family Care offers any additional, non-statutory Sex Education (beyond the Science curriculum), parents will have the right to withdraw their child from these specific lessons.
- Requests for withdrawal must be made in writing to the Headteacher.

- Alternative appropriate learning will be provided during these sessions.

We work in **close partnership with parents** to ensure they are fully informed and reassured about what is being taught, when, and how it is adapted for their child.



Bespoke and Targeted RSE Interventions

In addition to our structured PSHE and RSE curriculum, we offer **targeted, bespoke provision** in response to individual pupil needs or safeguarding concerns. This provision is developed in close partnership with parents/carers, social care, and the wider multidisciplinary team.

Examples of bespoke interventions include:

- **1:1 personalised RSE programmes** for pupils exhibiting concerning or developmentally delayed behaviours (e.g. inappropriate touch, public exposure)
- **Small group sessions** addressing specific topics such as puberty, menstrual hygiene, or personal care—delivered in response to observed needs or incidents
- **Crisis-responsive PSHE input**, e.g. following online safety breaches, peer conflict, or emotional regulation challenges
- **Ongoing work** linked to EHCP outcomes, therapeutic plans, or multi-agency safeguarding strategy

These sessions are:

- Carefully planned and delivered using adaptive and trauma-informed methods
- Monitored for impact and reviewed with relevant professionals and families
- Always aligned with our safeguarding, behaviour, and wellbeing frameworks

This approach ensures PSHE and RSE in our schools are **not only planned and statutory, but proactive, protective, and deeply embedded in real safeguarding practice**. It reflects our commitment to equipping every pupil with the knowledge, confidence and support to navigate the world safely.

Training

All staff receive regular CPD in:

- RSE delivery methods suitable for SEND learners
- Trauma-informed and Secure Base model approaches
- Safeguarding and child protection related to RSE
- Supporting neurodiverse pupils in sensitive topics

Monitoring and Evaluation

The RSE Lead monitors delivery through:

- Planning reviews
- Lesson observations
- Pupil voice activities (using adapted methods)
- Feedback from staff and parents

Pupils' understanding is monitored as part of ongoing assessment. This policy is reviewed annually, or sooner if required, by the Headteacher and Governing Board.

Appendices:

Introduction to the Family Care Relationships and Sex Education (RSE) Curriculum

Intent

At Family Care, Relationships and Sex Education (RSE) is a vital component of our broader Personal, Social, Health and Economic (PSHE) curriculum. It is designed to equip pupils with the knowledge, skills, and values to establish and maintain healthy, respectful relationships and to navigate the complexities of modern life both online and offline.

The curriculum aims to:

- Foster understanding of different types of relationships, including friendships, families, and intimate relationships.
- Promote values of respect, empathy, integrity, and equality.
- Provide clear and factual information about sexual health, consent, and personal boundaries.
- Support pupils' emotional and mental wellbeing.
- Prepare pupils for the physical and emotional changes of puberty and adolescence.

Our curriculum is inclusive, age-appropriate, and responsive to the diverse experiences of our pupils and their families. It reflects statutory guidance and supports our wider school commitment to pupil wellbeing and personal development.

Implementation

RSE is delivered through structured, progressive lessons within PSHE, supported by whole-school approaches to wellbeing and safeguarding. It is:

- Mapped to ensure continuity and progression from primary to secondary phases.
- Delivered by trained staff in a safe, respectful, and non-judgmental environment.
- Informed by up-to-date Department for Education (DfE) guidance.

The RSE curriculum covers:

- **Primary Phase:** Foundations in relationships, friendship, family dynamics, respect for others, and online behaviour.
- **Secondary Phase:** Deeper understanding of intimate relationships, sexual health and safety, consent, contraception, and recognising and reporting abuse.
- **Throughout:** Physical and mental health education, including puberty, emotional wellbeing, self-care, and accessing support.



Parents are key partners in this process. We ensure transparency and provide opportunities for them to engage with and understand the content and delivery of RSE. Parents retain the right to withdraw their child from the non-statutory elements of sex education.

Impact

Our RSE curriculum is intended to have a long-lasting impact on pupils' lives. We assess its effectiveness through:

- Pupil voice and reflective learning activities.
- Observations of engagement and participation.
- Monitoring wellbeing, behaviour, and safeguarding indicators.

Through RSE at Family Care, pupils will:

- Build healthy, respectful relationships and understand their rights and responsibilities.
- Be confident in recognising and seeking help in unsafe situations.
- Make informed decisions about their health, safety, and future relationships.
- Develop the resilience and emotional intelligence needed to thrive.

Ultimately, our RSE curriculum supports pupils to grow into informed, empathetic, and responsible members of society, equipped to lead healthy and safe relationships.



Primary RSE Curriculum Plan:

Term	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Autumn 1	Families and People Who Care for Me Types of families, importance of family, healthy family life.	Caring Friendships Healthy friendships, resolving conflict, trust and support.	Respectful Relationships Respecting differences, healthy boundaries.	Online Relationships Online safety and respecting others.	Consent in Relationships Understanding boundaries and respect in all types of relationships.	Understanding Bullying Types of bullying and its effects, strategies for dealing with bullying.
Autumn 2	Being Safe Boundaries, recognizing unsafe situations, reporting abuse.	Mental Wellbeing Recognizing emotions, self-care techniques.	Internet Safety and Harms Benefits and risks of online use, respecting others online.	Physical Health and Fitness Importance of exercise, risks of inactivity.	Substance Misuse and Effects Understanding the risks of harmful substances and how to stay healthy.	Personal Hygiene and Wellbeing The importance of hygiene and maintaining overall health.
Spring 1	Healthy Eating What is a healthy diet, planning healthy meals.	Drugs, Alcohol, and Tobacco Risks of substances and their effects.	Health and Prevention Recognizing illness, sun safety, sleep importance.	Basic First Aid How to handle common injuries and emergencies.	Mental Health Awareness How mental health affects overall wellbeing and when to seek support.	Sleep and Rest Understanding the importance of sleep for physical and mental health.
Spring 2	Changing Adolescent Body Puberty, physical and emotional changes, menstrual health.	Mental Wellbeing (Continued) Early signs of mental health issues, physical activity for wellbeing.	Internet Safety and Harms (Continued) Recognizing harmful online behaviours, reporting abuse.	Being Safe (Continued) Understanding secrets, when to seek help.	Healthy Relationships How to build and maintain healthy relationships, both offline and online.	Developing Confidence and Self-Esteem How to build self-esteem and manage peer pressure.
Summer 1	Families and People Who Care for Me (Review) Types of families, stable relationships.	Caring Friendships (Review) Friendship skills, managing conflicts.	Respectful Relationships (Review) Respect and mutual understanding.	Online Relationships (Review) Online safety recap and safe behaviour.	Healthy Boundaries in Friendships Understanding the importance of personal boundaries and consent.	Recognizing and Managing Emotions Strategies for managing difficult emotions and conflict.
Summer 2	Physical Health and Fitness (Review) Healthy lifestyles and exercise.	Healthy Eating (Review) Diet and health risks.	Drugs, Alcohol, and Tobacco (Review) Recap of risks related to substance misuse.	Basic First Aid (Review) First aid application recap.	Building Resilience How to cope with stress, challenges, and difficult situations.	Managing Relationships as You Grow How relationships change over time and understanding evolving boundaries.

Secondary RSE Curriculum Plan:

Term	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Autumn 1	Mental Wellbeing Talking about emotions, recognizing mental health concerns.	Internet Safety and Harms Body image, unrealistic comparisons, online curation.	Physical Health and Fitness Link between activity and wellbeing.	Healthy Eating Maintaining a balanced diet, food choices.	Consent in Relationships Understanding consent in relationships, online behaviours, and communication.	Impact of Social Media How social media affects self-esteem, relationships, and mental health.
Autumn 2	Drugs, Alcohol, and Tobacco Risks of substances, impact on health.	Health and Prevention Hygiene, infection prevention, importance of sleep.	Basic First Aid CPR and treatment for common injuries.	Changing Adolescent Body Puberty, body changes, menstrual health.	Healthy Relationships Understanding respectful relationships, consent, and setting boundaries.	Preventing Violence and Abuse Recognizing and preventing all forms of abuse, both online and offline.
Spring 1	Marriage and Consent The concept of marriage, understanding and respecting consent in relationships.	Violence Against Women and Girls Recognizing and preventing violence in relationships.	Online Behaviours and Sexting Risks of image sharing, sexting, and respecting boundaries online.	Pornography Understanding the effects of pornography on relationships and perceptions of intimacy.	Healthy Communication in Relationships How to communicate openly and respectfully in relationships.	Sexuality and Gender Identity Understanding diverse sexualities and gender identities, respecting others.
Spring 2	Abortion and Sexuality Legal and ethical aspects of abortion, diverse sexualities.	Gender Identity Understanding and respecting gender identities.	Substance Misuse Risks of substance abuse and mental health.	Violence and Exploitation by Gangs Gang violence and exploitation.	Peer Pressure and Consent How to deal with peer pressure and respect consent in all situations.	Healthy Boundaries and Respect in Relationships How to maintain and enforce personal boundaries in relationships.
Summer 1	Extremism/Radicalisation Identifying and preventing radicalization.	Criminal Exploitation (County Lines) Understanding exploitation in gangs.	Hate Crime Recognizing and reporting hate crimes.	Female Genital Mutilation (FGM) Understanding and preventing FGM.	Managing Online Relationships How to navigate and manage online relationships responsibly.	Sexual Health and Wellbeing Understanding sexual health, contraception, and sexually transmitted infections.
Summer 2	Mental Wellbeing (Review) Reassessing emotional wellbeing, coping strategies.	Internet Safety and Harms (Review) Reinforce safe online behaviours and risks.	Drugs, Alcohol, and Tobacco (Review) Recap of risks related to substance misuse.	Physical Health and Fitness (Review) Recap of healthy lifestyle choices.	Building Resilience Coping with stress, challenges, and difficult situations.	Managing Relationships as You Grow How relationships change over time and understanding evolving boundaries.