

## Relationships and Sexuality Education (RSE)

### Universal Provision

Our current RSE policy can be found [here](#). This policy is updated yearly.

The Welsh Government parent/carer information around the new RSE Code can be found by clicking on the following link:

<https://hwb.gov.wales/api/storage/24d21ea4-fe27-470b-8e39-7d2b7f227737/220804-rse-leaflet-en.pdf>

Our Health and Happiness Calendar also outlines key events linked to wellbeing issues each year. This calendar is developed by listening to results of surveys such as the School Health Research Network survey.

The outline of the content of our RSE lessons can be found below. All lessons are tailored to be appropriate for pupils' ages and stages. If parents/carers would like to see any of the resources we use in our lessons, please contact the school and we would be happy to share the individual lesson resources and PowerPoints.

In the summer term, our Year 7 cohort experience an Equality and Diversity Roadshow led by outside providers that have an RSE focus. The resources for this roadshow can be shared with parents/carers. If you would like to view these resources, please contact the school.

	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
Nursery					Family Life Friendships	Respecting My Body Growing Up
Reception					Family Life Friendships	Respecting My Body Growing Up
Year 1					Friendships Physical Contact Celebrating special relationships	Differences between male and female bodies Changes and Growing Up
Year 2					Different types of family Physical Contact Friendships Secrets Trust Expressing appreciation of special relationships	Differences between male and female bodies Changes and Growing Up
Year 3					Families Friendships Keeping safe online Girlfriends and Boyfriends	Changes and Growing Up How babies grow A baby's needs Body changes Family stereotypes Having a baby Girls and puberty
Year 4					Families Friendships Keeping safe online Girlfriends and Boyfriends	Changes and Growing Up How babies grow A baby's needs Body changes Family stereotypes Having a baby Girls and puberty
Year 5					Self-esteem Online safety Grooming Managing Feelings	Self- and body image Online media influence on body image Puberty (boys and girls) Conception and birth Physical attraction Respect and consent Boyfriends and Girlfriends Sexting

Year 6					Self-esteem Online safety Grooming Managing Feelings	Self- and body image Online media influence on body image Puberty (boys and girls) Conception and birth Physical attraction Respect and consent Boyfriends and Girlfriends Sexting
Year 7					Puberty Personal hygiene Conception and birth Am I ready for a girlfriend or boyfriend?	Sexting Online Safety Equality and Diversity Roadshow
Year 8	Difference and Diversity Prejudice and Discrimination	Social media, self-esteem, self-perception and self-image Online safety				
Year 9			Positive and Respectful Relationships Pornography Contraception (delivered by School Health Nurse) STIs (delivered by School Health Nurse) Pregnancy and choices			
Year 10	Stereotypes Promoting Diversity Diverse Families	What is Gender Diversity? What is Sexual Diversity? Rights and responsibilities in sexual relationships			Unwanted attention Sexual assault Domestic abuse Safety	
Year 11		Romantic Relationships Sexual Relationships			Risky sexual behaviours	

Senior Phase pupils follow a bespoke scheme of assemblies and workshops, provided by key staff and outside agencies.

## Targeted Support

### C-Card Scheme

The Gwent C-Card Scheme provides young people with **quick, easy** and **confidential** access to free condoms and basic sexual health information, including signposting to any appropriate services. Mr C Price is our trained C-Card staff member. Any young person aged 14 to 25 can access this scheme. Pupils can talk to our trained C-Card staff member about relationships, sexually transmitted infections, how to use a condom etc.

The information a young person gives is kept confidential. No information is passed on to anyone else, unless the staff members feels the young person is at risk, but will always try and talk to the young person where appropriate, before having to pass on a safeguarding concern and following safeguarding procedures

### Additional Support

The school works closely with the NHS Sex and Community Education Services, to provide 1:1 and small group support around sexual health and wellbeing. Please speak with your child's Wellbeing Leader if you would like more information around this programme.

Hwb has many resources that may be helpful for parents/carers to access - <https://hwb.gov.wales/repository/resource/7a72a785-af96-4e50-aa30-8c2f68498be1/overview>

The Brook charity has support for parents/carers <https://www.brook.org.uk/parents-and-carers/rse-at-home/>

The NHS has information and advice on sexual health <https://www.shwales.online/>

If you feel that a young person is at risk of significant sexual harm, contact the Designated Safeguarding Lead at the school Mr J Parkinson. If outside of school hours contact the Children's Services Emergency Duty Team on 08003284432, the police on 101, or in an emergency 999.