



Victoria College

Relationships, Sex and Health Education Policy

Background

This policy was developed in response to Sex and Relationship Education Guidance (DfES, 2000). It is also closely linked to Victoria College's Adult Safeguarding Policy (2018) and Physical Contact and Intimate Care Policy (2017). The Mental Capacity Act 2005 requires that all practical steps should be taken to help a person make a decision and this includes providing sex education to those who lack capacity to engage in sexual activity.

Victoria College is a vibrant, specialist college for young people aged 19 to 25 years with Profound and Multiple

Learning Disabilities and Complex Health Care needs. The College is part of a soft Federation along with Victoria School & Cherry Oak School which gives us opportunities for collaborative work and the sharing of good practice in the area of Sex & Relationship Education.

Victoria College acknowledges that for all people human relationships, including sexual relationships, are very important elements of life. We are also aware that the College's students are potentially vulnerable to mistreatment or exploitation because of their level of physical dependency and lessened ability to communicate preferences.

Definition of RSHE

Relationships, Sex and Health Education (RSHE) is lifelong learning about physical, sexual, moral and emotional development. It is about the understanding of the importance of stable and loving relationships, respect, love and care for family life. It involves acquiring information, developing skills and forming positive beliefs, values and attitudes.

Underpinning Principles

All young people should expect:

- To have the right to privacy, dignity and confidentiality
- To be treated in an age appropriate way, regardless of their developmental stage and mental capacity
- To be able to address sexuality, intimacy and relationships with freedom from fear, guilt shame and taboo
- To be appropriately supported from vulnerability to risk or harm
- To have their individual needs and views at the centre of care and support, but with information and support provided to their families too

Responsibilities for RSHE

Responsibility for RSHE lies with the Head of College.

The aims of RSHE

The aims of RSHE at Victoria College are for students to -

- Develop an understanding of themselves and their bodies.
- Develop an understanding of self in relation to others.
- Develop skills to guide their actions and behaviours.
 - Develop skills to keep themselves safe and make safe choices, including ways to say 'no' or 'stop'. ■
- Develop skills to help them to enjoy their lives safely and happily.

These aims are consistent with the values and ethos of the college as a whole.

Relationships, sex and health Education will take account of the young peoples' knowledge and experience, they will be given as much knowledge as they are able to understand, it will not be appropriate for all students to receive sex education. They will be taught at a level appropriate to their developmental age and physical maturity.

Individual needs

RSHE provision is inclusive of all students and is consistent with differentiation across the College. Some of our students will show little awareness of their sexuality but for all students, any teaching about relationships will be appropriate to their level of understanding.

Delivery

Delivery of RSHE is through the curriculum that all Victoria College students follow and through personal targets identified in their Adult Outcomes on their EHCP in the three areas of Independent Living Skills, Being Healthy and Friendships and Relationships. Also, the way that staff interact with the students and how the students' choices are responded to are very important in modelling positive relationships and a healthy awareness of themselves.

Monitoring and review

The policy will be monitored and evaluated by:

Executive Head Teacher
Head of College
Board of Victoria College
LA Advisors & Inspectors

Date accepted by Board 17.09.19 12/05/2022

Date for Review September 2023

Chair of Board 