



Family Friendly



PSHE

including



Relationships



Sex



Health Education



Policy

All pupils at Old Park School will access the Personal, Social, Health Education (PSHE) including Relationships and Sex Education including Health Education (RSHE) curriculum. The specific content taught at Old Park School will be structured using the PHSE Association document, 'PHSE education planning framework for pupils with SEND'. A copy of the full framework can be found at <https://pshe-association.org.uk/curriculum-and-resources/resources/pshe-education-planning-framework-pupils-send-key>

### Role of School

Old Park School aims to:

- develop pupil awareness in order to keep themselves safe
- develop pupil understanding of themselves and their ability to make personal choices
- develop pupil understanding of what socially acceptable behaviour is
- give an understanding/awareness of the physical and emotional changes which occur in puberty and provide reassurance that they are natural human development
- encourage in pupils an attitude of respect for themselves and others, regardless of differences in appearance, gender, faith and attitude
- stress the importance of loving, caring stable relationships, and develop an understanding of parenthood and its implications

At Old Park School our PSHE (including RSHE) curriculum is taught under the following key headings:

- Self-Awareness (Me, who I am, my likes, dislikes, strengths and interests)
- Self-care, Support and Safety (Looking after myself and keeping safe; aspects of Relationships and Sex Education.)
- Managing Feelings (Understanding feelings, and that how I feel and how others feel affects choices and behaviour; aspects of Relationships and Sex Education)
- Changing and Growing (How I and others are changing; new opportunities and responsibilities; aspects of Relationships and Sex Education)
- Healthy Lifestyles (Being and keeping healthy, physically and mentally)
- The World I Live In (Living confidently in the wider world)

### Working in Partnership

Evidence suggests that people with Severe Learning Difficulties (SLD) generally reach puberty within the normal parameters of physical development and therefore, accurate information concerning the physical and emotional changes that take place at puberty need to be taught earlier rather than later. We recognise that children do develop at different rates, so careful planning is essential to ensure that the correct information is given at the most appropriate time, and in a way that is accessible and relevant.

PSHE and RSHE work with pupils' real-life experiences and it is key that both staff and pupils are protected in these lessons. A safe and supportive environment is created by the use of ground rules. Many issues covered in PSHE and RSHE are of a sensitive nature. The ground rules provide a safe working environment for both pupils and staff.

Families are given the opportunity to discuss our PSHE (including RSHE) curriculum with the subject lead.

### Key Vocabulary and Contacts

At Old Park School PSHE (including RSHE) is led by Mrs Amy Croft, Miss Sarah Johnson and Mrs Elizabeth Lee. In addition, our Family Support Lead and School Nurse can offer support and advice in this area.

A key part of the curriculum focuses on teaching pupils the correct anatomical names for their body parts. It is therefore helpful if families use these names at home. More guidance can be found on the Curriculum—My Wellbeing section of our school website.

### When Concerns Arise

As the legal requirements for the delivery of Relationships Education and Relationships and Sex Education changed in September 2020, the traditional 'right to withdraw' has been amended.

Parents do not have a right to withdraw their child from Relationships Education (Primary age students).

Parents have a right to request that their child is excused from Sex Education, but not Relationships Education, up until three terms before the child's sixteenth birthday. Following this, any request from the pupil to join lessons including Sex Education must be granted by the school (Secondary age students).

Parents are not permitted to withdraw pupils from any aspect of Relationships and Sex Education which is included in the National Curriculum for Science (including the human life cycle and human reproduction).



More Information

A copy of the schools full PHSE including RSHE can be found at [www.oldpark.org/Page/Detail/my-well-being](http://www.oldpark.org/Page/Detail/my-well-being)