



Personal, Social Education & Relationships and Sexual Education Policy

August 2019

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Policy

1.0 Introduction

- 1.1 This policy should be read in conjunction with the college E-safety Policy, Anti-bullying Policy, Gender Policy, Prevent Policy, Alcohol, Substance Misuse and Sexual Relations Policy, the Wellbeing Policy and the Health and Medical Policy.
- 1.2 In creating this policy, the following guidance was looked at:
 - Welsh Assembly Government - Personal and Social Education Framework for 7-19 year olds in Wales
 - Welsh Assembly Government – The Future of the Sex and Relationships Education Curriculum in Wales
- 1.3 Personal Social Education (PSE) at Cardiff Sixth Form College reflects the aims of the PSE Framework for 7 to 19 year olds in Wales (2008) by preparing learners to be personally and socially effective by providing learning experiences in which they can develop and apply their skills, explore personal attitudes and values and acquire appropriate knowledge and understanding.
- 1.4 Specifically, the themes identified in the PSE framework are:
 - Active citizenship
 - Healthy and emotional well-being
 - Moral and spiritual development
 - Preparing for Lifelong Learning
 - Sustainable development and global citizenship.
- 1.5 As children and young people develop sexually they need to understand bodily changes, manage sexual feelings and enjoy safe and happy relationships. This policy covers the college's approach to Relationship and Sex Education as pupils must be offered the opportunity to gain such understanding and be enabled to explore their feelings, develop self-awareness and self-respect whilst developing their self-esteem.
- 1.6 Cardiff Sixth Form College aims to assist pupils to prepare for adult life by supporting them through their physical, emotional and moral development, and helping them to understand themselves, respect others and form and sustain healthy relationships. As a result of this the above key themes are not only prominent within the PSE curriculum but are also reinforced throughout monthly pastoral themes, promotion of local and national awareness weeks and days and via other college pastoral initiatives such as the CREATE © portfolio.

2.0 Statutory Requirements

- 2.1 PSE is a statutory element within the basic curriculum for pupils aged 5 to 16, however the college recognises the importance of extending this to pupils aged 16 and above in order to enhance and broaden their education experience. As a result of this all pupils receive one session of PSE a week and Heads of Houses plan a broad, balanced PSE provision to meet the specific needs of all learners.
- 2.2 The theme of Health and Emotional Well-being within the PSE framework provides the context for exploring many aspects of sexuality and the importance of responsible,

appropriate and healthy personal relationships. In addition to this, pupils are given information on digital wellbeing and safety, the dangers of alcohol and substance misuse, the importance of exercise and of leading a healthy lifestyle. Students are encouraged to explore themes on radicalisation and extremism, along with other key safeguarding themes such as damaging and exploitative relationships.

- 2.3 Further details on which topic areas are explicitly covered by GCSE, AS and A2 pupils at the college can be found within Appendix 1. The college Head of Pastoral oversees PSE provision at the college and supports the Head of House team in delivery of topic areas for this.

3.0 The Delivery of RSE (Relationships and Sex Education)

- 3.1 RSE is not taught as a discrete subject and is covered in a number of subject areas as well as PSE, such as Biology.
- 3.2 Pupils at Cardiff Sixth Form College have sessions with strong emphasis on healthy relationships, as well as exploring issues such as; self- confidence, decision making, peer pressure, safe and safer sex and STIs.
- 3.3 In both KS4 and KS5, sessions are prepared by the college nurse, who is a trained Sexual Health nurse and a qualified SHOT (Sexual Health Outreach Team) C Card trained member of staff. Throughout college assemblies and PSE and RSE sessions, pupils will be signposted to the nurse who can offer support and guidance on any sexual health related issues.
- 3.4 Topic areas that are covered as part of RSE are highlight in Appendix 1 within the main PSE college curriculum.

4.0 The Aims of RSE

- 4.1 Sex and relationships education is required to be placed within a clear framework of values and an awareness of the law on sexual behaviour. Features such as family life in all its different forms, including marriage, sexual behaviours, parenthood and other sensitive issues are discussed.
- 4.2 RSE aims to promote healthy, responsible choices for students by providing them with factual information about a variety of topics. Students also focus on skills such as decision-making, refusal and negotiation, and are encouraging to discuss their health and well-being concerns with parents/carers, supportive adults and qualified health professionals.

5.0 The Learning Outcomes of PSE and SRE

- 5.1 Learning outcomes are mapped closely to the Personal and Social Education Framework for 7-19 year olds in Wales' (2008) and learning walks and observations confirm the success of such outcomes.
- 5.2 At the the end of each topic pupils are encouraged to complete pupil self review and evaluation worksheets to enable pupils to share their thoughts and opinions on the content of PSE lessons to ensure they are appropriate and relevant to the pupils' needs.

6.0 Confidentiality and Child Protection

- 6.1 When teaching any sensitive issue, if there is reason to believe a pupil is at risk or a cause for concern, the college's safeguarding procedures are followed. Teachers are not permitted to guarantee confidentiality to students. Whenever they believe that a student is involved in illegal or dangerous behaviour inside or outside school they have a duty to inform the Designated Safeguarding Lead. Similarly, if a child is being abused in any way a teacher is obliged to report it even if the student asks them not to. Teachers are required to make it clear that they cannot maintain confidentiality.

7.0 Working with Parents and Carers

- 7.1 As a college the importance of collaboration between staff and it is appreciated that the teaching of some aspects of RSE might concern some parents and guardians.
- 7.2 When more sensitive or specific aspects of the RSE programme are covered, the college notes the importance of notifying parents in advance and giving parents and guardians the right to withdraw their children from an aspect of the RSE programme.
- 7.3 Any concerns about the delivery of the RSE programme should be directed to the college Head of Pastoral.

Appendix 1

PSE Core Themes

AS

| Week Commencing | PSE Core Theme - AS | SMSC | Pastoral Programme and CREATE | CWW |
|-----------------|---|------------------------------|-------------------------------|-----|
| 09/09/2019 | Welcome and Introduction to PSE. To include: H5 Manage being new, in new places and fitting in and making friends | Social | Community Community | |
| 16/09/2019 | Recap on previous session to highlight forthcoming awareness days and Activity Day L1 British Values and Customs; fitting into a college and wider community | Social Moral Cultural | Community Community | |
| 23/09/2019 | H2 Maintaining a healthy diet, especially on a budget whilst in college and exercising regularly. Links should be made to awareness days and activities (linking to community theme) and the responsibility of the learner to keep themselves physically fit wherever possible | Spiritual Moral Social | Community Active | |
| 30/09/2019 | Recap on most successful food purchases from last week and success of 'community' activities in college. Reference further opportunities to come together as a college community this week H4 Introduce maintaining a healthy work life balance and the importance of this for learners in college | Social Spiritual | Community Active | |
| 07/10/2019 | Recap on the previous theme and that this is 'Work Life Week' Link previous theme to mental health for the session – H8 Recognise common mental health issues and when they, or others need support | Spiritual Cultural | Family Respect | |
| 14/10/2019 | PSE Project | | Family | |
| 21/10/2019 | ENRICHMENT WEEK | | | |

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|------------|---|---------------------------------|---------------------------|--|
| 28/10/2019 | Students to look at strategies to improve mental health via employing 'protective factors' | Spiritual Cultural | Family Respect | |
| 04/11/2019 | H15 – Healthy Body, Healthy Mind' students to look at previous topics and make references to how physical and mental health can impact on stress and overall happiness | Spiritual Cultural | Happiness Active | |
| 11/11/2019 | R1 – Develop and maintain healthy relationships. Students to look at this in relation to their protective factors previously addressed and links to anti bullying and the impact of negative relationships on happiness | Moral Spiritual | Happiness Community | |
| 18/11/2019 | Students to look at happiness in other cultures across the world, developing additional knowledge of global philosophies on the topic of happiness | Cultural Social Spiritual | Happiness Community | |
| 25/11/2019 | Students to look at the topic of resilience in light of sessions undertaken after half term and note strategies to employ to develop their own resilience and help others | Spiritual Cultural | Happiness Respect | |
| 02/12/2019 | Topic of relationships to be explored via online relationships as part of Cyber Monday. Should also include reference to criminal activity and radicalisation Barnardos to be advertised through link to International Volunteers Day | Moral Spiritual | Relationships Engage | |
| 09/12/2019 | PSE Project | | Relationships | |
| 16/12/2019 | CHRISTMAS BREAK | | | |
| 06/01/2020 | H1 – Taking Responsibility for monitoring your own health, including drugs and alcohol addressing the safe use of medication (especially in college) and communicable illnesses and treatments (antibiotics). Link to pastoral theme by drawing on importance of living a healthy lifestyle | Spiritual Cultural | Food and Drink Active | |
| 13/01/2020 | Students to address world religions and practices linked to religion, to include food and drink | Cultural Spiritual | Food and Drink Respect | |
| 20/01/2020 | Basic first aid skills will be covered in this session, to include CPR | Social | Food and Drink Active | |

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| 27/01/2020 | Students informed that being healthy also includes staying safe with partners. Session will focus on sex education and methods of contraception | Social Moral | Food and Drink Active | |
| 03/02/2020 | Start of two week practical sessions on mindfulness. Link made to 'Time to Talk Wales with reference on reflecting/being mindful of own and others' emotions and vulnerabilities | Spiritual Cultural | Mindfulness Active | |
| 10/02/2020 | Practical sessions continue | Spiritual Cultural | Mindfulness Active | |
| 17/02/2020 | MOCK WEEK | | | |
| 24/02/2020 | ENRICHMENT WEEK | | | |
| 02/03/2020 | Higher Ed and Careers Talk | Social | Technology Thrive | Range |
| 09/03/2020 | Careers – Begin to research universities and courses | Social | Technology Thrive | Range |
| 16/03/2020 | Careers – Begin to research universities and courses | Social | Technology Thrive | Range |
| 23/03/2020 | Careers – Personal statement draft | Social | Technology Thrive | Range |
| 30/04/2020 | Careers – Personal statement draft | Social | Nature Thrive | Range |
| 06/04/2020 | MOCK WEEK | | | |
| 13/04/2020 | EASTER BREAK | | | |

A2

| Week Commencing | PSE Core Theme – A2 | SMSC | Pastoral Programme and CREATE | CWW |
|-----------------|--|---------------------------------|-------------------------------|-----|
| 09/09/2019 | Personal Statement Reviews | Social | Community Thrive | |
| 16/09/2019 | Personal Statement Reviews | Social | Community Thrive | |
| 23/09/2019 | Students to address the issue of sustainability as part of Recycle Week, looking at its impact on not only the college but the wider community | Moral Social Spiritual | Community Engage | |
| 30/09/2019 | H10 – Students will recognise when they or others need support for emotional and mental health issues and will address factors that promote resilience | Spiritual | Community Respect | |
| 07/10/2019 | Learners will look at resilience in more detail, addressing protective factors and how these can be drawn upon in university or the world of work | Spiritual | Family Respect | |
| 14/10/2019 | PSE Project | | Family | |
| 21/10/2019 | ENRICHMENT WEEK | | | |
| 28/10/2019 | Students will cover tolerance and respect for others in the college ‘family’ but also in the wider community | Spiritual Social Cultural | Family Respect | |
| 04/11/2019 | Students will address issues regarding stress on study, work and mental health and wellbeing in general in light of Stress Awareness Day. They will also look at mechanisms to deal with this productively | Spiritual | Happiness Respect | |
| 11/11/2019 | Learners will note the concept of happiness globally and develop an awareness of traditions and values in other countries | Spiritual Cultural | Happiness Community | |

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| 18/11/2019 | Students will note the importance of physical and emotional health on wellbeing and encouraging a positive and 'happy' mindset | Spiritual | Happiness Active | |
| 25/11/2019 | Practical session on wellbeing | Spiritual | Happiness Active | |
| 02/12/2019 | Radicalisation will be addressed with reference made to the pastoral theme and Cyber Monday | Moral Social | Relationships Engage | |
| 09/12/2019 | PSE Project | | Relationships | |
| 16/12/2019 | CHRISTMAS BREAK | | | |
| 06/01/2020 | H1 - Students will look at monitoring their own health, with a focus on illnesses that affect young adults and methods to combat these. This should include management of medication and personal care | Spiritual Social | Food and Drink Active | |
| 13/01/2020 | H18 – Students will look at issues surrounding alcohol and drug use | Moral Spiritual | Food and Drink Active | |
| 20/01/2020 | Students to explore cultural traditions through food | Cultural Social | Food and Drink Community | |
| 27/01/2020 | Students will address safe sex and healthy relationships | Moral Spiritual | Food and Drink Engage | |
| 03/02/2020 | Time to Talk Wales and the importance of being open about worries and concerns will be addressed in order to promote positive wellbeing | Spiritual Social | Mindfulness Engage | |
| 10/02/2020 | Students to engage in practical mindfulness sessions | Spiritual | Mindfulness Active | |
| 17/02/2020 | MOCK WEEK | | | |

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| 24/02/2020 | ENRICHMENT WEEK | | | |
| 02/03/2020 | Transition to university life will be looked at and will include budgeting | Social | Technology | Range |
| 09/03/2020 | L2 and 3 - Planning a gap year and travelling safely abroad will be addressed, with students producing a travel plan | Social | Technology | Range |
| 16/03/2020 | Wider independent living skills will be noted such as renting accommodation, paying bills and tax | Social | Technology | Range |
| 23/03/2020 | How to be professional in the workplace will be examined with students noting a variety of different industries and professions (including online presence) | Social Moral | Technology | Attitudes and Values |
| 30/04/2020 | Students will look at the importance of finding a work life balance for wellbeing, whether in university or the world of work | Spiritual Social | Nature | Attitudes and Values |
| 06/04/2020 | MOCK WEEK | | | |
| 13/04/2020 | EASTER BREAK | | | |

GCSE

| Week Commencing | PSE Core Theme - GCSE | SMSC | Pastoral Programme and CREATE | CWW |
|-----------------|--|-----------|-------------------------------|-----|
| 09/09/2019 | Welcome and Introduction to PSE. Students should be signposted to the start of term party and introduced to pastoral themes and activities | Social | Community Community | |
| 16/09/2019 | R5 – To recognise when a relationship is unhealthy with a link to making good friends at college and the pastoral theme of community | Social | Community Community | |
| 23/09/2019 | Students will address the impact of food and exercise on health and longevity. The food plate and NHS campaigns should be looked at | Spiritual | Community Active | |
| 30/09/2019 | Recap on the previous session, with students showing their campaign | Spiritual | Community Engage | |

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| 07/10/2019 | H4 – Students will look at the characteristics of emotional and mental health, looking at causes, symptoms and treatments with a view to recognising when they, or another may need help. Links to awareness days should be made | Social Spiritual | Family Respect | |
| 14/10/2019 | PSE Project | | Family | |
| 21/10/2019 | ENRICHMENT WEEK | | | |
| 28/10/2019 | Students will look at strategies to manage stress, anxiety and depression | Spiritual Social | Family Respect | |
| 04/11/2019 | Wellbeing Week in which students will explore practical ways to address issues noted in previous sessions | Spiritual | Happiness Active | |
| 11/11/2019 | R7 – To develop an awareness of exploitation, bullying, harassment and control in relationships Students will develop their own anti bullying campaign for use around college for fellow GCSE students. Materials should be looked at from the anti bullying week and previous session on unhealthy relationships should be referenced | Spiritual Moral Social | Happiness Respect | |
| 18/11/2019 | H14 – Personal safety and protection, how to reduce risk and minimise harm In celebration of Road Safety Week, students will film their own road safety awareness video. The best one will gain House points | Moral Spiritual Social | Happiness Engage | |
| 25/11/2019 | Global cultural views on the concept of happiness will be addressed. Students to adopt one and create a blog noting outcomes | Cultural | Happiness Community | |
| 02/12/2019 | L6 – Students will look at the positives and negatives of social media and strategies for managing risk. The pastoral theme should be linked to, along with resources for Cyber Monday. Radicalisation can also be addressed here | Social Moral | Relationships Engage | |
| 09/12/2019 | PSE Project | | Relationships | |
| 16/12/2019 | CHRISTMAS BREAK | | | |

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| 06/01/2020 | H14 – Look at the short and long term consequences of substance use and other lifestyle factors which impact on health A link to the pastoral theme should be made | Spiritual Moral Social | Food and Drink Active | |
| 13/01/2020 | Students to address Welsh foods and drink and learn about Celtic religion | Cultural Social Spiritual | Food and Drink Community | |
| 20/01/2020 | Students to look at a country's national dish and develop an understanding of that country | Cultural Social | Food and Drink Community | |
| 27/01/2020 | R21 - Students to assess readiness for sex and accessing and using contraception | Moral Spiritual | Food and Drink Engage | |
| 03/02/2020 | Students to address resilience and protective factors with a link to Time to Talk Wales | Spiritual | Mindfulness Respect | |
| 10/02/2020 | Students to have a practical session on mindfulness | Spiritual | Mindfulness Active | |
| 17/02/2020 | MOCK WEEK | | | |
| 24/02/2020 | ENRICHMENT WEEK | | | |
| 02/03/2020 | L1 – To evaluate personal strengths and areas for development and look at how strengths, interests, skills and qualities can translate to CV | Social | Technology Thrive | Range |
| 09/03/2020 | Students to undertake a CV writing workshop | Social | Technology Thrive | Range |
| 16/03/2020 | L19 – To develop their career identity, looking at how to maximise chances when applying for education or employment | Social | Technology Thrive | Attitudes and Values |

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| 23/03/2020 | Workshop on revision and time management | Spiritual | Technology Thrive | Attitudes and Values |
| 30/04/2020 | Workshop on exam related stress management | Spiritual | Nature Thrive | Attitudes and Values |
| 06/04/2020 | MOCK WEEK | | | |
| 13/04/2020 | EASTER BREAK | | | |