# Ysgol Llangynnwr

# Relationships and Sexuality Education (RSE) Policy

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| Cytunwyd ar ran y llywodraethwyr gan/ Agreed on behalf of the governing body by Mrs Lowri Williams | Arwyddwyd/Signed:<br><br>LJ Williams |
| Arwyddwyd gan y Pennaeth/ Signed by Headteacher Mr Aled Davies | Arwyddwyd/Signed:<br><br>Aled Davies |
| Dyddiad/Date:<br>Adolygiad nesaf/Review date: | Autumn Term 2026<br>Autumn Term 2027 |

**Introduction**

RSE is a positive and protective part of the Curriculum for Wales. It plays a central role in supporting learners' rights to enjoy fulfilling, healthy and safe relationships throughout their lives. RSE is also a key part of our safeguarding role at Ysgol Llangynnwr.

Central to the Curriculum for Wales is an aspiration for every child and young person to achieve the four purposes of the curriculum. A rights and equity based RSE curriculum helps ensure that all learners can develop an understanding of how people's faith, beliefs, human rights and cultures are related to all aspects of RSE and how these rights can contribute to the freedom, dignity, well-being and safety of all people. Therefore, within Llangunor school, we will discuss RSE in the context of the Rights protected by the United Nations Convention on the Rights of the Child.

RSE at Ysgol Llangynnwr will support learners to develop the knowledge, skills and values to understand how relationships and sexuality shape their lives as well as the lives of others. Learners will be equipped and empowered to seek support on issues relating to RSE and to advocate for self and others.

Within the Curriculum for Wales, Welsh Government have legislated that RSE is a mandatory requirement for all learners from age 3 to 16 ("the Act"). This means that all learners must receive this education and that there is no right for parents/ carers to withdraw their children from RSE.

This policy has been written in accordance with the Curriculum and Assessment (2021) Act; link here.

**Developmentally appropriate RSE**

The Act requires that the RSE provided must be developmentally appropriate for learners. Therefore, schools and settings must take account of a range of factors such as the learners age, knowledge and maturity and any additional learning needs. RSE at Ysgol Llangynnwr will be developmentally appropriate for each learner. The age of learners should be one of the criteria by which practitioners decide upon the appropriateness of content; however, there will be other factors they will need to consider when planning provision. Factors such as the physical and mental and emotional development of learners should also be taken into account. This is essential to ensuring learners are kept safe from information for which they are not sufficiently mature to process. This, however, should not be a reason for not providing children and young people with the essential information they need as they develop physically, mentally and emotionally; developmentally appropriate RSE requires the coverage of subjects that are integral to learners' development. For example, issues which may affect some younger learners, such as puberty and menstruation, should be engaged with sensitively and before the onset of physiological changes. We will also consider how appropriate support is provided through a whole school approach such as, in the case of puberty, ensuring that learners have access to sanitary products.

**Children's Rights**

Learning in RSE should highlight the right to:

Protection of the body

- Every child has a right to have their body respected and treated gently.
- No child should have their body hurt by anyone.
- A child's private parts are private.

To kindness

- Every child has the right to be valued and treated with kindness.
- Every child has the right to be greeted and related to warmly.
- No child should be hurt with cruel words.
- If a child is doing something an adult thinks is wrong, the child has the right to be told this in a gentle, non-frightening way.

To respect and acknowledgement

- Every child has the right to be respected.
- Every child has the right for adults at home and school to know what matters to him or her.
- Every child has the right for adults at home and school to know what makes him or her feel happy and unhappy.
- No child should be laughed at, humiliated or made to feel ashamed.
- Every child has the right to say when they feel they have been shamed.

To suitable learning

- Every child has the right to be challenged in their learning, but never to be given work that makes them feel they are not good enough.
- Every child has the right to have adults be curious about their interests and what they want to learn more about.
- Every child has a right to help from teachers in school, if something at home or elsewhere is stopping them from learning.

To feel safe and not be frightened

- Every child has the right to feel safe at home, school and anywhere else, including on-line.
- No child should be frightened by anyone at home, school or anywhere else, including on-line.
- Every child has the right to ask a kind adult for help if they feel frightened, unsafe or unsure in any way.
- Every child has the right to say ‘No’ and ‘Stop’ and have this respected.

Having a voice and being heard

- Every child has the right to feel their voice is heard in a way that makes a difference and respects the fact that they are a citizen of the world.
- Every child has the right to ask for help if something in their life is stopping them from learning.
- Every child has the right to be helped by a kind adult to find the right words when they don’t feel safe.
- Every child has the right to say if someone is being cruel to them or someone they care about, so that the cruelty can be stopped.
- Every child has the right to be supported to learn about all their child rights as well as knowing about the rights of others.

*Thanks to Trauma Informed Schools for allowing this to be shared.*

Article 3: everyone who works with children should always do what is best for each child, is relevant to RSE, as it is to the whole curriculum.

**Related Policies**

The RSE policy has been written to link with other school policies and processes at Ysgol Llangynnwr. These include:

- Safeguarding and child protection
- Behaviour policy and procedures
- Anti-bullying policy and procedures
- Mental health and wellbeing policy
- Online safety policy
- Equalities Policy
- Teaching and learning policy.

This RSE Policy aligns with the Equality Act 2010 under which schools must not unlawfully discriminate against learners on the basis of their age, sex, race, disability, religion or belief, gender reassignment, pregnancy or maternity, marriage or civil partnership, or sexual orientation (collectively known as protected characteristics).

**Aims and objectives of RSE**

The aim of RSE at Ysgol Llangynnwr is to give young people the information they need to help them develop & maintain healthy, nurturing relationships of all kinds, not just intimate relationships. It should enable them to know what a healthy relationship looks like and what makes a good friend, a good colleague and a successful marriage or other type of committed relationship. It should also include elements of Sexual Health Education such as Contraception and STI's., developing intimate relationships and resisting pressure to have sex and sexual acts (and not applying pressure, and understanding the importance of consent). It should teach what acceptable and unacceptable behaviour in relationships is.

In accordance with legislation, RSE at Ysgol Llangynnwr will be inclusive, pluralistic, factually correct and provide opportunities for learners to critically engage and respond to all areas of the RSE curriculum, within a safe environment. Staff will be well trained and all resources used will be carefully selected in line with the needs of the learners.
RSE will be taught through the Health and Wellbeing area of learning and through cross cutting themes and during the 2022/23 Academic Year the School is piloting the 'Jigsaw' programme of discreet RSE lessons.

It is recognised by Estyn that peer on peer sexual harassment is highly prevalent in the lives of learners and the whole school approach to RSE at Ysgol Llangynnwr ensures that a preventative and proactive approach is adopted to tackle the issue.

**Co constructing with pupils**

In accordance with the United Nations Convention for the Rights of the Child, pupil voice will be considered to support in constructing the RSE curriculum at Ysgol Llangynnwr and pupils will regularly have opportunities to evaluate and review our RSE provision to ensure that it effectively meets their needs.

**Working with parents/carers**

All parents/ carers will be kept informed about the provision of RSE at Ysgol Llangynnwr and will be encouraged to see RSE as a shared responsibility between school and home.

**Working with visitors and external agencies**

When visitors and external agencies provide sessional learning opportunities for learners, the school will ensure that:

- The school and the external provider have agreed the aims, content and approach to be adopted.
- The local authority (education department) know of and have approved the agency as a provider of RSE support within schools.
- The school has made the provider aware of any relevant school policies.
- The school has informed and prepared pupils ahead of the visit and allowed them time to prepare questions, if appropriate.
- Contributions by external agencies are followed up and always form part of a whole school approach
- Schools who commission external agencies will apply and follow the safe recruitment and commissioning procedures of the local authority.
- The school has planned for the provider to be actively supported by a teacher throughout the visit.

**Monitoring RSE**

Although RSE is a whole school responsibility, RSE will be monitored, reviewed and evaluated by those with responsibility for RSE at Ysgol Llangynnwr, in line with the school's curriculum policy. This includes:

(a) The representative from the Governing body with responsibility for RSE
(b) The Headteacher and Senior Leadership Team
(c) The RSE lead
(d) Pupils

This RSE policy will be reviewed every year and this process will include all of the above, alongside other members of our school community (parents/ carers, the Governing body and pupils) to ensure that our RSE provision and curriculum is effective in meeting our statutory requirements.

**Appendix**

- Curriculum map (code)

The code can be found here. The three strands are:

(a) Relationships and identity
(b) Sexual health and wellbeing
(c) Empowerment, safety and respect

Our curriculum plan takes account of the three phases of learning, as well as the developmentally appropriate needs of our pupils and is available to share on request.

The three phases of learning are:

1. Phase 1 – from age 3
2. Phase 2 – from age 7
3. Phase 3 – from age 11

Resources and Services to Support RSE

- Carmarthenshire School Health Nurse Service
- Carmarthen Healthy Schools Network
- Cross-cutting themes for designing your curriculum – Welsh Government RSE Code and Guidance.
- Brook Learn - A range of high-quality, self-directed and mostly free-to-access courses to empower, support and encourage you to deliver effective relationships and sexuality education.
- Spectrum - Educating schools, pupils and parents in Wales about healthy relationships by taking a whole school approach to tackling domestic abuse.
- VAWDASV – legislation, duties and training provided by safer communities Wales.
- Growing Up/Tyfu I Fyny Resource – Supports delivery of RSE. Only available via HWB.
- SENSE Interactive Resource – Supports delivery of RSE. All schools have been provided with a copy.
- SchoolBeat - Providing information and resources for pupils, teachers, parents and partners to reinforce the key messages delivered by our School Community Police Officers in primary and secondary schools as well as alternative educational settings.
- Frisky Wales – NHS Wales Sexual Health Website.
- NSPCC Learning - Training and resources to help you protect children from neglect and abuse.
- PANTS Resource - Free resources for schools and teachers including a lesson plan, slide presentation, curriculum links, classroom activities and more.
- Underwear Rule - A simple conversation to help parents keep their child safe from sexual abuse.
- Stonewall Cymru - Supporting schools to become more LGBTQ+ inclusive.
- ThinkuKnow Toolkit - Information and guidance which is appropriate and relevant to the experiences of young people aged 11-18. The toolkit includes activities that can be delivered as one-off lessons or used as part of young people's relationships and sex education.
- Kooth - Kooth is a free, safe and anonymous online wellbeing service for children and young people.
- Meic – A free 24-hour helpline for children and young people in Wales. MEIC provides advice and support for a range of issues including bullying and sitting exams.
- Agenda - A downloadable resource for educational practitioners who want to support children and young people (aged 7 – 18) to make positive relationships matter in their school and community.
- Crush - CRUSH is a free downloadable resource designed to prepare teachers for the new RSE Code and Guidance.
- Terrence Higgins Trust – Information about HIV, other sexually transmitted infections and how to maintain good sexual health.
- CAFOD - Education resources for primary and secondary schools.
- Amnesty International UK – Ordinary people from across the world standing up for humanity and human rights.
- Mentally Healthy Schools - Learn without fear: girls' rights school pack.
- Kaleidoscope Trust – Freedom, safety and equality for LGBT+ people.
- Barnardo's - Resources to help identify and engage young people at risk of sexual abuse and exploitation.
- Let's Talk About It - Relationships & Sex Education Support.
- Repository - Hwb (gov.wales)
- Children's Commissioner for Wales – Resources for schools.
- Home : Mentally Healthy Schools - Educational Resources and Guidance documents based on RSE.
- Education and Training Foundation - Useful resources – Prevent for Further Education and Training.
- Swansea Bay RSE Teaching Pack – Lessons from Reception to Year 6, includes School Nurse lessons on hand washing (Reception) and puberty (Year 5). Only available via HWB.