

Ffederasiwn Cwrt Henri, Ffairfach a Talylychau

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Polisi Addysg Cydberthnasedd a Rhywioldeb policy





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Polisi Addysg Cydberthynas a Rhywioldeb (ACRh)



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Cyflwyniad

Mae Addysg Cydberthynas a Rhywioldeb (ACR) yn rhan bositif a gwarchodol o'r Cwricwlwm i Gymru. Mae'n chwarae rôl ganolog wrth gefnogi hawliau dysgwyr i fwynhau perthnasoedd boddhaus, iach a diogel trwy gydol eu bywydau. Mae ACR hefyd yn rhan allweddol o'n rôl ddiogelu yn Ffederasiwn Ysgolion Cwrt Henri, Ffairfach a Talylychau.

Yn ganolog i'r Cwricwlwm i Gymru mae dyhead ar bob plentyn a pherson ifanc i gyflawni pedwar [diben](#) y cwricwlwm. Mae cwricwlwm ACR sy'n seiliedig ar hawliau a thegwch yn helpu i sicrhau y gall pob dysgwr ddatblygu dealltwriaeth o sut mae ffydd, credoau, hawliau dynol a diwyllianau pobl yn gysylltiedig â phob agwedd ar ACR a sut y gall yr hawliau hyn gyfrannu at ryddid, urddas, llesiant a diogelwch pob person. Felly, o fewn Ffederasiwn Ysgolion Cwrt Henri, Ffairfach a Talylychau byddwn yn trafod ACR yng nghyd-destun yr Hawliau a warchodir gan Gofensiwn y Cenhedloedd Unedig ar Hawliau'r Plentyn.

Bydd ACR yn Ffederasiwn Ysgolion Cwrt Henri, Ffairfach a Talylychau yn cefnogi dysgwyr i ddatblygu'r wybodaeth, y sgiliau a'r gwerthoedd i ddeall sut mae perthnasoedd a rhywioldeb yn siapio'u bywydau yn ogystal â bywydau pobl eraill. Bydd dysgwyr yn barod ac wedi'u grymuso i geisio cymorth ar faterion sy'n ymwneud ag ACR ac i fod yn eiriolwr iddyn nhw eu hunain ac eraill.

Yng y Cwricwlwm i Gymru, mae Llywodraeth Cymru wedi deddfu bod ACR yn ofyniad gorfodol i bob dysgwr rhwng 3 ac 16 oed ("[y Ddeddf](#)"). Mae hyn yn golygu bod yn rhaid i bob dysgwr dderbyn yr addysg hon, ac nid oes hawl i rieni / gofalywyr dynnu eu plant allan o ACR.

Mae'r polisi hwn wedi'i ysgrifennu yn unol â Deddf Cwricwlwm ac Asesu 2021; dolen [yma](#).

ACR sy'n briodol o ran datblygiad

Mae'r Ddeddf yn ei gwneud hi'n ofynnol i'r ACRh a ddarperir fod yn ddatblygiadol briodol i ddysgwyr. Felly, mae'n rhaid i ysgolion a lleoliadau ystyried amrywiaeth o ffactorau megis oedran, gwybodaeth ac aeddfedrwydd y dysgwyr ac unrhyw anghenion dysgu ychwanegol. BYDD ACRh yn Ffederasiwn Ysgolion Cwrt Henri, Ffairfach a Talylychau yn ddatblygiadol briodol i bob dysgwr. Dylai oedran y dysgwyr fod yn un o'r meini prawf a ddefnyddir gan ymarferwyr i benderfynu ar briodoldeb cynnwys; fodd bynnag, bydd ffactorau eraill y bydd angen iddynt eu hystyried wrth gynllunio darpariaeth. Dylid hefyd ystyried ffactorau fel datblygiad corfforol a meddyliol ac emosiynol dysgwyr. Mae hyn yn hanfodol er mwyn sicrhau bod dysgwyr yn cael eu cadw'n ddiogel rhag gwybodaeth nad ydynt yn ddigon aeddfed i'w phrosesu. Fodd bynnag, ni ddylai hyn fod yn rheswm dros beidio â rhoi'r wybodaeth hanfodol sydd ei hangen ar blant a phobl ifanc wrth iddynt ddatblygu'n gorfforol, yn feddyliol ac yn emosiynol; er mwyn cyflwyno ACRh sy'n ddatblygiadol briodol, mae angen rhoi sylw i bynciau sy'n rhan annatod o ddatblygiad dysgwyr. Er enghraifft, dylid trafod materion a all effeithio ar rhai ddysgwyr iau, megis y glasoed a'r mislif, mewn modd sensitif a chyn iddynt dechrau profi newidiadau ffisiolegol. Byddwn hefyd yn ystyried sut y darperir cefnogaeth briodol drwy ymagwedd ysgol gyfan megis, yn achos y glasoed, sicrhau bod deunyddiau mislif ar gael i ddysgwyr.

Hawliau Plant

Dylai dysgu yn ACR dynnu sylw at yr hawl i:

Amddiffyn y corff

- Mae gan bob plentyn yr hawl i gael ei barchu'n gorfforol a'i drin yn dyner.
- Ni ddylai'r un plentyn gael ei gorff wedi ei frifo gan unrhyw un.
- Mae rhannau preifat plentyn yn breifat.

Caredigrwydd

- Mae gan bob plentyn yr hawl i gael ei werthfawrogi a'i drin gyda charedigrwydd.
- Mae gan bob plentyn yr hawl i gael ei gyfarch yn gynnes.
- Ni ddylai'r un plentyn gael ei frifo gyda geiriau creulon.
- Os yw plentyn yn gwneud rhywbeth mae oedolyn yn meddwl sy'n anghywir, mae gan y plentyn yr hawl i gael gwybod hyn mewn ffordd dyner, ddi-frawychus.

Parch a chydabyddiaeth

- Mae gan bob plentyn yr hawl i gael ei barchu.
- Mae gan bob plentyn yr hawl i oedolion yn y cartref a'r ysgol wybod beth sy'n bwysig iddo ef neu hi.
- Mae gan bob plentyn yr hawl i oedolion gartref ac ysgol wybod beth sy'n gwneud iddo deimlo'n hapus ac yn anhapus.
- Ni ddylid chwerthin ar ben plentyn, ei fychanu na'i wneud i deimlo cywilydd.
- Mae gan bob plentyn yr hawl i ddweud pan fydd yn teimlo ei fod wedi'i gywilyddio.

I ddysgu addas

- Mae gan bob plentyn yr hawl i gael ei herio yn ei ddysgu, ond byth i gael gwaith sy'n gwneud iddo deimlo nad yw'n ddigon da.
- Mae gan bob plentyn yr hawl i gael oedolion i fod yn chwilfrydig am eu diddordebau a'r hyn maen nhw eisiau dysgu mwy amdano.
- Mae gan bob plentyn yr hawl i help gan athrawon yn yr ysgol, os oes rhywbeth gartref neu rywle arall yn eu hatal rhag dysgu.

I deimlo'n ddiogel a pheidio â bod yn ofnus

- Mae gan bob plentyn yr hawl i deimlo'n ddiogel gartref, yn yr ysgol ac mewn unrhyw le arall, gan gynnwys ar-lein.
- Ni ddylai unrhyw blentyn gael ei ddychryn gan unrhyw un gartref, yn yr ysgol nac mewn unrhyw le arall, gan gynnwys ar-lein.
- Mae gan bob plentyn hawl i ofyn i oedolyn caredig am help os yw'n teimlo'n ofnus, yn annogel neu'n ansicr mewn unrhyw ffordd.
- Mae gan bob plentyn yr hawl i ddweud 'Na' a 'Stop' ac i hyn gael ei barchu.

I gael llais a chael ei wrando arno

- Mae gan bob plentyn yr hawl i deimlo bod ei lais yn cael ei glywed mewn ffordd sy'n gwneud gwahaniaeth ac sy'n parchu'r ffaith ei fod yn ddinesydd y byd.
- Mae gan bob plentyn hawl i ofyn am help os oes rhywbeth yn ei fywyd yn ei atal rhag dysgu.

- Mae gan bob plentyn yr hawl i gael help gan oedolyn caredig i ddod o hyd i'r geiriau cywir pan nad yw'n teimlo'n ddiogel.
- Mae gan bob plentyn yr hawl i ddweud a yw rhywun yn bod yn greulon iddo neu rywun mae'n poeni amdano, fel bod modd atal y creulondeb.
- Mae gan bob plentyn yr hawl i gael cymorth i ddysgu am bob un o'i hawliau yn ogystal â gwybod am hawliau pobl eraill.

Diolch i [Ysgolion](#) Ymwybodol o Drawma am ganiatáu i hyn gael ei rannu.

Erthygl 3: dylai pawb sy'n gweithio gyda phlant bob amser wneud yr hyn sydd orau i bob plentyn, sy'n berthnasol i ACR, fel y mae i'r cwricwlwm cyfan.

Polisïau Cysylltiedig

Mae'r polisi ACR wedi'i ysgrifennu i gysylltu â pholisïau a phrosesau ysgolion eraill yn Ffederasiwn Ysgolion Cwrt Henri, Ffairfach a Talylychau. Mae'r rhain yn cynnwys:

- Diogelu ac amddiffyn plant
- Polisi a gweithdrefnau o ran ymddygiad
- Polisi a gweithdrefnau gwrth-fwlio
- Polisi iechyd meddwl a llesiant
- Polisi diogelwch ar-lein
- Polisïau Cydraddoldebau
- Polisi Addysgu a Dysgu.

Mae'r Polisi ACR hwn yn cyd-fynd â Deddf Cydraddoldeb 2010 sy'n nodi na chaiff ysgolion wahaniaethu'n anghyfreithlon yn erbyn dysgwyr ar sail oedran, rhyw, hil, anabledd, crefydd neu gred, ailbennu rhywedd, beichiogrwydd neu famolaeth, priodas neu bartneriaeth sifil, neu gyfeiriadedd rhywiol (gelwir y rhain yn ddatgeliadau 'gwarchoddedig).

Nodau ac Amcanion ACR

Nod ACR yn Ffederasiwn Ysgolion Cwrt Henri, Ffairfach a Talylychau yw rhoi'r wybodaeth sydd ei hangen ar bobl ifanc i'w helpu i ddatblygu a chynnal perthnasoedd iach, meithrin perthynas o bob math, nid dim ond perthynas agos. Dylai eu galluogi i wybod sut olwg sydd ar berthynas iach a'r hyn sy'n gwneud ffrind da, cydweithiwr da a phriodas lwyddiannus neu fath arall o berthynas ymroddedig. Dylai hefyd gynnwys elfennau o Addysg Iechyd Rhywiol fel Atal Cenhedlu a heintiau a drosglwyddir yn rhywiol., datblygu perthnasoedd agos a gwrthsefyll pwysau i gael rhyw a chyflawni gweithredoedd rhywiol (a pheidio â rhoi pwysau, a deall pwysigrwydd cydsyniad). Dylai ddysgu beth yw ymddygiad derbyniol ac annerbyniol mewn perthnasoedd.

Yn unol â deddfwriaeth, bydd ACR yn Ffederasiwn Ysgolion Cwrt Henri, Ffairfach a Talylychau yn gynhwysol, yn amryfath, yn ffeithiol gywir ac yn darparu cyfleoedd i ddysgwyr ymgysylltu'n feirniadol ac ymateb i bob maes o'r cwricwlwm ACR, o fewn amgylchedd diogel. Bydd staff wedi cael hyfforddiant da a bydd yr holl adnoddau a ddefnyddir yn cael eu dewis yn ofalus yn unol ag anghenion y dysgwyr.

Bydd ACR yn cael ei dysgu trwy'r maes dysgu Iechyd a Llesiant/trwy themâu trawsbynciol/trwy wersi ACR ysgafn.

Cydnabyddir gan Estyn bod [aflonyddu rhywiol gan gyfoedion](#) yn gyffredin iawn ym mywydau dysgwyr ac mae'r dull ysgol gyfan o ran ACR yn (Ffederasiwn Ysgolion Cwrt Henri, Ffairfach a Talylychau) yn sicrhau bod dull ataliol a rhagweithiol yn cael ei fabwysiadu i fynd i'r afael â'r mater.

Cyd-adeiladu gyda disgyblion

Yn unol â Chonfensiwn y Cenhedloedd Unedig dros Hawliau'r [Plentyn](#), bydd llais disgyblion yn cael ei ystyried i gefnogi i adeiladu'r cwricwlwm ACR yn Ffederasiwn Ysgolion Cwrt Henri, Ffairfach a Talylychau a bydd disgyblion yn cael cyfleoedd yn rheolaidd i werthuso ac adolygu ein darpariaeth ACR er mwyn sicrhau ei bod yn diwallu eu hanghenion yn effeithiol.

Gweithio gyda rhieni/gofalwyr

Bydd pob rhiant / gofalwr yn cael gwybod am ddarpariaeth ACR yn Ffederasiwn Ysgolion Cwrt Henri, Ffairfach a Talylychau a byddant yn cael eu hannog i weld ACR fel cyfrifoldeb a rennir rhwng yr ysgol a'r cartref.

Gweithio gydag ymwelwyr ac asiantaethau allanol

Pan fydd ymwelwyr ac asiantaethau allanol yn darparu cyfleoedd dysgu sesiynol i ddysgwyr, bydd yr ysgol yn sicrhau'r canlynol:

- Mae'r ysgol a'r darparwr allanol wedi cytuno ar y nodau, y cynnwys a'r dull gweithredu sydd i'w mabwysiadu.
- Mae'r awdurdod lleol (adran addysg) yn gwybod am ac wedi cymeradwyo'r asiantaeth fel darparwr cymorth RSE o fewn ysgolion.
- Mae'r ysgol wedi gwneud y darparwr yn ymwybodol o unrhyw bolisiau ysgol perthnasol.
- Mae'r ysgol wedi hysbysu a pharatoi disgyblion cyn yr ymweliad a chaniatáu amser iddyn nhw baratoi cwestiynau, os yw'n briodol.
- Dilyniir cyfraniadau gan asiantaethau allanol ac maent bob amser yn rhan o ddull ysgol gyfan
- Bydd ysgolion sy'n comisiynu asiantaethau allanol yn cymhwyso ac yn dilyn gweithdrefnau recriwtio a chomisiynu diogel yr awdurdod lleol.
- Mae'r ysgol wedi cynllunio i'r darparwr gael ei gefnogi'n weithredol gan athro drwy gydol yr ymweliad.

Monitro ACR

Er bod ACRh yn gyfrifoldeb ysgol gyfan, bydd ACRh yn cael ei monitro, ei hadolygu a'i gwerthuso gan y rheini sy'n gyfrifol am ACRh yn Ffederasiwn Ysgolion Cwrt Henri, Ffairfach a Talylychau, yn unol â pholisi cwricwlwm yr ysgol. Mae hyn yn cynnwys:

- (a) Y cynrychiolydd o'r corff Llywodraethol sy'n gyfrifol am ACR
- (b) Y Pennaeth a Thîm yr Uwch-arweinwyr
- (c) Yr Arweinydd ACR
- (d) Disgyblion

Bydd y polisi ACR hwn yn cael ei adolygu bob blwyddyn a bydd y broses hon yn cynnwys yr uchod i gyd, ochr yn ochr ag aelodau eraill o gymuned ein hysgolion (rhieni/gofalwyr, y Corff Llywodraethol a'r disgyblion) i sicrhau bod ein darpariaeth ACR a'n cwricwlwm yn effeithiol wrth fodloni ein gofynion statudol.

Atodiad

- Map y cwricwlwm (cod)

Mae'r cod i'w weld [yma](#). Y tair llinyn yw:

- (a) Perthnasoedd a hunaniaeth
- (b) Iechyd a llesiant rhywiol
- (c) Grymuso, diogelwch a pharch

Mae ein cynllun cwricwlwm yn ystyried y tri cham o ddysgu, yn ogystal ag anghenion priodol ein disgyblion mewn datblygiad ac mae ar gael i'w rannu ar gais.

Y tri cham dysgu yw:

1. Cam 1 – o 3 oed
2. Cam 2 – o 7 oed
3. Cam 3 – o 11 oed

- Adnoddau a Gwasanaethau i Gefnogi ACR
 - Gwasanaeth Nyrs Iechyd yr Ysgol Sir Gaerfyrddin
 - Rhwydwaith Ysgolion Iach Caerfyrddin
 - [Themâu trawsbynciol ar gyfer dylunio eich cwricwlwm](#) – Llywodraeth Cymru - Cod a Chanllawiau ARC.
 - [Brook Learn](#) - Ystod o gyrsiau hunangyfeiriedig o ansawdd uchel y mae'r mwyafrif ohonynt yn rhad ac am ddim er mwyn eich grymuso, eich cefnogi a'ch annog i ddarparu addysg effeithiol o ran perthnasoedd a rhywioldeb.
 - [Sbectrw](#)m - Addysgu ysgolion, disgyblion a rhieni yng Nghymru am berthnasoedd iach drwy ddefnyddio dull ysgol gyfan o fynd i'r afael â cham-drin domestig.
 - [Trais yn erbyn Menywod, Cam-drin Domestig a Thrais Rhywiol \(VAWDASV\)](#) – deddfwriaeth, dyletswyddau a hyfforddiant a ddarperir gan gymunedau mwy diogel Cymru.
 - [Adnodd Tyfu i Fyny](#) – Yn cefnogi darpariaeth ACR. Dim ond ar gael trwy HWB.
 - [Adnodd rhygweithiol SENSE](#) – Yn cefnogi darpariaeth ACR. Mae pob ysgol wedi cael copi.
 - [SchoolBeat](#) - Yn darparu gwybodaeth ac adnoddau i blant, i athrawon, i rieni ac i bartneriaid i atgyfnerthu'r negeseuon allweddol a rennir gan ein Swyddogion Heddlu

- Cymunedol Ysgolion mewn ysgolion cynradd ac uwchradd yn ogystal â lleoliadau addysgol amgen.
- [Cymru Chwareus](#) – Gwefan Iechyd Rhywiol GIG Cymru.
 - [Dysgu NSPCC](#) - Hyfforddiant ac adnoddau i'ch helpu i amddiffyn plant rhag esgeulustod a cham-drin.
 - [Adnodd PANTS](#) - Adnoddau am ddim i ysgolion ac athrawon gan gynnwys cynllun gwersi, cyflwyniad sleidiau, cysylltiadau'r cwricwlwm, gweithgareddau yn yr ystafell ddosbarth a mwy.
 - [Rheol Dillad Isaf](#) - Sgwrs syml i helpu rhieni i gadw eu plant yn ddiogel rhag cam-drin rhywiol.
 - [Stonewall Cymru](#) - Cefnogi ysgolion i fod yn fwy cynhwysol o ran LGBTQ+.
 - [Pecyn Cymorth ThinkuKnow](#) - Gwybodaeth ac arweiniad sy'n briodol ac yn berthnasol i brofiadau pobl ifanc rhwng 11 a 18 oed. Mae'r pecyn cymorth yn cynnwys gweithgareddau y gellir eu cyflwyno fel gwersi untro neu eu defnyddio fel rhan o addysg pobl ifanc o ran perthnasoedd ac addysg rhywiol.
 - [Kooth](#) - Mae Kooth yn wasanaeth llesiant ar-lein am ddim, diogel a dienw i blant a phobl ifanc.
 - [Meic](#) – Llinell gymorth 24 awr am ddim i blant a phobl ifanc yng Nghymru. Mae MEIC yn rhoi cyngor a chymorth ar ystod o faterion gan gynnwys bwlio a sefyll arholiadau.
 - [Agenda](#) - Adnodd i'w lawrlwytho ar gyfer ymarferwyr addysgol sy'n dymuno cefnogi plant a phobl ifanc (7 – 18 oed) i wneud perthnasoedd positif o bwys yn eu hysgol a'u cymuned.
 - [Crush](#) - Mae CRUSH yn adnodd i'w lawrlwytho am ddim sydd â'r nod o baratoi athrawon ar gyfer y Cod a Chanllawiau ACR newydd.
 - [Terrence](#) Ymddiriedolaeth Higgins – Gwybodaeth am HIV, heintiau eraill a drosglwyddir yn rhywiol a sut i gynnal iechyd rhywiol da.
 - [CAFOD](#) - Adnoddau addysg ar gyfer ysgolion cynradd ac uwchradd.
 - [Amnest Rhyngwladol y DU](#) – Pobl gyffredin o bob cwr o'r byd yn sefyll dros ddynoliaeth a hawliau dynol.
 - [Ysgolion Iach yn Feddylol](#) - Dysgu heb ofn: pecyn ysgol hawliau merched.
 - [Ymddiriedolaeth Kaleidoscope](#) – Rhyddid, diogelwch a chydardoldeb i bobl LGBT+.
 - [Barnardo's](#) - Adnoddau i helpu i nodi ac ennyn diddordeb pobl ifanc sydd mewn perygl o gael eu cam-drin a'u chamfanteisio'n rhywiol.
 - [Let's Talk About It](#) - Cymorth ar berthnasoedd ac addysg rywiol.
 - [Ystorfa - Hwb \(llyw.cymru\)](#)
 - [Comisiynydd Plant Cymru](#) – Adnoddau ar gyfer ysgolion.
 - [Gartref : Ysgolion Iach yn Feddylol](#) - Adnoddau addysgol a dogfennau cyfarwyddyd ar sail ACR.
 - [Education and Training Foundation](#) - Adnoddau defnyddiol – Atal ar gyfer Addysg a Hyfforddiant Pellach.
 - [Pecyn Addysgu ACR Bae Abertawe](#) – Gwersi o'r Derbyn i Flwyddyn 6, gan gynnwys gwersi Nyrs Ysgol ar olchi dwylo (Derbyn) a'r glasgoed (Blwyddyn 5). Dim ond ar gael trwy HWB.

Relationships and Sexuality Education (RSE) Policy



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Date of implementation	January 2023
Date of policy review	September 2024
Name of RSE Lead	Alana Walker

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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 Cwrt Henri, Ffairfach and Talley Federation of schools.

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 Cwrt Henri, Ffairfach and Talley Federation of schools, we will discuss RSE in the context of the Rights protected by the United Nations Convention on the Rights of the Child.

RSE at Cwrt Henri, Ffairfach and Talley Federation of schools 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 Cwrt Henri, Ffairfach and Talley Federation of schools 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 Cwrt Henri, Ffairfach and Talley Federation of schools. 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 Cwrt Henri, Ffairfach and Talley Federation of schools 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 Cwrt Henri, Ffairfach and Talley Federation of schools 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/ through cross cutting themes/ via 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 (Cwrt Henri, Ffairfach and Talley Federation of schools) 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 Cwrt Henri, Ffairfach and Talley Federation of schools 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 Cwrt Henri, Ffairfach and Talley Federation of schools 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 Cwrt Henri, Ffairfach and Talley Federation of schools, in line with the school's curriculum policy. This includes:

- (e) The representative from the Governing body with responsibility for RSE
- (f) The Headteacher and Senior Leadership Team
- (g) The RSE lead
- (h) 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:

- (d) Relationships and identity
- (e) Sexual health and wellbeing
- (f) 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:

- 4. Phase 1 – from age 3
- 5. Phase 2 – from age 7
- 6. 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.

