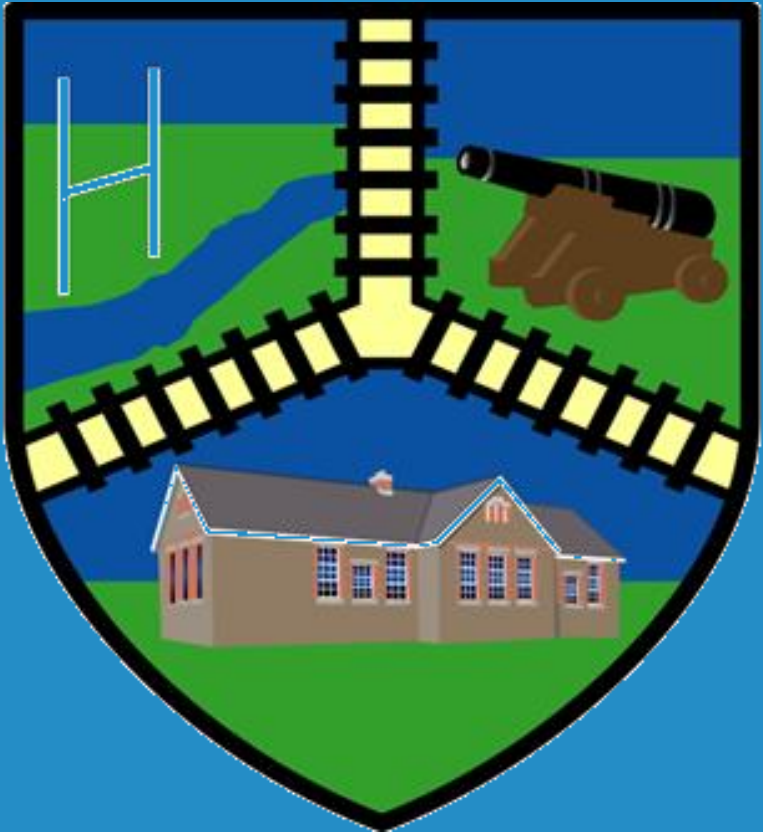


# Relationships and Sexuality Education Policy (RSP) Relationships and Sex Education (RSE) Policy





Ysgol Gymraeg Ffwrnes

June 2025 / June 2025  
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Signature of the Chair of Governors:	



-  [sirgar.llyw.cymru](http://sirgar.llyw.cymru) | [carmarthenshire.gov.wales](http://carmarthenshire.gov.wales)
-  [twitter.com/CarmsCouncil](https://twitter.com/CarmsCouncil)
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## Presentation

Relationships and Sexuality Education (ACR) is a positive and protective part of the Curriculum for Wales. It plays a central role in supporting learners' rights to enjoy satisfying, healthy and secure relationships throughout their lives. ACR is also a key part of our safeguarding role at Ysgol Gymraeg Ffwrnes.

Central to the Curriculum for Wales is the aspiration of every child and young person to achieve the four [purposes](#) of the curriculum. ACR's rights- and fairness-based curriculum helps to ensure that all learners can develop an understanding of how people's faith, beliefs, human rights and cultures are related to all aspects of ACR and how these rights can contribute to the freedom, dignity, well-being and security of every person. Therefore, within Ysgol Gymraeg Ffwrnes, we will discuss ACR in the context of the Rights protected by the United Nations Convention on the Rights of the Child.

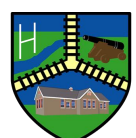
ACR at Ysgol Gymraeg Ffwrnes will support learners to develop the knowledge, skills and values to understand how relationships and sexuality shape their lives as well as the lives of others. Learners will be ready and empowered to seek support on matters relating to ACR and to be an advocate for themselves and others.

In the Curriculum for Wales, the Welsh Government has legislated that ACR is a mandatory requirement for all learners aged between 3 and 16 ("[the Act](#)"). This means that all learners must receive this education, and parents/carers are not entitled to take their children out of ACR.

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

## Development-appropriate ACR

The Act requires the RSE provided to be developmentally appropriate for learners. Therefore, schools and settings must consider a variety of factors such as the age, knowledge and maturity of the learners and any additional learning needs. AN RSE at Ysgol Gymraeg Ffwrnes will be developmentally appropriate for all learners. The age of learners should be one of the criteria used by practitioners to determine the appropriateness of content; However, there will be other factors that they will need to consider when planning a provision. Factors such as the physical and mental and emotional development of learners should also be considered. This is essential to ensure that learners are kept safe from information that is not mature enough to process. However, this should not be a reason not to give children and young people the vital information they need as they develop physically, mentally and emotionally; in order to deliver developmentally appropriate RSE, attention needs to be paid to topics that are integral to learner development. For example, issues that may affect some younger learners, such as adolescence and menstruation, should be discussed sensitively and before they begin to experience physiological changes. We will



also consider how appropriate support is provided through a whole school approach such as, in the case of adolescence, ensuring that menstrual materials are available to learners.

## Children's Rights

Learning at ACR should highlight the right to:

### Body protection

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

### Kindness

- Every child has the right to be valued and treated with kindness.
- Every child has the right to be greeted warmly.
- No child should be hurt with cruel words.
- If a child does something an adult thinks is wrong, the child has the right to find out about it in a tender, non-intimidating way.

### Respect and recognition

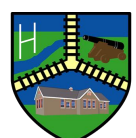
- Every child has the right to be respected.
- Every child has the right for adults at home and school to know what is important to him or her.
- Every child has the right to adults at home and school to know what makes him or her feel happy and unhappy.
- A child should not be laughed at, humiliated or made to feel ashamed.
- Every child has the right to say when he or she feels humiliated.

### For suitable learning

- Every child has the right to be challenged in his learning, but never to have work that makes him feel that he is 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 the right to help from teachers at school, if something at home or elsewhere is preventing them from learning.

### To feel safe and not to be scared

- Every child has the right to feel safe at home, at school and anywhere else, including online.
- No child should be intimidated by anyone at home, at school or anywhere else, including online.



- Every child has the right to ask a kind adult for help if they feel scared, insecure or insecure in any way.
- Every child has the right to say 'No' and 'Stop' and for this to be respected.

To have a voice and be listened to

- Every child has the right to feel that 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 preventing 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 whether someone is being cruel to him or someone he cares about, so that the cruelty can be prevented.
- Every child has the right to be supported to learn about all of their rights as well as to know about the rights of others.

*Thank you to Trauma [Aware Schools](#) for allowing this to be shared.*

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

## **Related Policies**

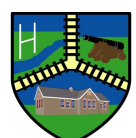
The ACR policy has been written to link in with the policies and processes of other schools at Ysgol Gymraeg Ffwrnes. These include:

- Skip to footer
- Anti-bullying policy
- Policy for the provision of special diets
- Attendance policy
- Digital policy

This ACR Policy is in line with the Equality Act 2010 which states that schools may not unlawfully discriminate against learners on the basis of age, sex, race, disability, religion or belief, gender reassignment, pregnancy or maternity, marriage or civil partnership, or sexual orientation (these are known as 'protected' disclosures).

## **ACR's Aims and Objectives**

The aim of ACR at Ysgol Gymraeg Ffwrnes is to give young people the information they need to help them develop and maintain healthy relationships, foster relationships of all



kinds, not just close relationships. It should enable them to know what a healthy relationship looks like and what makes a good friend, 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 sexually transmitted infections., develop intimate relationships and resist pressure to have sex and perform sexual acts (and not give weight, and understand the importance of consent). They should learn what acceptable and unacceptable behavior is in relationships.

In accordance with legislation, ACR at Ysgol Gymraeg Ffwrnes will be inclusive, diverse, factually accurate and provide opportunities for learners to critically engage and respond to all areas of the ACR curriculum, within a safe environment. Staff will be well trained and all resources used will be carefully selected according to the needs of the learners.

ACR will be taught through the Health and Wellbeing learning area/through cross-cutting themes/through light ACR lessons and Jigsaw lessons.

Estyn recognises that [peer sexual harassment](#) is very common in learners' lives and the whole school approach to ACR at Ysgol Gymraeg Ffwrnes ensures that a preventative and proactive approach is adopted to address the issue.

### **Co-building with pupils**

In line with the United Nations Convention on the Rights of [the Child](#), pupils' voice will be considered to support the construction of the ACR curriculum at Ysgol Gymraeg Ffwrnes and pupils will have regular opportunities to evaluate and review our ACR provision to ensure it meets their needs effectively.

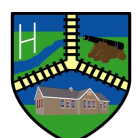
### **Working with parents/carers**

All parents/carers will be informed about ACR provision at Ysgol Gymraeg Ffwrnes and will be encouraged to see ACR as a shared responsibility between school and home.

### **Working with visitors and external agencies**

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

- The school and the external provider have agreed on the aims, content and approach to be adopted.
- The local authority (education department) knows about and has 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 in advance of the visit and allowed time for them to prepare questions, if appropriate.



- Contributions are followed by external agencies and are always part of a whole-school approach
- Schools commissioning external agencies will qualify and follow the local authority's secure recruitment and commissioning procedures.
- The school has planned for the provider to be actively supported by a teacher throughout the visit.

## ACR Monitoring

While RSE is a whole-school responsibility, RSE will be monitored, reviewed and evaluated by those responsible for RSE at Ysgol Gymraeg Ffwrnes in accordance with the school's curriculum policy. This includes:

- (a) The representative of the Governing body responsible for ACR
- (b) The Headteacher and Senior Leadership Team
- (c) The ACR Leader
- (d) Pupils

This ACR policy will be reviewed annually and this process will include all of the above, alongside other members of our schools community (parents/carers, the Governing Body and pupils) to ensure that our ACR provision and curriculum are effective in meeting our statutory requirements.

## Appendix

- Curriculum map (code)

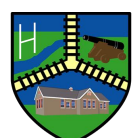
The code can be found [here](#). The three strands are:

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

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

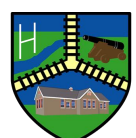
The three stages of learning are:

1. Stage 1 – from 3 years old
2. Stage 2 – from 7 years old
3. Stage 3 – from 11 years old



- Resources and Services to Support ACR

- Carmarthenshire School Health Nurse Service
- Carmarthen Healthy Schools Network
- [Cross-cutting themes for designing your curriculum](#) – Welsh Government - ARC Code and Guidance.
- [Brook Learn](#) - A range of high-quality, self-directed courses, most of which are free, to empower, support and encourage you to provide effective education around relationships and sexuality.
- [Sspectrwm](#) - Educating schools, pupils and parents in Wales about healthy relationships through a whole-school approach to tackling domestic abuse.
- [Violence against Women, Domestic Abuse and Sexual Violence \(VAWDASV\)](#) – legislation, duties and training provided by Wales' safer communities.
- [Grow Up Resource](#) – Supports ACR provision. Only available through HWB.
- [SENSE interactive resource](#) – Supports ACR provision. Every school has received a copy.
- [SchoolBeat](#) - Provides information and resources to children, teachers, parents and partners to reinforce the key messages shared by our Schools Community Police Officers in primary and secondary schools as well as alternative educational settings.
- [Playful 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 lesson plan, slide presentation, curriculum links, classroom activities and more.
- [Underwear Rule](#) – A simple conversation to help parents keep their children safe from sexual abuse.
- [Stonewall Cymru](#) - Supporting schools to become more LGBTQ+ inclusive.
- [ThinkuKnow Toolkit](#) - Information and guidance that is appropriate and relevant to the experiences of young people aged 11 to 18. The toolkit includes activities that can be delivered as one-off lessons or used as part of young people's relationship education 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 on a range of issues including bullying and exam taking.
- [Agenda](#) - A downloadable resource for educational practitioners who wish to support children and young people (7 – 18 years old) to make meaningful positive relationships in their school and community.
- [Crush](#) – CRUSH is a free downloadable resource aimed at preparing teachers for the new ACR Code and Guidelines.
- [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 around the world standing up for humanity and human rights.
- [Mentally Healthy Schools](#) - Learning without fear: a girls' rights school package.
- [Kaleidoscope Trust](#) – Freedom, security and equality for LGBT+ people.
- [Barnardo's](#) - Resources to help identify and engage young people who are at risk of sexual abuse and exploitation.
- [Let's Talk About It](#) - Support on relationships and sex education.
- [Repository - Hwb \(gov.wales\)](#)
- [Children's Commissioner for Wales](#) – Resources for schools.
- [Home : Mentally Healthy Schools](#) - Educational resources and guidance documents based on ACR.
- [Education and Training Foundation](#) - Useful resources – Prevention for Further Education and Training.
- [Swansea Bay ACR Teaching Pack](#) – Lessons from Admission to Year 6, including School Nurse lessons on hand washing (Admission) and adolescence (Year 5). Only available through HWB.
- [Carmarthenshire Healthy Schools - Files - Networks - Hwb \(gov.wales\)](#) - Ysgolion Iach Caefryddinshire Network: Relevant resources available within the *Personal Development and Relationships file*:

