



Relationships, Sex and Health Education.

Learning about Relationships, Sex and Health Education (RSHE) is important. At Fairfield, we recognise that and young people with special needs and disabilities can be more vulnerable to abuse in society and therefore learning about RSHE develops the practical skills and knowledge needed to lead independent and fulfilling lives and enjoy safe, nurturing, and healthy relationships.

At Fairfield we assume all learners have capacity and have the freedom to make choices. Alongside this, health education gives learners the information they need to make informed positive decisions about their own health.

All the sessions are delivered in an age, developmentally appropriate and sensitive manner. We are aware of and sensitive to the needs of each learner as an individual.

The curriculum is based on the Prevent Planning Framework for Learners with SEND. This includes, but is not exclusive to preventing harm, behaviour, equality and diversity, mental wellbeing, staying safe online, consent, safe spaces, healthy relationships and sexual health.

We understand that many of our learners are increasingly confident when using the internet so we support them by exploring the impact that their online presence can have on the idea of self, behaviour and relationships.

Learners at Fairfield are taught the aspects of RSHE at their level of understanding and personalised to their needs. We use the framework flexibly adapting it to the needs and abilities of our learners as their development may not necessarily correspond to their chronological age.

We welcome the input and ideas of parents and carers and would like to hear from you as we develop the RSHE curriculum further.

Likewise, we appreciate that it can be a worrying and difficult topic for some parent's and carers, you are more than welcome to contact us to discuss and share your concerns.

Any concerns raised in RSHE sessions can be passed on for a therapeutic intervention or 1:1 work with our interventions team to support young people to stay safe and in a fulfilling and autonomous way, appropriate to their developmental level.

Useful resources

- The Prevent Planning Framework- [PSHE Association Programme of Study for PSHE Education \(Key stages 1–5\), Jan 2020.pdf](#)
- Relationships Education information from ParentKind- https://www.parentkind.org.uk/about-us/news-and-blogs/blog/why-relationships-education-matters?utm_source=parentkind.org.uk&utm_medium=301
- There are free courses for parents and carers available here to help with positive communication around sex, relationships and growing up- <https://www.sexualhealthtayside.org/course-list>
- NSPCC Healthy Relationships advice for parents and careers on how to talk to your child about relationships, sex and consent.- <https://www.nspcc.org.uk/keeping-children-safe/sex-relationships/healthy-relationships>
- Brook Health delivers targeted sexual health training for young people- <https://www.brook.org.uk/>

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