



Relationship and Sex Education Policy: FAQs

1. What is Relationships and Sex Education (RSE)?

RSE helps pupils learn about:

- Friendships and healthy relationships
- Emotions, mental health and wellbeing
- Personal safety, consent and boundaries
- Online safety and managing risk
- Growing, changing and personal hygiene
- Physical health and healthy lifestyles
- Medicines, drugs, alcohol and tobacco awareness
- Preparation for greater independence and adulthood
- Sex education, where this is appropriate for the individual pupil

At Oliver House, RSE is adapted according to the needs of each pupil, ensuring that learning is clear, accessible and relevant to real life. The curriculum focuses on developing the knowledge, understanding and skills pupils need to build positive relationships, stay safe and make informed choices.

2. Why is RSE taught in a SEND school?

RSE is especially important for pupils with SEND because it helps them:

- Stay safe (both offline and online)
- Develop and maintain positive relationships
- Understand personal boundaries
- Recognise unsafe situations
- Communicate needs and concerns
- Build confidence and independence

Without this teaching, pupils could be more vulnerable to misunderstanding relationships or being exploited.

3. Is RSE compulsory?

- Relationships Education and Health Education are compulsory for all pupils
- Parents can request withdrawal from specific parts of sex education (*see Question 10*)

Much of what is taught (e.g. safety, friendships, boundaries) is part of statutory education and cannot be withdrawn, as it protects children and young adults.

4. What will my child actually be taught?

Content is always adapted to your child's:

- Age
- Level of understanding
- Communication needs
- Topics may include:
 - Friendships and healthy relationships
 - Managing emotions and wellbeing
 - Personal safety, consent and boundaries
 - Puberty and body changes (when appropriate)
 - Personal hygiene and self-care
 - Online safety and recognising risks
 - Healthy lifestyles and physical wellbeing
 - Awareness of medicines, drugs, alcohol and tobacco
 - Preparation for adulthood and increasing independence
- Sex education, where appropriate for the individual pupil

Teaching focuses on safety, understanding, wellbeing and real-life application, whilst remaining appropriate to each pupil's developmental stage and individual needs.

5. Will my child be taught about sex?

For most pupils, the focus is on:

- Relationships
- Safety
- Consent
- Understanding their own body

Where sex education is taught:

- It is age-appropriate and needs-led
- It is delivered sensitively
- It focuses on respect, safety and understanding, not explicit detail.

Sex education refers to learning about intimate relationships, sexual health, reproduction and staying safe within relationships. This content is only delivered when it is appropriate for the pupil's age, developmental stage and learning needs.

6. How is the teaching adapted for children with autism?

We use:

- Visual supports (symbols, pictures, social stories)
- Clear and simple language
- Structured, predictable lessons
- Real-life examples and repetition

This helps ensure pupils understand and retain key safety messages.

7. How do you make sure the content is appropriate for my child?

We consider:

- Developmental stage (not just age)
- Communication ability
- Emotional understanding
- Individual needs and vulnerabilities

Content is carefully adjusted so that pupils are not overwhelmed but still learn what they need to stay safe.

8. How do you handle sensitive topics?

Staff are trained to:

- Use clear, appropriate language
- Answer questions honestly but simply
- Avoid unnecessary detail
- Keep lessons safe and calm

If a pupil asks a question, staff will respond in a developmentally appropriate way.

9. What about safeguarding?

RSE plays a key role in safeguarding. Pupils are taught:

- The difference between safe and unsafe situations
- How to say "no" and set boundaries
- Who to go to for help
- How to recognise when something doesn't feel right

Staff will always follow safeguarding procedures if concerns are raised. Staff receive safeguarding training which includes guidance on delivering sensitive RSE content, responding to disclosures and ensuring lessons are delivered in a safe and supportive manner.

10. Can I withdraw my child from any lessons?

Yes, parents/carers can request withdrawal from the non-statutory elements of sex education. This request should be made in writing to the Headteacher via oliverhouseschool@aspriscs.co.uk. Non-statutory sex education refers to teaching about intimate sexual relationships, reproduction and sexual health that falls beyond the statutory requirements for Relationships Education and Health Education.

Before this happens the Headteacher will meet with you to explain the content and we will discuss how withdrawal could affect your child's safety and understanding.

Please note:

- Many important topics, including healthy relationships, personal safety, consent, online safety, safeguarding, emotional wellbeing and recognising abuse, form part of the statutory curriculum and cannot be withdrawn from.
- If a pupil is withdrawn of sex education, they will continue to receive appropriate, purposeful education during this time. This may include learning linked to personal safety, health and
 - wellbeing, communication, relationships, independence and preparation for adulthood.

11. Will I be told what is being taught?

Yes. We will:

- Share information through school communications, curriculum overviews and policy documents
- Offer opportunities for parents and carers to ask questions about RSE provision
- Provide access to relevant materials upon request
- Communicate any significant changes to curriculum content

We want parents/carers to feel informed and confident about what their child is learning.

12. How can I support my child at home?

You can support your child by:

- Reinforcing messages about safety and boundaries
- Using the same language as school where possible
- Encouraging your child to talk about worries
- Letting us know if you have any concerns

We are happy to provide advice and guidance if needed.

13. What if I am worried about a topic?

We encourage you to:

- Contact the school
- Speak to your child's teacher or the PSHE/RSE Lead

The PSHE/RSE Lead can be contacted through the school office by emailing us at oliverhouseschool@aspriscs.co.uk or by telephoning the school directly.

We will always listen and work with you to ensure your child's needs are met.

14. How do you ensure RSE is delivered well?

We will:

- Provide regular training and support for staff
- Monitor teaching, pupil engagement and understanding
- Quality assure curriculum implementation across the school
- Review curriculum content annually
- Seek feedback from pupils, staff and parents/carers
- Adapt learning and resources to meet pupils' changing needs

Our focus is on ensuring pupils can understand and use what they learn, not just hear it.

15. How can I share my views about the policy?

We welcome feedback as part of our consultation period

You can:

- Complete the emailed Microsoft Form circulated during the consultation period
- Speak with school staff
- Send written feedback to the school
- Contact the school at any point during the academic year to share views or raise questions

Consultation periods will be communicated to parents and carers through school correspondence. Feedback received during formal consultation periods will be considered before policies are finalised or reviewed. Parents and carers joining the school after a consultation period are welcome to discuss the policy and provide feedback at any time. Your views help us ensure the curriculum reflects the needs of our school community.