

The Sex Factor





Pursuing Potential

Chailey Heritage Foundation provides education and care services and is one of the UK's leading centres for children and young people with complex neurodisabilities.

Most of the young people accessing our services have severe cerebral palsy, many have visual impairment and dual sensory impairments. All are wheelchair users and very few have verbal communication.

Our expertise is in maximising independence and choice, developing effective communication and providing powered mobility opportunities.

Founded in 1903 by Grace Kimmins, we still embrace her ethos today. We believe that each child and young person should have every opportunity to fulfil their potential, no matter what the challenges. Our promise today is that:

We will never, ever give up working with children, young people and their families to empower them to make their own choices at every stage in life.

We have developed a world-class range of specialist services that are necessary to meet the needs of these disabled young people. We work in close partnership with Chailey Clinical Services, a nationally recognised highly specialist NHS service for children and young adults with complex neurological and physical disabilities. Being on the same site enables us to deliver uniquely, integrated multi-agency services for the benefit of the young people and their families.

The difference we make

The impact of the Foundation's services comes not just in how many children and young people use our services but in the difference we make to their lives and that of their families.

What we do

Under the Chailey Heritage Foundation umbrella, the Charity delivers services in four main areas:

Chailey Heritage School: a non maintained special school for 2-19 year olds.

Chailey Heritage Residential: a children's home offering a range of boarding options from short breaks, holiday clubs through to 52 week care for pupils from our school and other local special schools.

Chailey Heritage Futures: a range of residential and day services for young adults.

Chailey Heritage Pathways: a community-based service offering the expertise of our staff to children and young adults in their own home and out in the community.

What we can offer

A user-friendly toolkit consisting of training sessions and resources, including 34 ready-made lesson plans and supporting videos for teachers and staff to deliver quality Relationship and Sex Education (RSE) to children and young people with complex neurodisabilities.

Why is it needed?

There is a general misconception that Relationship and Sex Education is not needed for children and young people with complex neurodisabilities. From September 2021, RSE teaching is compulsory across all schools.

"99% of those teaching RSE in schools stated that they would like help to provide RSE that meets the needs of pupils with SEND in full."

Sex Education Forum

We have found:

- Limited adapted RSE education for children and young people to learn, stay safe, understand their bodies, relationships and sexuality in full
- Staff are ill-equipped to teach RSE to children and young people with complex neurodisabilities
- No appropriate resources for teachers/parents/staff
- Lack of specialised openly descriptive/visual training regarding personal care
- Families and carers may also be unaware of the need for RSE or uncertain how to address this subject

Who is it for?

- Children and young people with complex neurodisabilities
- Staff, teachers and parents who lack confidence to teach RSE
- Local Family planning centres
- Adult social care settings

Our vision

All children and young people with complex neurodisabilities receive **Meaningful, Practical and Relevant** Relationship and Sex Education.

"We want to level the playing field for children and young people with complex neurodisabilities who are too often left out of the conversation about relationships and sex. Our toolkit changes this, empowering professionals to deliver quality RSE training for these young people."

Helen Dunman

PSHE Lead, Chailey Heritage School



The resources

In addition to the virtual training workshops, the pack includes more than 30 real-life ready to teach story lesson plans across four categories:

- Puberty
- Relationships
- Diversity
- Safety



Supporting video content

Online support and discussion forums

Advice on sourcing anatomically correct dolls and creating authentic lifelike training aids (*purchased separately*).

About the author

Helen Dunman has been teaching PSHE and Drama to young people with a range of SEND for 30 years, specialising in children and young people with Severe Learning disabilities.

She currently teaches at Chailey Heritage Foundation. In 2017, her work in PSHE and RSHE was recognised by the 'Worshipful Company of Educators' with an 'Inspirational Educator Award'. She currently has whole school responsibility for PSHE/RSHE at CHF which was referenced as 'Outstanding' in the last OFSTED report.

Helen is also a member of SHADA, which promotes good sex education for people with disabilities of all ages. Helen writes about this subject in educational journals and speaks at conferences around the UK.





Bringing about positive change where..

Children and young people with complex neurodisabilities are educated to understand relationships, their bodies and sexual awareness, have choices and are safe.

Parents and carers feel reassured, have a wider understanding and acceptance, and feel supported.

Staff feel empowered and are more confident to tackle the sensitive subject of Relationship and Sex Education.



What people have said so far

Thank you. You made a tricky subject more accessible.

All of it was really useful, great trainers.

What fantastic training, friendly and informative trainers.

The training gives me confidence in my work.

I have been given lots of ideas to implement.

The training was thoroughly engaging and covers all aspects.

The role play was most useful, how to approach the concepts in a safe way.

The training was very useful and engaging, has made me think.

I now feel 100% more confident to tackle this subject.



So much more than a pack

Virtual interactive training is delivered by a professional:

Option 1:

Virtual interactive training for schools - £1400 (up to maximum of 20 participants)

Option 2:

Individual places on virtual interactive training course - £145 per person

*Due to a change in legislation from HMRC Chailey Heritage Foundation will become VAT registered from **1 January 2025**. Therefore, any courses which take place from this date are likely to incur a **20% VAT** charge on the published price, and CHF will issue a VAT invoice for the revised amount once our VAT registration is complete.*

All candidates receive 1 year's subscription, which includes:

- Sex Factor digital resource hub
- Sex Factor handbook
- General updates
- New and useful developments in the sector including new legislation and new books
- Interesting articles
- New story lesson plans

Next steps

To find out more (including dates of training courses):

www.chf.org.uk/rse-training

To book training for your school:

office@chf.org.uk

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Chailey Heritage Foundation is a pioneering charity providing education, care and transition services for children and young people with complex physical disabilities and health needs.



Chailey Heritage Foundation
Haywards Heath Road
North Chailey, Lewes
East Sussex BN8 4EF

t: 01825 724 444
e: office@chf.org.uk
fb: /ChaileyHeritageFoundation
www.chf.org.uk



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