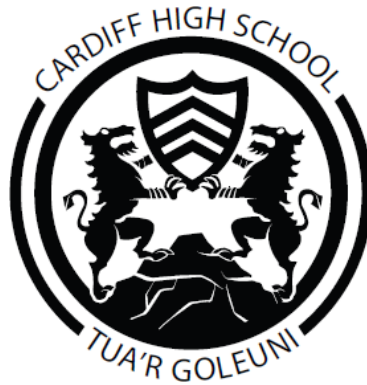


CARDIFF HIGH SCHOOL



Relationships and Sexuality Education

Policy 2.3

CARDIFF HIGH SCHOOL

RELATIONSHIPS AND SEXUALITY EDUCATION (RSE)

Cardiff High School is committed to providing all pupils with high-quality Relationships and Sexuality Education (RSE) that is inclusive, age-appropriate, and sensitive to the diverse needs of our school community. The purpose of RSE is to help pupils develop the knowledge, skills, and attitudes needed to form healthy, respectful relationships, make informed decisions, and understand issues related to sexual health, consent, and personal well-being.

This policy outlines the key principles, objectives, and content of the RSE programme, which is delivered in accordance with the statutory guidance set out by the Welsh Government as part of the Curriculum for Wales and the mandatory aspects of Relationships and Sexuality Education.

Aims of the Policy

The aims of the RSE program at Cardiff High School are to:

- Provide pupils with the knowledge and understanding to form healthy, respectful, and positive relationships.
- Equip pupils with the skills to manage relationships and navigate the emotional, social, and physical aspects of growing up.
- Promote understanding of sexual health, safety, and consent.
- Foster a respectful environment where pupils feel confident in discussing sensitive issues related to relationships and sexuality.
- Challenge stereotypes, promote equality, and combat discrimination, fostering respect for all identities and experiences.

Key Principles

Age-Appropriateness and Inclusivity

RSE will be delivered in a way that is appropriate to the developmental stages and needs of pupils at different ages. Content will be adapted to ensure it is relevant, respectful, and inclusive of all pupils, including those with diverse sexual orientations, gender identities, and cultural backgrounds.

Whole-School Approach

RSE is not confined to a specific curriculum area but is integrated across subjects and whole-school activities. Teachers, support staff, and external agencies will work collaboratively to create a safe, supportive environment for discussions about relationships and sexuality.

Respect for Diversity

The RSE programme will promote respect for diversity, focusing on building understanding of different sexual orientations, gender identities, and family structures. It will challenge gender stereotypes and discrimination, ensuring all pupils feel valued and respected.

Parental Involvement

Parents and carers will be informed about the content and approach to RSE at Cardiff High School. The school will provide opportunities for parents to engage with the curriculum and seek clarification on any aspects of the program.

Confidentiality and Safeguarding

Teachers will ensure that RSE discussions are handled sensitively and confidentially, within the bounds of safeguarding policies. Any disclosures of concern or abuse will be managed in accordance with the school's safeguarding procedures.

Content of Relationships and Sexuality Education

RSE at Cardiff High School will cover a range of topics, delivered progressively throughout a pupil's time at the school, with content appropriate to their age and maturity.

Topics Covered:

Introduction to Relationships: Understanding the importance of positive relationships, friendships, and respect for others.

Personal Boundaries and Consent: Discussing the importance of setting and respecting personal boundaries, and understanding consent in relationships.

Puberty and Emotional Changes: Understanding the physical and emotional changes that occur during puberty, and the impact these can have on relationships and self-esteem.

Family Diversity: Exploring different types of families, including same-sex families, single-parent families, and multi-generational families.

Gender Stereotypes: Challenging traditional gender stereotypes and understanding how these affect relationships and identity.

Online Safety: Recognising the importance of safety and respect in online relationships and digital communication.

Healthy Relationships: Exploring the characteristics of healthy, respectful relationships, and how to build them, including communication, trust, and mutual respect.

Sexual Health: Basic knowledge of sexual health, contraception, sexually transmitted infections (STIs), and where to seek help.

Consent and the Law: Understanding consent, including legal aspects of sexual activity and the importance of mutual agreement in intimate relationships.

Risk and Pressure in Relationships: Identifying and managing peer pressure, coercion, and unhealthy relationships.

Online Relationships and Sexting: Understanding the risks associated with sexting, digital intimacy, and the importance of privacy and consent in online interactions.

LGBTQ+ Inclusion: Exploring LGBTQ+ identities and relationships in an inclusive, respectful manner, with a focus on reducing prejudice and promoting understanding.

Sexual Exploitation and Abuse: Understanding the impact of sexual exploitation, trafficking, and abuse, and how to seek help and support if needed.

Adult Relationships: Exploring the dynamics of adult relationships, including romantic relationships, cohabitation, and marriage.

Mental Health and Relationships: Exploring the connection between mental health and relationships, including how to support others and seek support in times of emotional distress.

LGBTQ+ Rights and Issues: Understanding the social, legal, and cultural challenges faced by LGBTQ+ individuals, and how to advocate for inclusivity and equality in relationships and society.

Assessment and Evaluation

RSE is not formally assessed in the traditional sense but will involve ongoing monitoring of pupils' engagement and understanding through class discussions, reflective activities, and feedback. Regular evaluations of the program will be conducted to ensure that the content remains relevant, effective, and responsive to the needs of all pupils.

Review and Development

This policy will be reviewed annually to ensure that it continues to meet the needs of pupils, reflects best practice, and complies with the latest legal and educational guidance. Pupils, staff, and parents will be consulted during the review process.

Cardiff High School is committed to providing a comprehensive, respectful, and inclusive Relationships and Sexuality Education program. By addressing the

emotional, social, and physical aspects of relationships, we aim to equip our pupils with the knowledge and skills to make informed decisions and foster positive, healthy relationships that will benefit them throughout their lives.