

Trinity School Emotional and Sexual Development Policy

This policy is intended to ensure that:

All pupils at Trinity School are supported through their **Emotional and Sexual Development (ESD)** in a respectful and consistent way by well-informed and empathetic staff.

Staff and Governors at Trinity School have an awareness of how pupils develop and the implications of this when considering:

- pupils' vulnerability to exploitation;
- pupils' self advocacy;
- pupils' use of appropriate touch on themselves and others;
- pupils' understanding of what constitutes a public place and also a private place;
- pupils' understanding of social signals from other people

Staff are aware that supporting emotional and sexual development encompasses more than the Sex and Relationships Curriculum and it is **not** a discrete part of the timetable. There are strategies for emotional regulation that can be used from an early age and these will make a difference to pupils' experiences when they reach puberty.

The aims of Trinity School in supporting emotional and sexual development are:

- to ensure that staff show respect and understanding when supporting pupils;
- to encourage families to work in partnership with all relevant professionals;
- to ensure that there are personalised strategies in use when working with pupils who are experiencing challenges during puberty;
- to offer a range of strategies that will support pupils and families;
- to increase the pupils' abilities to advocate and communicate for themselves;
- to nurture pupil self esteem and self awareness;
- to provide pupils with ways to keep themselves safe;
- to embed a system of referral and monitoring in order to meet pupil needs

Agreed Procedures

- An Emotional and Sexual Development Policy shared with all staff.
- A dress code for staff that will support the pupils' understanding of appropriate relationships with adults.
- A touch protocol that ensures bonding and intensive interactions remain appropriate and professional.
- A monitoring and referral system led by the Emotional and Sexual Development Team. The team includes a senior member of staff, an educational psychologist, a therapist and an experienced classroom practitioner with expertise in structure and behaviour support. It advises on personalised strategies for pupils who are challenged by puberty and works to promote the dignity of the pupil, whilst ensuring confidentiality. The team is flexible in structure and may call on advice from other professionals as appropriate.
- Support Plans are written and shared with Assistant Headteachers.
- Therapeutic approaches are used to support pupils' emotional regulation, self awareness and communication. This is done through speech and language therapy, music therapy, intensive interaction and sensory integration therapy.
- Therapists work in partnership with class teams.
- Complementary and alternative therapies are utilized; for example yoga, massage and reflexology.
- The Home Intervention programme supports families by providing information about key points in a pupil's development.

How do we know this approach is working?

The emotional and sexual development of pupils is supported from an early age in order to reduce the challenges faced by young people and their families.