



Sex and Relationship Education

An information booklet for parents/carers of children and young people with Special Educational Needs and Disabilities

What is Sex and Relationship Education?

Sex and Relationship Education (SRE) is learning about the emotional, social and physical aspects of growing up, relationships, sex, human sexuality and sexual health. Some aspects are taught in science and others are taught as part of personal, social, health and education (PSHE).

A comprehensive programme of SRE provides accurate information about the body, reproduction, sex and sexual health. It also gives children and young people essential skills for building positive, enjoyable,



respectful and non-exploitative relationships and staying safe both on and offline.

When should SRE begin?

Some of the areas can be covered from when your child is very young, for example:

- Emotions – helping them understand what they are feeling.
- Relationships eg. family, friends and strangers and appropriate behaviour with each of the groups.
- Public and private places eg. bedroom, lounge, school and appropriate behaviour in each setting.

Sex and Relationship Education in Schools

Mainstream and special schools have a duty to ensure that pupils with Special Educational Needs and Disabilities (SEND) are properly included in SRE. These pupils may need more help than others in coping with the physical and emotional aspects of growing up; they may also need more help in learning what sorts of behaviours are and are not acceptable. They may also need to be warned and prepared against unacceptable behaviour by some adults. They will need help to develop skills to reduce the risks of being abused and exploited. SRE should enable them to make positive decisions in their lives. Teaching SRE may need to be repeated to ensure understanding.

Parents in Partnership with school

Some parents and carers of children with SEND may find it difficult to accept their children's developing sexuality and the idea that their children will some day become sexually active. It is important that parents and teachers work closely to build confidence in the SRE programme.



Questions for parents to ask in school

- Ask your school who is the subject lead for SRE. You can ask the Special Educational Needs Co-ordinator (SENCO) or the Personal Social and Health Education (PSHE) Co-ordinator.
- Ask if you can have a copy of the school's SRE policy.
- Ask what provision is made for people that learn in a different way (if your young person is in mainstream provision).
- Ask what resources will be used with your young person.
- Ask how you could be involved to support and endorse your child's learning at home.
- How will your child will have access to school nurses?
- Ask school how they will assess your child's/young person's understanding of what they have learnt.

More hints and tips....

- Discuss with the SENCO or PSHE Co-ordinator about the regularity of SRE Education.
- Ensure that your child is not withdrawn from PSHE to catch up on other National Curriculum subjects.
- Discuss with the SENCO what support your child needs and how often this should take place.
- If more support is required ask for it at review meetings.
- If your young person is in a further education setting ask who is responsible for or can continue the SRE.

Sexting, Cyber Safety and Bullying

'Sexting' is a term used for the act of sending sexually suggestive or explicit text messages to someone else. In most instances, the intended recipient is a current or prospective boyfriend or girlfriend.

If the people involved in sexting are under 18, this is illegal. This means that the person can be prosecuted under the Sexual Offences Act 2003.

Cyber Bullying is when someone uses the internet or mobiles to deliberately upset someone else. This type of bullying can take place in the home or at school. It can sometimes be hard to identify the bully as they can block their number or post things on a website anonymously. It is worth keeping copies as proof.



Although bullying is not a specific criminal offence in UK law, criminal and civil laws can apply for example, harassment or threatening behaviour. Particularly relevant for cyber bullying is threatening and menacing communications.

If you know someone who is being cyber bullied or have seen nasty profiles or messages going around it is important that it is reported to the school and if necessary to the police.

Due to your child's disability they may be more vulnerable to being exploited and abused.

Child Exploitation and Online Protection

The Child Exploitation and Online Protection (CEOP Centre) is dedicated to eradicating the sexual abuse of children. They are part of UK policing and are very much about tracking and bringing offenders to account either directly or in partnership with local and international forces. There is lots of useful information on their website about online safety for both parents and young people.

Web: www.ceop.police.uk



Health Support from Sensitive Services

Josephine and Jack Project



This charity project works with women and men with learning disabilities.

Josephine and Jack are anatomically correct 'larger than life' cloth people and a creative learning resource. Through the use of drama, role playing and interactive group activities the project works with men and women with learning disabilities to promote awareness around vital health and relationship issues.

Web: www.josephineandjackproject.co.uk

Email: simon@josephineandjackproject.co.uk

Tel: 0191 261 4090

New Croft Centre

Services based at the New Croft Centre include:

Learning Disability/Sexual Health Nurse

New Croft Sexual Health now has a Learning Disability / Sexual Health Specialist Nurse who can provide sexual health education, support and advice for individuals who have a learning disability within Newcastle. This can be provided on a one-to-one basis both within New Croft Sexual Health or the patient's own home / GP practice.

Contact: Amanda Holmes

Tel: 0191 282 6504 / 282 6706

Email: Amanda.Holmes@nuth.nhs.uk

Web: www.newcastlesexualhealth.com

Address: New Croft Clinic, Market Street (East), Newcastle, NE1 6ND

Teenage Kicks

Teenage Kicks is a SRE team managed in partnership with Newcastle City Council which was created to tackle teenage pregnancy and provide informal SRE to young people.

The project runs informal workshops for young people aged 13-18 living in Newcastle. The sessions cover a range of themes including self esteem, sexually transmitted infections, delaying sexual activity, contraception and assertiveness.

Teenage Kicks SRE Team

3rd Floor, New Croft House

Market Street East

Newcastle upon Tyne, NE1 6ND

Tel: 0191 229 2913



Skills for People



Here at Skills for People we run a Sex and Sexuality course for adults (16+) from Newcastle with a learning disability.

For more details about our latest courses and workshops please get in touch. Contact details are on the back page.

SRE and the Law

The Learning and Skills Act (2000)

The Act requires every Local Authority, head teacher and governing body to provide SRE and that a current SRE policy be in place and available to anybody working in the school setting.

Sex and Relationship Education Guidance (DfEE 2000)



This guidance states that mainstream and special schools have a duty to ensure that children with SEND are properly included in SRE. It also states that SRE should help all pupils understand their physical and emotional development and enable them to make positive decisions in their lives. Supplemented by Sex and Relationships Education (SRE) for the 21st Century produced by PSHE association.

Web: www.gov.uk/government/publications/sex-and-relationship-education

SEND code of practice: 0 to 25 years

Web: www.gov.uk/schools-colleges/special-educational-needs

Learning Disabilities, Sex and the Law (Family Planning Association 2009)

Web: www.fpa.org.uk

Sexual Offences Act (Home Office 2003)

Web: www.legislation.gov.uk

Useful Organisations and Websites

Contact

(New name for Contact a Family)



Growing up, sex and relationships: a booklet to support parents of young disabled people. (Sharon Baker 2005) is available to download from the Contact a Family website.

Web: www.contact.org.uk

Tel: 0191 213 6300 (Newcastle Office)

Family Planning Association

Has an online shop with a range of resources for people with learning disabilities.



talking sense about sex

Web: www.fpa.org.uk

Sex Education Forum

The Sex Education Forum is the national authority on SRE. Their website keeps an up to date and comprehensive list of resources suitable for parents, teachers and young people.



working together for quality sex and relationships education

Web: www.sexeducationforum.org.uk

National Down's Syndrome Association

They produce a guide for parents/carers on Sexual Health for teenagers and adults with Down's Syndrome. A lot of the information is suitable for any young person with a disability.



A Registered Charity
No. 1061474

Web: www.downs-syndrome.org.uk

National Autistic Society

They have information on sex education and puberty on their website as well as organising conferences on relationships.



Web: www.autism.org.uk

Skills for People

This booklet is produced by the Skills for People, a charity run by disabled people. We are based in Newcastle upon Tyne and for over 25 years we have been helping disabled people to speak up for themselves and make their own choices about their lives. Our work is led by disabled people and their experiences are at the heart of all we do.

Our Family Advice Workers support families with disabled children/young people up to the age of 25. They help families by giving practical advice, appropriate to their needs and working across all agencies such as education, social care, health, benefits, leisure and voluntary services. Their services are free to parents/carers.

We produce a range of information booklets, factsheets and "How To" guides.

Visit our website to see the full range: www.nsn.org.uk/resources

How to get in touch

Skills for People
Key House
Tankerville Place
Newcastle upon Tyne
NE2 3AT

Telephone: 0191 281 8737

Fax: 0191 212 0300

Email: info@skillsforpeople.org.uk

Website: www.skillsforpeople.org.uk

Facebook: facebook.com/skillsforpeople

Twitter: [@skillsforpeople](https://twitter.com/skillsforpeople)



Facebook: on.fb.me/1istYKg



Newcastle parents of children with disabilities
and special needs working together

Facebook: Pass it on Parents Newcastle

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