
The background features a light purple field with large, organic, hand-drawn shapes in blue, orange, and yellow. A thick green curved line enters from the left side. The main title is centered in white, uppercase, sans-serif font.

UNDERSTANDING RSE IN SEN EDUCATION

A Guide for Parents



Welcome! This session is
designed to support and
inform you about RSE in SEN
education.

My name is Miss Golding

I am your child's PSHE teacher.

- All students have 1 dedicated lesson to PSHE per week
- PSHE is regularly included in tutor time
- PSHE is integrated into most subjects
- Some elements are included into drop down days for better focus and practical application

RSE is an element of PSHE

PSHE stands for Personal Social Health & Economic Education this covers a large range of topics



Staying Healthy
& Safe (including
First Aid & Self
Examination)



Future
opportunities,
careers & money



Mental & Physical
Health/ Healthy
Lifestyles



Friendships
including
online
friendships



WHAT IS RSE?

Relationship and Sex Education (RSE) teaches children about healthy relationships, safety and personal development.

RSE at Glebe

Age-appropriate and SEN-friendly approaches
Covers friendships, emotions, consent, safety and body changes

- Helps students build confidence in all relationships
- Teaches personal safety and boundaries
- Supports emotional well-being and self-awareness
- Prepares students for adulthood and independence

Statutory Requirements for RSE

Key Markers: Physical and emotional well-being
underpinning all topics



Families and
different family
structures



Respectful
relationships
including
friendships



Online and offline
safety



Intimate
relationships and
sexual health
(age-appropriate)

How is RSE Taught at Glebe?

- Adapted curriculum for different learning needs
- Use of visuals, social stories, and role-play
- Focus on repetition and reinforcement
- Safe and inclusive environment for discussion

WHAT WE TEACH WHEN?

Year 7	Friendships. Puberty, body hormone changes. Periods the basics. Hygiene and who can support us. Consent/ Boundaries. Safer Adults. Childline
Year 8	Periods and full range of products. Consent continued. Online friendships vs friendships. Family structures.
Year 9	Break ups. Online relationships. Consent recap including British law.
Year 10	Consent including sexual consent. Kooth. Contraception introduction.
Year 11	Sexual Health Nurse Visits. Full contraception range. Sexual transmitted infections. Self examination.

Supporting Your Child



- Open and honest conversations in a comfortable setting
- Using books, videos, and social stories to explain concepts
- Reinforcing personal safety and boundaries
- Encouraging children to ask questions and express feeling

Common Concerns

These are some of the concerns that are often asked of PSHE teachers:



Parents' concerns about age-appropriateness



Reassurance that content is adapted to students' needs



Emphasis on safeguarding and emotional well-being



Open communication with school staff



Q & A



THANK YOU FOR ATTENDING!