

RSE

“What is relationships education at AVA?”

Relationships Education is learning about the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships, and relationships with other peers and adults.

“What is relationships and sex education at AVA?”

Relationships and sex education (RSE) is learning about the emotional, social and physical aspects of growing up, relationships, sex, human sexuality and sexual health.

At AVA, we recognise that our pupils need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way, enabling them to live meaningful, healthy, safe, lives with independence, happiness and success. We recognise that the level of need and vulnerability of our students alongside a very wide range of barriers to learning mean that teaching these aspects of life in a meaningful way is complex but vital to achieve the greatest levels of understanding and independence possible.

This procedure sets out the teaching of relationships education (Primary), relationships and sex education (Secondary), and health education (all pupils) at AVA.

It is our intention that all children have the opportunity to experience a bespoke and relevant programme of Relationships and Sex Education at a level which is appropriate for their age, cognitive and physical development with differentiated provision as required.

Taking into account all these, the aims of Relationships and Sex Education in our school are:

- To provide the knowledge and information to which all pupils are entitled
- To teach students the correct vocabulary to describe themselves and their bodies.
- To help pupils recognise, understand and build healthy relationships, including self-respect and respect for others, commitment, tolerance, boundaries and consent, and how to manage conflict, and also how to recognise unhealthy relationships
- To ensure pupils learn about how relationships may affect health and wellbeing, including mental health
- To provide the confidence for pupils to be active participating members of society and to value themselves and others
- To prepare pupils for changes, including puberty, and encourage them to take responsibility for their own actions
- To equip pupils with the knowledge and understanding of how to respect and care for their bodies

- To enable pupils, develop the skills and understanding needed to make healthy, responsible choices about their health and wellbeing including personal hygiene
- To develop and use communication skills and assertiveness skills to cope with the influences of their peers and the media
- To answer pupils' questions honestly and sensitively referring the children to parents where appropriate
- To give pupils information on where individuals and families can get help and support
- To help pupils to understand issues of media influence and mixed messages that may contradict and conflict with own beliefs.

RSE is not about the promotion of sexual activity.

At AVA, RSE supports the wellbeing of, helps to safeguard, students and young people and is more effective when home and school are involved. RSE provision at AVA is personalised as appropriate to meet individual needs of our students and based on their:

- Age
- Physical, mental and emotional development.
- Religious and cultural backgrounds
- Special educational needs and disabilities

Relationship and Sex Education is a sensitive theme and is delivered according to the students' needs. RSE is not an isolated subject and is delivered developmentally throughout life and as an integral part of our school curriculum and as such is addressed throughout every phase of school's journey.

- RSE is interwoven into planning and EHCP targets are taken into account.
- We strive to prepare our students to cope with the physical, emotional changes and challenges of growing up and becoming an adult.
- RSE empowers students through use of explicit vocabulary and awareness of their own rights whilst learning to respect the rights and feelings of others.
- RSE enables students to understand the processes of growth and change, and it provides the context for the development of a positive self-image.
- At AVA we respect and celebrate diversity within the framework of British values, democratic rights and the rule of law.

For more detailed information on content, offer, curriculum, and the right to withdraw please see the RSE procedure below.