



RSE Policy 2023-25

Reviewed by: V. Evans

Agreed by governing body:

October 2023

Date for review: September
2025

Introduction

Cardiff West Community High School is committed to providing meaningful and authentic RSE learning experiences during Years 7 to 11. This work takes place predominantly through the Health and Wellbeing AoLE, and through close collaboration with all subject areas including science, health and social care, religious education, English and media studies. Brief-intervention sessions for individual and groups learners are also provided on a needs basis.

The RSE curriculum is designed as a spiral in which learners are introduced to themes using age and group-appropriate resources. These skills and understanding are then revisited each year, building on and developing prior learning.

Schemes of learning are preceded by a clear outline of school safeguarding procedures, confidentiality and the development of class ground rules.

Aims and Objectives

To support learners to know and understand:

1. Key information related to the body and changes and choices including puberty, human reproduction, contraception and sexual health
2. How laws protect individuals from harm; to consider one's own values and boundaries and to respect the boundaries of others
3. How to think critically about influences – including media representation – which contribute to constructions and understanding of bodies, relationships and sexual activity

Legal Framework

Cardiff West CHS RSE policy, curriculum and resources have been developed with due regard to the following aspects of legislation:

1. [The mandatory Curriculum for Wales RSE Code](#) and corresponding [RSE statutory Guidance](#)
2. The Curriculum for Wales AoLEs including: [Health and Wellbeing](#); [Science and Technology](#); [Humanities](#); and [Languages, Literature and Communication](#)
3. Related legislation including: [Human Rights laws](#); [The Education Act \(1996\)](#) and [The Equality Act \(2010\)](#), [UNCRC](#)

Working with Parents and Carers

Parents and carers are the primary providers of RSE for their children. RSE is most effective for learners when curriculum and resources are developed in close working partnership between home and school. To this end, the outline of the RSE curriculum is available for all parents and carers on request. Families are also notified in writing, prior to the delivery of all RSE schemes of learning, of themes that will be covered and resources that will be used.

This RSE Policy should be considered in conjunction with the following Cardiff West CHS school policies:

Safeguarding

Equalities

ICT Appropriate Use