

# Relationships & Sexual Health Education

## **YOUNG PEOPLE WITH ADDITIONAL NEEDS**

ANNA JOHNSON- LPT

JULIE EASON- MPFT

# Laws, Rights & Responsibilities.

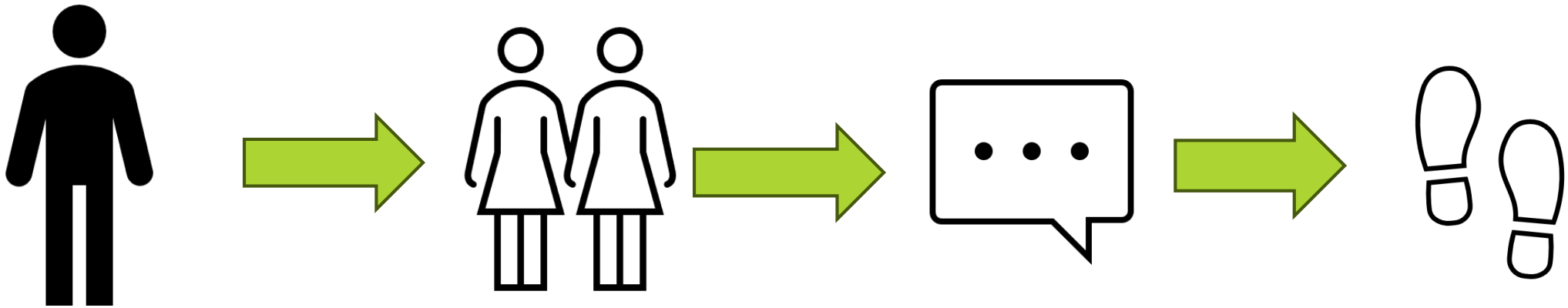
(Sexuality & learning disability. A guide to supporting continuing professional development.  
Zarine Katrak & Claire Fanstone FPA 2011)

- ▶ People with learning disabilities have the same rights and responsibilities in law as any other person.
- ▶ Exclusions may apply to people with severe learning disabilities who are deemed unable to give consent in law.
- ▶ Their rights are not automatically transferred to carers but in consultation with a range of professionals, decisions can be made about what is in the best interests of the person with learning disabilities.
- ▶ The Equality Act 2010 broadens the Equality Act 2006 to include a new equality duty that continues to cover race, gender and disability , and has been extended to cover age, sexual orientation, religion/belief, pregnancy & maternity and gender reassignment.

# Relationships and Sexual Health Education(RSHE)

- ▶ Now compulsory for all schools Primary & Secondary - September 2020
- ▶ Different models and different approaches are used for each individual site to meet the needs of their students
- ▶ Students with learning disabilities are often nowhere near being sexually active in their school years and will need this information covering again when the situations that RSHE involves become a reality. This much needed service is not readily available once the young person has left their educational setting. This work needs multi-agency input.

# Case scenario - Anna



# Relationships & Sexual Health Education Topics

You may need to prioritise what is the most important/relevant for your client.

- ▶ Good /Bad relationships
- ▶ Consent- The Law
- ▶ Internet safety- Exploitation
- ▶ Pornography
- ▶ Sexuality
- ▶ Safer Sex – Condoms
- ▶ Gender Equality
- ▶ Contraceptives
- ▶ Female Genital Mutilation
- ▶ Sexually Transmitted Infections
- ▶ Sexual Health Services - signposting

# Setting the ideal scene to deliver RSE

- ▶ Often your client group have such different additional needs that it is not possible to deliver RSE in a group
- ▶ Individual RSE lessons have to be planned specifically to the individual student
- ▶ They often require being repeated.
- ▶ Adequate time must be allowed for delivery , it cant be rushed.
- ▶ All staff involved should have seen the lesson plan in good time prior to delivery
- ▶ Ideally it should not be delivered on a 1-1 but preferably with a third party to ensure safety
- ▶ Find out prior what words and terminology your student/s are familiar with and using around sexuality.
- ▶ If possible give students a post it note to enable discreet questions to be asked.
- ▶ A quiet area/room with no/minimal disruption
- ▶ Agreed ground rules/boundaries
- ▶ Allow time afterwards for questions from both students/staff.
- ▶ Ensure guardians/carers/staff know that the students have been discussing RSE so that they are prepared for any questions- no surprises.

# Resources

BILD Capacity assessment

[https://friendsaction.co.uk/sites/default/files/resources/Capacity\\_Assessment\\_sex\\_tool1.doc](https://friendsaction.co.uk/sites/default/files/resources/Capacity_Assessment_sex_tool1.doc)

My body, my choice [https://hubble-live-assets.s3.amazonaws.com/easy-health/file\\_asset/file/811/My\\_body\\_my\\_choice.pdf](https://hubble-live-assets.s3.amazonaws.com/easy-health/file_asset/file/811/My_body_my_choice.pdf)

What is sexual consent <https://www.sarsas.org.uk/wp-content/uploads/2022/03/What-is-sexual-consent-easy-readpdf.pdf>

List of Mencap resources <https://www.mencap.org.uk/resource/sexuality-and-relationship-resources>

# Resources/Websites

- ▶ 'Talking Together About Sex and Relationships.' A practical resource for schools and parents working with young people with learning disabilities. Leslie Kerr Edwards and Lorna Scott.
- ▶ Go to: [www.fpa.org.uk](http://www.fpa.org.uk) click on 'Shop' then on A-Z of publications
- ▶ Sex Education Forum – RSE – SEND
- ▶ Brook.org.uk