Family and Carer Forum

Healthy Relationships

October 14 2026

National Star

Realising the aspirations
of people with disabilities



National Star

Welcome and Introductions

Continuous Improvement: Introduction of a Relationship and Sex Education Policy

Curriculum Offer to support Healthy Relationships at National Star

Additional Support services

Q&A



Introductions- The Specialist Input Team



Stu Saxton



Kat Cavill

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Relationship and Sex Education Policy

Why is it being introduced?

Who contributed to the content?

What main points does it cover?

When will it become ‘live’?



Healthy Relationships: Curriculum Intent

- It will be embedded in all student interactions at National Star – Safeguarding is key
- Links to both EHCPs and Preparation for Adulthood Outcomes
- Pre-assessment identifies starting points and planned input for each student based on aspirations for life after college
- External Stakeholders' expectations e.g. Commissioners, Ofsted and CQC

Curriculum Content:

Relationship with Self / Relationships with Others

Relationship with Self Examples	Relationships with others Examples
The male / female body and appropriate terminology Managing changes in body e.g. menstruation Body Image – impact of social media Self-esteem/ self-awareness Emotions and feelings Understanding when something is wrong / doesn't feel right	Understanding healthy boundaries e.g. with staff Getting to know new people Friendships – positive and negative Bullying – in college or harassment at a workplace Managing friendships online - Internet safety Attraction / sexuality – appropriate terminology Equality Diversity and Inclusion and the law Navigating relationships – platonic and sexual

Healthy Relationships Implementation:
How are we developing it ?

Identify starting points: Pre-assessment / Baseline periods

Personalised – individual support / groups / gender considerations

Across an academic year / specific blocks of time

Increasing number of appropriately trained staff e.g. Chailey Heritage training – The Sex Factor, Intensive Interaction, Trauma Informed practices

Use of popular culture and media e.g. Love on the Spectrum (Channel 4)

Support Services to support Healthy Relationships

Additional Internal Support Services:

- **Safeguarding Team**

  Supporting students to keep themselves safe whilst interacting with people online whom they do not know.

  Facilitating requests from students wishing to view adult content sites (over 18's only).

  Ensuring risk assessments are carried out when necessary, working with residential or day team management, learning programmes team and support staff where appropriate to make sure risk assessment is abided by.

Support Services to support Healthy Relationships

External Local Support Services

Safeguarding Team with consent of the student
(and family if they have a DoLs or Deputy in place)

- Community Learning Disability Team
- Youth Support Team
- Young Gloucestershire
- GDASS (Gloucestershire Domestic Abuse Service) – or equivalent local service
- Adult Social Care Team

Thank you for listening

Review of Questions and Comments

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