

Relationships & Sex Education Policy



Sandwell Home and Hospital Tuition Service

Signed by Chair of Governors:



Date ratified by Governing Body: 08.02.2023

Date of Review: 08.02.2025



The aim of Relationship and Sex Education is to give young people the information they need to help them develop healthy, nurturing relationships of all kinds, not just intimate relationships. It enables them to know what a healthy relationship looks like and what makes a good friend, a good colleague and a successful marriage or other type of committed relationship. It also covers contraception, developing intimate relationships and resisting pressure to have sex (and not applying pressure). It teaches what acceptable and unacceptable behaviour in relationships are.

This will help pupils understand the positive effects that good relationships have on their mental wellbeing, identify when relationships are not right and understand how such situations can be managed.

Albright Ethos and Philosophy

At Albright Education Centre, RSE provides a clear progression from what is taught in primary school in Relationships Education. Alongside being taught about intimate relationships, pupils will also be taught about family relationships, friendships and other kinds of relationships that are an equally important part of becoming a successful and happy adult. This teaching should enable pupils to distinguish between content and experiences that exemplify healthy relationships and those that are distorted or harmful.

Pupils should understand the benefits of healthy relationships to their mental wellbeing and self-respect. Through gaining the knowledge of what a healthy relationship is like, they can be empowered to identify when relationships are unhealthy. They should be taught that unhealthy relationships can have a lasting, negative impact on mental wellbeing.

The RSE programme is delivered through the PSHE programme within the bespoke PSHE lessons, mentoring lessons and delivery from the Brook Charity.

Whole School Approach

Provision for RSE at the school comes from two identifiable sources.

Timetabled Lessons – one 50 minute lesson per teaching group delivering a scheduled PSHE programme covering all aspects of the guidance.

Mentoring Programme – developing strategies for positive relationships and wellbeing.

Key Process

Identification of need

The RSE curriculum has been carefully designed with the expert guidance of the Brook Charity, whereby qualified and sensitive staff deliver the programme alongside a member of staff from Albright Education Centre. After each session, pupils and staff gather feedback, which indicates any changes required to the curriculum and delivery.

Evaluation

Regular monitoring of all aspects of development in this area. Key indicators include:

- Feedback from tutors, teachers and counselors
- Feedback from support staff
- Attendance
- Level of opportunities for student involvement
- Feedback from parents
- Observations/learning walks/pupil voice

PSHE Education and Safeguarding

Teaching about safety and relationships as part of RSE education contributes to how Albright Education Centre approaches the safeguarding of pupils. It helps pupils to recognise when they and

others are at risk and equips them with the skills, strategies and language they need to take appropriate action.

Staff Development

Maintaining a culture of RSE is a priority, training has taken place on establishing a consensus of needs for the pupils, staff were involved in planning the provision during training providing by the local authority on the new guidelines.

Differentiation and Inclusion

Work will be planned for teachers allowing them to take an approach that they feel comfortable with adapting to the needs of the group.

Differentiation for students will mainly be through outcome, where discussion work is primarily the main emphasis on the delivery of the RSE. All resources can be adapted to suit the need of individual pupils.

Parents

Parents/Carers are invited to contact the school at any time with any queries regarding the RSE curriculum.

Information is published on the school website and letters are sent home regarding sex and relationship education and special visits.

Parents will be sent an information leaflet on the RSE programme at Albright and their right to withdraw and this will also be published on the website.