

Radyr Comprehensive School

Ysgol Gyfun Radur

Respect ♦ Commitment ♦ Success

Sex and Relationship Education Policy

REVIEWED: Oct 26
NEXT REVIEW: Oct 27

SIGNED:



G Williams (Chair of Governors)



N Richards (Headteacher)

DATE: 06/10/2026





RELATIONSHIPS AND SEXUALITY EDUCATION (RSE) POLICY

Radyr Comprehensive School

Respect – Commitment – Success

Parch – Ymrwymiad – Llwyddiant

Review Date: September 2026

Next Review Date: September 2028

1. Introduction

Radyr Comprehensive School is committed to providing all learners with high-quality, inclusive and developmentally appropriate Relationships and Sexuality Education (RSE) through a whole-school approach.

RSE is a mandatory requirement within the Curriculum for Wales and forms an important part of the Health and Well-being Area of Learning and Experience (AoLE). It supports learners to develop healthy, safe and respectful relationships, understand their rights and responsibilities, value diversity, and make informed decisions about their wellbeing and future lives. This policy has been developed in consultation with staff, learners, governors, parents and carers and reflects the statutory requirements of the Relationships and Sexuality Education (RSE) Code.

2. Aims of Relationships and Sexuality Education

At Radyr Comprehensive School, RSE aims to:

- Support learners to develop healthy, respectful and fulfilling relationships.
 - Promote physical, emotional, social and sexual wellbeing.
 - Develop self-awareness, confidence and resilience.
 - Foster understanding of diversity, equality and inclusion.
 - Enable learners to understand consent, personal boundaries and respectful behaviour.
 - Challenge discrimination, prejudice and harmful stereotypes.
 - Equip learners with the knowledge and skills needed to recognise unsafe situations and seek support.
 - Promote safeguarding and the prevention of abuse, exploitation and violence.
 - Enable learners to become ethical, informed citizens who respect the rights of others.
-

3. Legislation and Guidance



This policy is informed by:

- Curriculum and Assessment (Wales) Act 2021
- Relationships and Sexuality Education Code (Wales)
- RSE Statutory Guidance (2022)
- Equality Act 2010
- United Nations Convention on the Rights of the Child (UNCRC)
- Additional Learning Needs and Education Tribunal (Wales) Act 2018
- Violence Against Women, Domestic Abuse and Sexual Violence (Wales) Act 2015
- Welsh Government safeguarding guidance

Relationships and Sexuality Education is mandatory for all learners within the Curriculum for Wales. Parents and carers do not have the right to withdraw learners from RSE.

4. Human Rights and Equality

Our RSE provision is underpinned by the rights of children and young people.

Radyr Comprehensive School promotes equality, inclusion and respect for diversity. We recognise and value the different identities, family structures, beliefs, cultures and experiences represented within our school community.

Learners are supported to understand:

- Human rights and responsibilities.
- Equality and equity.
- Diversity in families and relationships.
- Protected characteristics under the Equality Act 2010.
- The importance of respect, dignity and inclusion.

The school actively challenges discrimination, prejudice, harassment and bullying in all forms.

5. What is RSE?

Relationships and Sexuality Education supports learners to develop the knowledge, skills and values needed to:

- Develop healthy relationships.
- Understand identity and belonging.
- Maintain positive physical and emotional wellbeing.
- Understand bodies and body image.
- Make informed decisions.



- Stay safe online and offline.
- Seek support when needed.

The curriculum is structured around the three strands identified within the Welsh Government RSE Code:

Relationships and Identity

Supporting learners to develop healthy and respectful relationships and understand their own identity.

Sexual Health and Well-being

Supporting learners to understand bodies, puberty, reproduction, sexual health and wellbeing.

Empowerment, Safety and Respect

Supporting learners to understand rights, consent, personal safety and safeguarding.

6. Roles and Responsibilities

Governing Body

The Governing Body will:

- Approve and review the policy.
- Monitor compliance with statutory requirements.
- Support the school's whole-school approach to RSE.

Headteacher and Senior Leadership Team

The Headteacher and Senior Leadership Team will:

- Ensure statutory requirements are met.
- Monitor curriculum implementation.
- Support staff training and development.
- Ensure effective safeguarding arrangements are in place.

Curriculum Leader for Health and Well-being

The Curriculum Leader will:

- Coordinate RSE provision.
- Monitor curriculum delivery and progression.

- Support staff.
- Evaluate impact.
- Lead consultation with learners and parents/carers.

Staff

All staff have a responsibility to:

- Promote an inclusive and respectful ethos.
 - Follow safeguarding procedures.
 - Support learners appropriately.
 - Maintain professional boundaries.
-

7. The RSE Curriculum

RSE at Radyr Comprehensive School is delivered primarily through Health and Well-being lessons and is reinforced across the curriculum through Science, Religion, Values and Ethics (RVE), Physical Education and other learning experiences.

The curriculum follows a spiral approach, enabling learners to revisit and deepen their understanding over time.

Topics include:

Relationships and Identity

- Friendships
- Healthy relationships
- Family structures
- Diversity and inclusion
- Gender stereotypes
- Sexual orientation
- Identity and belonging
- Self-esteem

Sexual Health and Well-being

- Puberty
- Reproduction
- Conception
- Pregnancy and birth
- Menstrual wellbeing
- Sexual health
- Sexually transmitted infections (STIs)



- Contraception
- Body image

Empowerment, Safety and Respect

- Consent
- Boundaries
- Healthy and unhealthy relationships
- Domestic abuse
- Violence against women and girls
- Online safety
- Grooming
- Sexting and image sharing
- Pornography
- Exploitation
- Harmful sexual behaviour
- Peer-on-peer abuse

The curriculum will be responsive to emerging issues identified through learner voice, safeguarding information, School Health Research Network (SHRN) data and local authority priorities.

8. Learner Voice

Learners have a right to participate in decisions affecting them.

The school gathers learner voice through:

- School Council
- Health and Well-being surveys
- SHRN data
- Curriculum evaluations
- Focus groups

This information helps ensure the curriculum remains relevant, inclusive and responsive to learners' needs.

9. Supporting Learners with Additional Learning Needs

The school is committed to ensuring all learners can access meaningful RSE learning.

Staff work closely with:

- The ALNCo
- Pastoral Teams
- Parents and carers
- External agencies

to adapt content, resources and teaching approaches where appropriate.

Learning will always be developmentally appropriate and individual learner needs will be considered throughout planning and delivery.

10. Working with Parents and Carers

We recognise that parents and carers are the primary educators of their children.

The school seeks to work in partnership with families by:

- Sharing information about the curriculum.
- Providing opportunities for discussion.
- Responding to concerns and questions.
- Making resources available for review where appropriate.

Parents and carers are encouraged to support learning through open and positive conversations at home.

11. External Agencies and Partnerships

Appropriate external agencies may contribute to the school's RSE provision.

These may include:

- Cardiff and Vale University Health Board
- School Nursing Service
- South Wales Police School Liaison Programme
- Cardiff Youth Services
- Healthy Schools Team
- Specialist wellbeing organisations
- Brook

External visitors complement, but do not replace, the school's curriculum. A member of staff will always be present during externally delivered sessions.



12. Period Dignity

Radyr Comprehensive School supports the Welsh Government Period Dignity Agenda.

The school will:

- Provide free period products.
- Deliver accurate education regarding menstruation.
- Promote dignity and reduce stigma.
- Ensure suitable facilities are available.

13. Safeguarding and Confidentiality

The safety and wellbeing of learners is paramount.

Learners will be informed that:

- Staff cannot offer unconditional confidentiality.
- Safeguarding concerns must be reported.
- Appropriate support will always be provided.

Where concerns arise, staff will follow the school's Safeguarding and Child Protection Policy and Cardiff Council safeguarding procedures.

Learners will be supported to access appropriate services when required.

14. Harmful Sexual Behaviour and Peer-on-Peer Abuse

The school takes all forms of harmful sexual behaviour seriously.

Learners will be supported to understand:

- Consent
- Respectful behaviour
- Sexual harassment
- Online abuse
- Image-based abuse
- Coercive control
- Sexual exploitation

All incidents will be managed in accordance with school safeguarding procedures and relevant Welsh Government guidance.

15. Signposting to Support Services

Learners can access support through:

- Form Tutors
- Heads of Year
- Wellbeing Team
- School Counsellor
- School Nurse
- Designated Safeguarding Team

External support includes:

- Childline
 - Kooth
 - Cardiff Family Gateway
 - Cardiff and Vale Health Services
 - NSPCC
 - MEIC Wales
 - Brook
 - Cwtch
-

16. Equality Statement

Radyr Comprehensive School is committed to promoting equality of opportunity and eliminating discrimination.

RSE will be delivered in a way that is:

- Inclusive
 - Respectful
 - Evidence-based
 - Developmentally appropriate
 - Accessible to all learners
-

17. Monitoring and Review

This policy will be reviewed every two years, or sooner if there are changes to Welsh Government legislation, statutory guidance or local authority requirements.



The policy will be monitored by:

- Governing Body
- Headteacher
- Curriculum Leader for Health and Well-being

Approved by Governing Body: _____

Chair of Governors: _____

Headteacher: _____

Date: _____

Review Date: September 2028