

Relationships and Sex Education Sessions Information for Parents and Carers

Your child will be involved in RSE lessons next week. This leaflet will explain what we will be learning, and what you can do to develop their understanding after the sessions.

Who will be teaching the lessons?

Rachael Baker will be visiting school to deliver the sessions. Rachael is a qualified teacher, SEND specialist, and RSE specialist.

Rachael is highly experienced at working with learners with special educational needs, providing differentiated relationships and sex education. Rachael has worked with DfE, Public Health England, and many local authorities supporting teachers and schools to develop their teaching in this subject.

What is RSE?

RSE is learning about growing up, relationships, sex, human sexuality and sexual health. It should give young people information, skills and positive values to have safe, fulfilling relationships, to enjoy their sexuality and to take responsibility for their sexual health and well-being, when they are old enough, and ready.

What will the learners be learning?

The sessions will include information and activities exploring topics such as:

- Private body parts, activities, and places
- Using characters to talk about relationships, following their relationship as they make choices
- What it means to fancy someone, and whether and how to tell them
- Different types of relationships
- What sex is and what people do when they have sex
- What consent means, and how to recognise if someone is giving or not giving consent
- Reasons why people have sex
- Risks associated with sex, and how to prevent them
- Condoms, including a demonstration with a plastic model
- Things to consider before having sex, and how to know if you are ready
- Practising some things to say in tricky situations, such as if someone asked you out and you didn't want to.

Frequently asked questions from parents and carers

Will my child be more interested in trying sex because they have learned about it?

No, research shows that young people who have had quality and timely RSE are more likely to wait until an older age before they first have sex, and more likely to know how to protect themselves when they do.

Shouldn't it be parents / carers teaching about this?

Young people, especially those with SEND, regularly say that they would like to learn about sex in school, but they would also like to be able to continue the learning at home. A foundation of knowledge in school will support you to develop their understanding with conversations together at home.

Will I be able to answer my child's questions afterwards?

Lots of young people and their parents find it easier to talk about sex together once they have had some lessons in school. If you do want some support in answering questions or how to explain things, please do talk to school.

Useful websites:

Mencap: Specialist relationships information for people with disabilities

<https://www.mencap.org.uk/advice-and-support/relationships-and-sex>

Brook: young people's sexual health advice <https://www.brook.org.uk/>

Unity Sexual Health: based in Bristol but a great website full of information for people with learning disabilities.

<https://www.unitysexualhealth.co.uk/accessing-service-learning-difficulties/>

NSPCC: advice for parents on how to talk about sex and relationships

<https://www.nspcc.org.uk/keeping-children-safe/sex-relationships/>