# 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 pratical
  - 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

- relationships
- boundaries
- Supports emotional well-being and self-awareness
- Prepares students for adulthood and independence

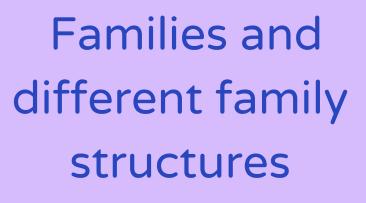
## Helps students build confidence in all

## Teaches personal safety and

# Statutory Requirements for RSE Key Markers: Physical and emotional well-being

# underpinning all topics







Respectful relationships including friendships



**Online and offline** safety



# How is RSE Taught at Glebe?

needs

discussion

Adapted curriculum for different learning

Use of visuals, social stories, and role-play

Focus on repetition and reinforcement

Safe and inclusive environment for

## WHAT WE TEACH MHEN?

Year 7	Friendships. Puberty, body hormone ch and who can support us. Consent/ Bo
Year 8	Periods and full range of products. Cor vs friendships. Fam
Year 9	Break ups. Online relationships. Cor
Year 10	Consent including sexual consent. Ko
Year 11	Sexual Health Nurse Visits. Full contrac infections. Self e



nanges. Periods the basics. Hygiene oundaries. Safer Adults. Childline

nsent continued. Online friendships mily structures.

nsent recap including British law.

oth. Contraception introduction.

ception range. Sexual transmitted 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 ageappropriateness

**Reassurance that** content is adapted to students' needs

**Emphasis on** safeguarding and emotional wellbeing

Open communication with school staff

