



A Directory to Support Healthy Relationships Education in Cardiff

Updated March 2024



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Rationale and Context

This directory was originally collated in 2019 by the Cardiff Healthy Schools and Curriculum for Life teams within the Cardiff Education Service. The directory has been updated in 2023/24 to help schools continue to access support and services regarding Healthy Relationships education.

Relationships and Sexuality Education (RSE) is a statutory requirement in the Curriculum for Wales framework and is mandatory for all learners from ages 3 to 16.

The RSE Statutory Guidance states: ‘RSE has a positive and empowering role in learners’ education and plays a vital role in supporting them to realise the four purposes as part of a whole-school approach. **Helping learners to form and maintain a range of relationships, all based on mutual trust and respect, is the foundation of RSE. These relationships are critical to the development of emotional well-being, resilience and empathy.** An understanding of sexuality with an emphasis on rights, health, equality and equity empowers learners to understand themselves, take responsibility for their own decisions and behaviours, and form relationships that are fully inclusive, reflecting diversity and promoting respect.

Schools and settings have an important role to play in creating safe and empowering environments that support learners’ rights to enjoy fulfilling, healthy and safe relationships throughout their lives.’

“Understanding how relationships are formed, developed and maintained enables children and young people to develop skills and attitudes to support them in their own relationships throughout their lives.

These may include family relationships, friendships, professional relationships, romantic and sexual relationships. Learning about both relationships and sexuality supports young people to develop the knowledge and skills needed to make sense of their thoughts and feelings and to effectively navigate rapidly changing influences. Learners need to be supported to respond to these and, where appropriate, feel equipped to challenge harmful stereotypes and perceptions and seek help and support.’

The [RSE Code](#) sets out the mandatory elements of the RSE curriculum, within 3 broad strands. The ‘**Relationships and identity**’ strand looks at helping learners develop the skills they need to develop healthy, safe, and fulfilling relationships with others and helping them to make sense of their thoughts and feelings.



Children's Rights

How children's rights can help keep children and young people safe and healthy.

Children's Rights are about helping children and young people to develop to their full potential and grow into responsible, healthy and happy adults.

The United Nations Convention on the Rights of the Child (UNCRC) can offer part of the solution, by providing a framework for understanding children's rights, and by outlining our responsibilities to children and young people.

By building relationships with children and young people that are based on respect, fairness, and trust they are more likely to view you as someone with whom they can talk to if they have a problem.

The UNCRC states that:

"All children have the right to an education",
Article 28

"Children are protected from all forms of sexual abuse and exploitation", Article 34

"All children have the right to health and health services", Article 24

To find out more about Children's Rights visit the Children's Commissioner for Wales's website.

www.childcomwales.org.uk/about-us/

Development of the Healthy Relationships Education Directory

In 2019, the Cardiff Healthy Schools and Curriculum for Life teams set up a 'Cardiff Healthy Relationships in Education Working Group' with a range of partner agencies. This group was set up to clarify the support in Cardiff as well as look at the gaps. Most of these organisations have met to discuss their work and to see how we can work closer together in order to support children and young people, schools and parents/carers. In 2023, partners were contacted to update information and new services were added.

The list of agencies below is not an exhaustive list and there will be other organisations available that fall under the broader categories of building confidence/self-esteem, friendships, emotional wellbeing etc. that may link into the area of healthy relationships.

If schools have any queries or feedback regarding this directory, or how to access RSE resources and support, please contact the Cardiff Healthy Schools team (details within the directory).

Agencies



Barnardo's Cardiff Family Wellbeing Service

Brief overview of programme:

The Family Wellbeing Service offers early intervention and support to families living in Cardiff with children up to the age of 25 and that have an identified need for support in relation to emotional and mental health and wellbeing but below the level where they would be entitled to specialist health service and/or statutory care and support.

Barnardo's Family Wellbeing Service have a range of group work programmes that are able to deliver in schools in regard to improving individual wellbeing and resilience.

#Happening - The 8 week programme is delivered to a targeted group of 6 during the school day, which are suitable for young people aged 12-15. All group members will have been identified as having low emotional wellbeing, difficulties regulating emotions, low self-esteem, and a lack in confidence, or difficulties making and maintaining friendships.

Some of the sessions they cover are emotional health, thoughts, self-esteem, relationships, friendships, resilience and future aims.

The three other group work programmes Barnardo's offer are all for children aged 7-11.

BRIGHT STARS - offer sessions in friendships, feelings, coping strategies, self-esteem, dealing with difficult days.

Friendship Circle - offers sessions in 'What is a friend', positive and negative actions, and exploring positive solutions

Bounce - is a group for children who have experienced family breakdown; who may be struggling to deal with their parents separating and therefore loss of a family (parent, sibling, grandparent, etc).

Who is this available to?

The family wellbeing service offers early intervention and support to families living in Cardiff with children up to the age of 25 that have an identified need for support in relation to emotional and mental health and wellbeing but below the level where they would be entitled to specialist health service.

Contact details to refer:

www.barnardos.org.uk/family-wellbeing-service-cardiff

<https://padlet.com/barnardoscardifffamilywellbeing/cardiff-family-wellbeing-service-7k1wrc9kvpugf2yw>

cardifffamilywellbeing@barnardos.org.uk

029 2057 7074



Cardiff Family Advice and Support

Brief overview of programme:

Cardiff Family Advice and Support offers a range of information, advice and assistance for children, young people and their families in Cardiff. The team can provide information and advice on:

- Family life
- Child behaviour
- Childcare
- Parental support
- School attendance
- Employment, money and housing
- Information and signposting to other services

Cardiff Family Gateway

The Family Gateway is a contact point for any professional, parent, child or young person

to get the information, advice and assistance you need in Cardiff. The Family Gateway team can help you find support services including money advice, housing, welfare benefits, child behaviour, childcare, school attendance, health and well-being, parental support and much more.

Who is this available to?

Children & young people, parents and professionals.

Website for information

www.cardiffamilies.co.uk

Family Gateway: 03000 133 133

FAS@cardiff.gov.uk



Brook Cymru

Brief overview of programme:

Brook deliver to all key stages and can scale these programmes for large or small groups, individuals, and tailor for groups with specific requirements. As well as working in classrooms, they can also provide speakers for school assemblies, various young peoples' settings and run stalls at health promotion events.

Brook have a range of quality sessions that engage with young people interactively on key RSE subjects: STIs, Condoms & Contraception, Pleasure, Sexuality, Body Image, Consent, Sex & the Law, Pornography, Sexting and Healthy Relationships, Homophobic Bullying, Child Sexual Exploitation and Online Safety.

Training programmes for professionals can be delivered in full day, half day or a series of twilight sessions and can deliver briefing and shorter sessions at conferences.

There is a charge for this service, contact Brook for more information on costs.

Who is this available to?

Brook delivers a wide range of Relationships and Sexuality Education (RSE) programmes in primary, secondary, special schools, faith schools, colleges and community settings.

Contact details to refer:

www.brook.org.uk/
training@brook.org.uk



stori



Spectrum Project

Brief overview of programme:

The Spectrum Project is an all Wales programme funded by the Welsh Government and delivered by experienced teachers in primary and secondary schools. The free, bilingual, workshops are closely linked to the curriculum and promote the importance of healthy relationships whilst raising the awareness of children, young people and adults about the issues of domestic abuse, sexual violence and violence against women. Spectrum also delivers training for school staff and governors about understanding the

impact of domestic abuse on a child and raises awareness by looking at a whole school approach to tackling domestic abuse.

Who is this available to?

All schools in Wales

Contact details to refer:

www.spectrumproject.co.uk
lesley.curtis@storicymru.org.uk

077 2525 5389 / 012 6722 5563





Wales Police Schools Programme (SchoolBeat.cymru)

Brief overview of programme:

The Wales Police Schools Programme is a partnership between Welsh Government, the Four Police Forces of Wales and Education.

Lessons and educational inputs are provided across a range of topics and issues, as well as Supportive School Policing which assists schools with incidents and helps to safeguard children and young people.

The Lessons:

A spiral scheme of lessons from year 1 to year 11 is delivered by School Police Officers (SPOs).

Lessons are appropriate for the age of learners and focus on many topical issues: Friendship, Bullying, Domestic Abuse, Online safety, Personal safety, Grooming, Child Sexual Abuse and Exploitation (CSAE), Nudes, and sexual consent.

Online bilingual resources are provided for:

- Teachers - downloadable lessons, resources and guidance
- Pupils - advice, information and sign posting to help and support

- Parents- advice, information and sign posting to help and support
- Partners- Downloadable resources

Supportive Policing:

In addition to classroom deliveries, SPOs deal with school-based incidents through the School Crime Beat Policy. The aim is to help keep learners out of the criminal justice system, offering Restorative Practices and other support.

Workshops/Training:

For School staff/Governors/Parents- Internet safety, Child Exploitation.

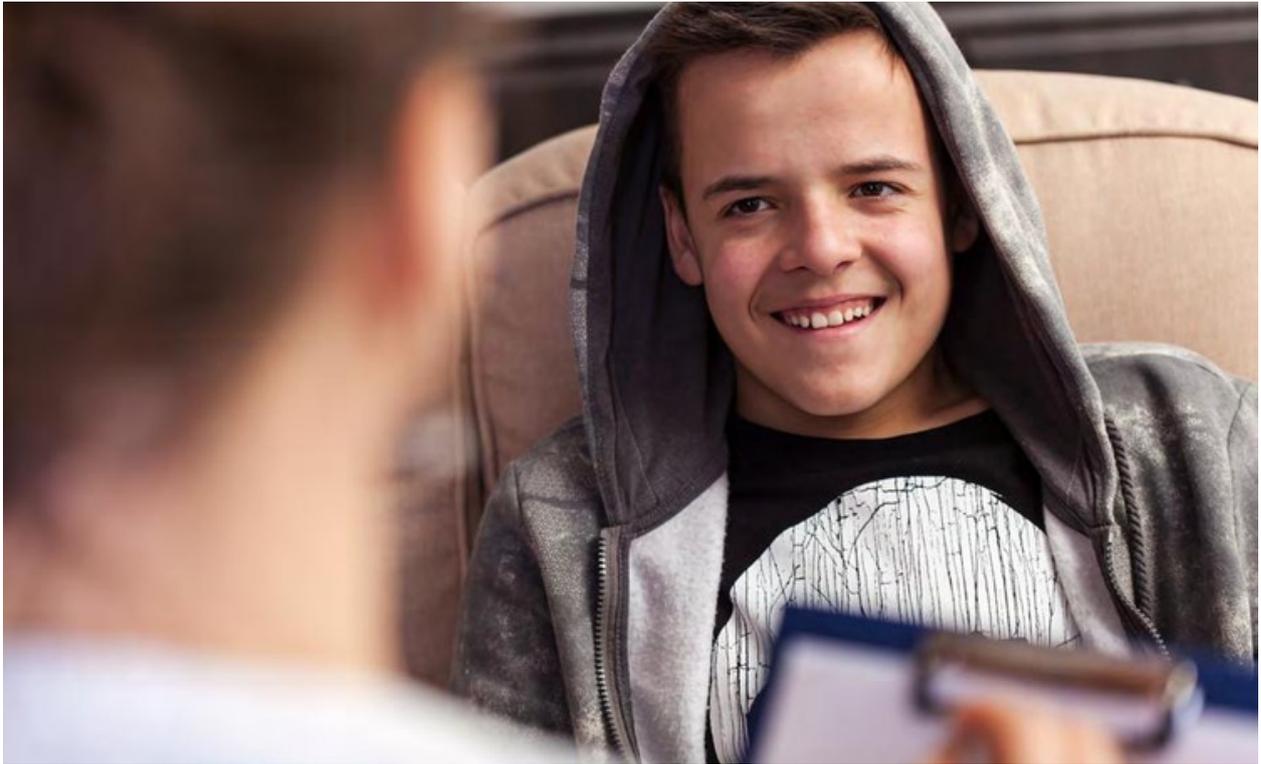
Who can benefit from the service?

All schools and educational settings from 5 to 16 years of age. Occasional visits to sixth forms and colleges can be made upon request.

Contact details to refer:

Catherine.lewis@south-wales.pnn.police.uk
feedback@schoolbeat.org
www.schoolbeat.cymru





CAVDAS - Cardiff & Vale Drug and Alcohol Service

Brief overview of programme:

The Cardiff and Vale Drug and Alcohol Service (CAVDAS) provides substance use specialist support services. They have a specialist team within the community and youth justice service providing harm reduction and structured interventions to young people using substances and those affected by someone else's use. They work within schools, youth facilities and provide transitional support for individuals up to the age of 25.

They work with anyone under 18 who would like some support around their substance use or who has been affected by someone else's use.

They also work with anyone between 18-25 for transitional work into adult services.



Contact details to refer:

Schools can contact the team to request support for workshops.

email info@cavdas.com

0300 300 7000



Harmful Sexual Behaviour Prevention Team

Brief overview of programme:

The HSB Prevention team is part of Cardiff Youth Offending Service.

HSB Prevention work with young people who have been referred to them because of their risky sexual behaviour.

They are able to work with parents, professionals and schools in order to prevent the young person entering the criminal justice system.

Who is this available to?

The HSB Team work with young people who display harmful sexual behaviour by sexting,

tech-assisted harmful behaviour, unhealthy relationships, consent and sexual health awareness.

This is a voluntary programme which young people, schools groups and community groups have the choice to engage with our service.

Contact details to refer:

For a referral form contact
HSBprevention@Cardiff.gov.uk

029 2233 0355



Healthy Schools Cardiff Network - Cardiff Education Service

Brief overview of programme:

As part of the Healthy Schools Scheme, the Cardiff Healthy Schools Team will support schools to develop a whole school approach to Relationships and Sexuality Education, linking with key partners such as the Central South Consortium. This involves providing advice and guidance on curriculum content and resources, appropriate outside agencies and external programmes, along with policy development. Resources to support the delivery of Relationships and Sexuality Education (RSE) can be accessed via the Healthy Schools Support Officer and the Cardiff Healthy Schools Hwb Network.

Who is this available to?

All Cardiff Schools engaged with the Healthy Schools scheme

Contact details:

- Karen Trigg (Healthy Schools Team Leader):
KTrigg@cardiff.gov.uk - 07812 519770
- Lisa Marie Lewis (Healthy Schools Officer):
lislewis@cardiff.gov.uk - 07583 125819
- Susan Carbis (Healthy Schools Officer):
Susan.Carbis@cardiff.gov.uk - 07583 125827
- Claire Morgan-Cudd (Healthy Schools Officer): Claire.Morgan-Cudd@cardiff.gov.uk
- Claire Wilkins (Healthy Schools Support Officer) claire.wilkins@cardiff.gov.uk



SHOT - C - card

Brief overview of programme:

The SHOT: Healthy Relationship Service is a project funded through the Families First programme in Cardiff and Children in Need in the Vale of Glamorgan; carried out by YMCA Cardiff. They provide young people in Cardiff and the Vale of Glamorgan with a tailored, specialist and confidential sexual health and relationship service.

SHOT also support young people to access the department of Sexual Health and their sexual health clinics.

Their work with young people is not limited to a set number of sessions and can be tailored to their needs.

We offer group sessions for small, targeted groups who may benefit from additional/ further education or awareness around relationships and sexual health. There is no charge attached.

These sessions can be delivered as a one off or a number of sessions to a group.

Who is this available to?

Organisations working with young people

Young people aged 11-25

Parents/Carers

Our one-to-one work is delivered in a place of the young person's choice.

Contact details to refer:

SHOT@ymcacardiff.wales

029 2046 5250





NSPCC

Protect and Respect

Brief overview of programme:

Protect and Respect offer a 1-2-1 or group work approach for young people aged 11-19 where there are concerns about potential or actual child sexual exploitation (CSE), or where this has happened.

Educative work (healthy relationships, consent, CSE, sexual health, online use etc) alongside therapeutic approaches can be offered following an assessment. Parent work can be offered alongside the 1-2-1 work to help them understand

what's happening in the group and how best to support their child.

Who is this available to?

1-2-1 or Groups can include 3-8 children of young people aged 11-19.

Extra support can be put in place during and after the sessions for any young people who need it.

InCtrl

Brief overview of programme:

InCtrl is primarily a group work service for young people aged 9-13 around building resilience online, although 1-2-1 provision could be offered if a group isn't available or suitable for a particular young person. Awareness raising around online safety and wellbeing. The programme also covers staying safe online and offline, healthy relationships, cyberbullying, concerning content online and self-esteem.

Parent work can be offered alongside the group if required.

Who is this available to?

The ages of the children are 9-13

Contact details to refer:

Cardiff@nspcc.org.uk

029 2010 8080

Building Connections

Brief overview of programme:

This is a new service launched in October 2023 which tackles loneliness in children and young people up to the age of 19.

They offer free online befriending for 11 weeks with trained befrienders working through a 7 step programme which builds resilience, confidence and stronger connections.

Who is this available to?

Children and young people up to the age of 19.

Contact details to refer:

Further information about the service can also be found at [Building Connections | Support service for young people | NSPCC Learning](#)



NSPCC

Speak out - StaySafe

Brief overview of programme:

Speak out. Stay safe. is a safeguarding programme for children aged 5-11, available to all primary schools in the UK and is an effective way to support school's safeguarding duties. The programme content links directly to the curriculum, helping teachers reinforce key messages about abuse and neglect as part of their school's teaching on relationships.

The programme helps children understand:

- abuse in all its forms and how to recognise signs of abuse.
- that abuse is never a child's fault and that they have the right to be safe.
- where to get help and the sources of help available to them, including our Childline service

Talk Relationships – Secondary Schools Service

Brief overview of programme:

Talk Relationships is a new service that supports schools to confidently deliver inclusive sex and relationships education, so that all young people understand healthy behaviours in relationships and recognise their right to be safe, heard, and respected.

The service includes e-learning courses for teachers delivering sex and relationships education and school leaders, a series of lesson plans as well as specialist lesson plans for young people with ALN aged 11-16.

Children are taught to speak out if they are worried, either to a trusted adult or Childline. An ALN adapted Speak out. Stay safe. programme is also available.

For more information about this visit nspcc.org.uk/speakout where you can register your interest and be contacted by a local Schools Coordinator.

Who is this available to?

All primary schools

Contact details to refer:

School coordinator
Cardiff and Vale of Glamorgan – Hannah Edwards
Hannah.Edwards@NSPCC.org.uk
02921671580 or 07827355294

It also provides a dedicated helpline to provide advice and guidance to secondary school educators who deliver sex education. Call 0800 389 5347 or email help@nspcc.org.uk with 'Talk Relationships' in the subject line. We are available from 8am-10pm Monday to Friday and 9am -6pm on Saturday and Sunday.

Visit nspcc.org.uk/talk-relationships to sign up to Talk Relationships e-learning or download lessons.

Who is this available to?

All secondary schools

Contact details to refer:

School coordinator
Cardiff and Vale of Glamorgan – Hannah Edwards
Hannah.Edwards@NSPCC.org.uk
02921671580 or 07827355294



PLATFFORM - THE HANGOUT

Brief overview of programme:

The Hangout, run by Platform, is a wellbeing, mental health, and community service hub for young people in Cardiff and the Vale aged 11-18. Our aim is simple: be somewhere where young people can connect with others, feel part of their community and access mental health support.

We offer drop-in and booked 1-1 wellbeing support, wellbeing-focused activity sessions, general activity sessions and volunteering opportunities.

We're open 7 days a week, 3pm-9pm at 26-28 Churchill Way, Cardiff, CF10 2DY. We're an out of hours service so that we can make sure that young people have access to mental health and wellbeing support when they need it.

Young people can be referred to us through one of our online forms (self or professional) or partners, or just turn up at the Hangout whenever they like.

Who is this available to?

The Hangout is for anyone aged 11-18 in Cardiff and The Vale of Glamorgan.

Contact details to refer:

You can email hangout@platform.org or call 0300 3732717.

If you want to make an appointment for one-to-one support, there's a few quick questions to answer here: [The Hangout online form](#)

If you're working with a young person aged 11-18 that you'd like to refer to us, you can do so using our form here: [The Hangout – get support for a young person \(for those working with young people\) \(office.com\)](#)

If the young person would prefer to fill in their own referral form, they can do that [here](#).



BAWSO

Brief overview of programme:

BAWSO support people from Black and Ethnic Minority backgrounds who are affected by domestic abuse and other forms of abuse, including Female Genital Mutilation, Forced Marriage, Human Trafficking & Prostitution.

Who is this available to?

Anyone experiencing domestic abuse and all violence against women and young people.

Contact details to refer:

info@bawso.org.uk

Normal Working Hours: 02920 644633

Out of Hours Helpline: 0800 7318147



Think Safe! team

Brief overview of programme:

The Think Safe! team work with children and young people who are most at risk of exploitation or who are being exploited. This is done by forming positive relationships with children and young people and their families, by undertaking direct work to increase their knowledge and understanding of grooming and exploitation and how they can be safe using a range of interventions and techniques.

Think Safe! practitioners work in a person centered way and work side by side with children and young people to overcome their obstacles and empower positive wellbeing.

Think Safe! work with schools and communities to develop their understanding of exploitation by raising awareness of child sexual exploitation (CSE), criminal exploitation (CE) with the aim to reduce the risks or the harm that maybe being caused. They also deliver training on exploitation to professionals and parents.

Stonewall Cymru

Brief overview of programme:

Stonewall deliver training, produce resources and develop membership programmes to empower teachers and education professionals to tackle homophobia, biphobia and transphobia in schools and colleges. When you complete a course, you'll automatically become a Stonewall School and College Champion. You'll get access to membership benefits including exclusive education resources, use of the School Champions logo, and bespoke support from the education team

Think Safe! Facilitate regular exploitation multi-agency meetings where information is shared between professionals to assess and review the risk of CSE/CE/HSB (Harmful Sexual Behaviour) to young people.

School ambassadors- they facilitate and run the CSE ambassadors scheme and continue to support the ambassadors in schools.

PING (Professional Interest Network Group) – they facilitate and run the PING which happens 3 times a year.

Who is this available to?

Referrals who are open to Cardiff children's services. Talk to team manager. There is a referral form on Care First - Intervention Hub Referral Form. Available for 11-18 year olds.

Contact details to refer:

029 2053 6310



Who is this available to?

All schools in Wales- Everything is based on meeting the needs of schools, colleges, teachers and young people.

Contact details to refer:

Cymru Education team -
education@stonewallcymru.org.uk

029 2023 7744

www.stonewallcymru.org.uk/





SAFE – Safeguarding Adolescents from Exploitation

Brief overview of programme:

The SAFE model recognises that children and young people can be at risk of or subjected to harm through exploitation and abuse from adults and / or other peers outside of their family network.

When a child moves through early childhood into adolescence, they invariably become involved in social networks, relationships and environments outside of their school and home setting. The majority of children in Cardiff make this transition in a safe and fulfilling way. However, all children and young people can encounter individuals who exploit vulnerability, and environments which place them at risk of exploitation.

Exploitation could include one or a combination of the below

- Child Sexual Exploitation (CSE),
- Child Criminal Exploitation (CCE),
- Modern Slavery and Human Trafficking (MSHT), Missing from Home (MFH),
- Online Child Exploitation (OCE)
- Wider Contextual Safeguarding

The SAFE project team support schools to embed SAFE topics in the new curriculum and provide links to resources and organisations offering relevant curriculum content.

The team also offer opportunities for professional development through events such as the Exploitation Professional Interest Group (PING) and Designated Safeguarding Person (DSP) forum. The SAFE partnership can offer opportunities for schools to become involved in strategic contextual safeguarding forums with wider partners. The SAFE project team work with schools to support with information sharing and policy development, in addition to raising awareness of exploitation.

Who is this available to?

All schools and educational settings including school commissioned and post 16 provisions.

Contact details to refer:

Rebecca Brockway (Safeguarding Policy and Development Manager)

Rebecca.Brockway2@cardiff.gov.uk

Liz Van Den Akker (Senior Policy Officer)

Liz.VanDenAkker@cardiff.gov.uk

Anna Collishaw Nikodemus (Senior Policy Officer)

Anna.CollishawNikodemus@cardiff.gov.uk



The Amber Project

Brief overview of programme:

The Amber Project run groups and offer counselling and 1:1 support for young people aged 12-25 who are transgender, non-binary or exploring their gender identity through their 'Constellation' project. The Amber Project also continues to support young people with experience of self-harm.

Who is this available to?

Young people aged 12-25

Contact details to refer:

Caryl Stock- Caryl.stock@churcharmy.org
02920 344776





Safe As/Ar Trac- Cardiff Women's Aid Children and Young Persons Team



Brief Overview of Programme:

Cardiff Women's Aid Children and Young Person's Team is a non-gender specific service who work with children and young people, aged 5-21, who have experienced or been affected by VAWDASV (Violence Against Women, Domestic Abuse and Sexual Violence).

They provide the following support programmes:

NB. 1:1 support at present is primarily for those with higher risk/ need. A Safe As worker delivers 1-1 support.

- 1:1 Support with an Independent Domestic Violence Advocate IDVA (Age 5-18)

To help come to terms with their experiences of domestic abuse; providing advocacy, exploring experiences and emotions, increasing safety and awareness of domestic abuse, healthy relationships and appropriate behaviours.

- 1:1 Support with Teens Specialist

Support for teenagers who are in or have been in their own relationships experiencing domestic abuse.

- 1:1 Male IDVA (Age 5-21)

Working with male children and young people whose experience of abuse has left them feeling it's necessary to work with a male worker. They will work with a positive male model who delivers core topics and specific work around misogyny and toxic masculinity.

- Whole School Approach – currently not included in the programme

Promotes healthy relationships and domestic abuse awareness within primary and secondary schools.

Contact details to refer:

Please send referrals or further enquiries over to: cypassessment@cardiffwomensaid.org.uk

If teens (and up to age of 21) are concerned about their relationship, they can speak to a teens advisor who provides specialist support to teenagers around domestic violence. The teens advisor does also work with some younger higher risk and higher needs clients. Call 02920460566 or email

cypassessment@cardiffwomensaid.org.uk



Safe As/Ar Trac- Cardiff Woman's Aid

Ar Trac

Brief Overview of Programme:

Ar Trac supports children and young people aged 5-16, who have experienced or witnessed domestic abuse and who are exhibiting difficulties with their family and peer relationships.

The project brings together a range of interventions, co-produced by local agencies with children and young people. Ar Trac's suite of age-appropriate services can be tailored based on the individual needs and strengths of the child and their family.

Interventions may include:

- Mentoring:

1:1 mentoring (aged 5-11) - A child is matched with a vetted and trained volunteer, who mentors them weekly for up to a year, giving them space away from the family home to focus on their needs.

- Support with and IPA/IDVA:

1:1 support for aftercare and recovery. A focus on healthy relationships, coping strategies self esteem and resilience.

NB. 1:1 support at present is primarily for those with higher risk/ need. Group work is offered.

Group Work:

- Gender-specific group work builds self-esteem, communication skills, and supports emotional development (age 11 to 16), led by young people and based on a group project (e.g. forest school or video production). There are 3 separate groups available: a girl's group, a boy's group, and a non-binary group.

Strengthening the Child-Parent Bond is a 7-8 week programme for children and young people aged 7-11 years. Sessions are designed for children and parents/caregivers where the child has experienced or witnessed domestic abuse and are experiencing difficulties with their family and peer relationships.

The Ar Trac team also run a younger 'minis group' for 5-10 years. Children aged between 3-12 years can be referred for play therapy if the child has witnessed historic domestic abuse in the home and is experiencing mild to medium emotional difficulties as a result.

- Adolescent to parent violence support: Group work that addresses adolescent to parent violence and abuse (age 11 to 16) working with both the young person and the parent separately, using the Break4Change model. Break4Change is for parents/carers and young people who are willing to change how they communicate with each other and want to improve their relationships.

- Addressing Gaps
Recognising gaps in service provision, the project will work with academic partners, and children and young people to develop and deliver age-appropriate 1-2-1 and group support provision covering understanding difficult experiences and sibling violence and abuse.

Children and young people will have the opportunity to co-produce and co-facilitate training resources for professionals (statutory and third sector), covering domestic abuse, sibling violence and adolescent to parent violence.

Contact details to refer:

029 2046 0566

CYPassessment@cardiffwomensaid.org.uk



ChatHealth - Cardiff and Vale University Healthy Board

Brief overview:

The Cardiff school nurse messaging service is a web based service available to all young people aged 11-19 in the Cardiff and Vale area who would like to 'chat' confidentially to an NHS School Nurse. The service is open from 8.30am to 4.30pm, Monday to Friday (except bank holidays) and during these times we aim to respond to all messages within 24 hours.

It's typically used to provide advice about sensitive issues where young people might want to avoid a face to face appointment, such as:

- stress and anxiety
- bullying

- self-harm
- alcohol and drugs
- sex, contraception and relationships

Who is this available to?

This service is available to all young people aged 11-19.

Contact details

Text number to chat: 07520 615 718

The service is managed by School Nurses.

Parentline - Cardiff and Vale University Healthy Board

Brief overview:

Parentline is a text message service that allows parents and carers of children aged 5 to 11 to contact a school nurse for confidential advice and support via text message. Text messages will be monitored between 8.30am and 4.30pm Monday to Friday (excluding bank holidays) and the Cardiff & Vale UHB School Nursing team aims to respond within one working day.

A school nurse can offer help and support for a wide range of topics, including:

- Emotional wellbeing
- Day and night time wetting

- Soiling
- Healthy eating
- Behaviour
- Relationships

Who is this available to?

This service is available to all parents and carers with children aged five to 11, including those who are home educated.

Contact details

To contact a School Nurse text: 07312 263 178.

The team can also arrange for you to speak with your child's school nurse if preferred. Texts will not be seen outside normal working hours. If you need help before you hear back from the team, please contact your GP or dial 111.

Walk-in Young Persons Sexual Health Clinic

Brief overview of programme:

The following clinics are available in Cardiff and the Vale for young people under the age of 18 to drop in and attend. **(Times sometimes change at the clinics, so please ensure the website below is checked before attending)**

www.cardiffandvaleuhb.wales.nhs.uk/young-people

- Tuesdays 2 pm – 5 pm, ground floor
Department of Sexual Health in Cardiff Royal Infirmary, Newport Road, Cardiff, CF24 0SZ.
- Thursdays 3 pm – 5 pm, Broad Street Clinic, Barry, CF62 7AL
- Alternatively, you can call us on 02921 835208 to book an appointment if you can't attend the drop in.

The clinic offers confidential support on contraception, testing and treatment for STI's, pregnancy testing and many more.

NHS Choices (Sex and Young People) is a website providing information and advice on sex and relationships for young people. www.nhs.uk/live-well/sexual-health/

Who is this available to?

Young people under 18



Local and National Websites/ Helplines

Brook - www.brook.org.uk/training@brook.org.uk

Website with advice on sexual health and wellbeing for under 25's.

The Sprout - www.thesprout.co.uk/info/
Cardiff's online magazine and info site for 11-25's. The 'Info' page has a section on LGBTQ+ as well as a Sexual Health section. Includes local as well as national information.

Cardiff YMCA - Ccard - www.ymcacardiff.wales/what-we-do/health-wellbeing/ccard/

Tel: 029 2046 5250

E : shot@ymcacardiff.wales

This part of the Cardiff YMCA website gives information and a map of the C-Card Scheme points in Cardiff

MEIC - www.meiccymru.org/

Tel: 080 8802 3456 Text: 84001

Bilingual online/phone/text support for young people - not counselling, but solution based support and advocacy

KOOTH - www.kooth.com/

Online counselling

Childline - www.childline.org.uk/

Tel: 0800 1111

Online and phone counselling, plus information pages (including healthy relationships)

MindHub - www.mindhub.wales/

This hub has been created by young people for young people, it provides information and links to services in relation to emotional health and well-being

Fearless - www.fearless.org/en

Tel: 0800 555 111

Can access non-judgemental information and advice about crime and criminality. Can pass on information about a crime anonymously

Child Exploitation and Online Protection (CEOP) - www.ceop.police.uk/safety-centre/

Can report online abuse, or if worried about how someone is communicating online. [CEOP Education \(thinkuknow.co.uk\)](http://thinkuknow.co.uk) is also a useful resource.

THE MIX - <https://www.themix.org.uk/>

Free crisis text line (THEMIX to 85258) , one-to-one live messaging. Also information on sex and relationships on the website (and other topics)

Stonewall - www.stonewall.org.uk/

Support and information on LGBTQ+ issues. Also have a Stonewall Cymru site and Stonewall Youth site

Live fear free - www.gov.wales/live-fear-free

Tel: 0800 80 10 800

Text: 078600 77333

info@livefearfreehelpline.wales

Providing help and advice about unhealthy relationships; violence against women, domestic abuse and sexual violence

Youth Cymru

Youth Cymru is a major youth work charity operating within the whole of Wales. We work collaboratively with our members and other youth facing organisation to provide unique, innovative and life changing opportunities, projects and programmes, bettering the lives of young people in Wales.

Child Friendly Cardiff -

www.childfriendlycardiff.co.uk

Our ambition is for Cardiff to be recognised as a Child Friendly City (CFC): a city with children and young people at its heart, where the rights of children and young people are respected by all, a great place to grow up.

Childfriendlycardiff@cardiff.gov.uk

Umbrella Cymru – www.umbrellacymru.co.uk

Umbrella Cymru are gender and sexual diversity support specialists. They offer safe, non-judgmental, independent support to LGBTQ+ people of all ages in Wales (and those connected to them). Because they know people's experiences can be so varied, and the way you access their services can and will be unique, they have developed and provide support to meet your individual needs and circumstances. They also provide information about social and support groups.

Telephone: 0300 302 3670

support@umbrellacymru.co.uk

info@umbrellacymru.co.uk

Text: 07520645700

UK Safer Internet Centre – Professionals Online Safety Helpline (POSH)

This helpline is available to anyone working with children and young people dealing with any online issues. It provides signposting, advice and mediation to resolve online safety issues staff face about themselves, such as protecting professional identity and online harassment, or problems affecting young people, for example cyber-bullying or sexting issues.

Telephone: 0344 3814772

Email: helpline@saferinternet.org.uk

<https://saferinternet.org.uk/professionals-online-safety-helpline>

Run away helpline -

www.runawayhelpline.org.uk

Runaway Helpline is here if you are thinking about running away, if you have already run away, or if you have been away and come back.

You can also contact them if you are worried that someone else is going to run away or if they are being treated badly or abused.

121 chat on website

Free phone - 116 000

Text free - 116 000

116000@runawayhelpline.org.uk

Sexual Health Wales -

<http://www.shwales.online>

Sexual Health Wales is a website devised by Public Health Wales to support all sexual health problems, concerns and queries. The website offers Home Testing and Posting service for Sexually Transmitted Infections (STIs). The website also offers information on Contraception, Unplanned Pregnancy, Relationships and Education, Sexual Assault Support, Psychosexual Counselling, HPV, HIV, and other Sexual Health related topics.

Report Remove (NSPCC)

This is a tool for under 18s to report nude or sexual images or videos of themselves that have been shared online, to see if they can be removed from the internet.

Report Remove has been developed by the NSPCC and the Internet Watch Foundation (IWF). The IWF is a UK charity that aims to minimise the online availability of images that meet the legal definition of child sexual abuse material. It keeps the young person informed at each stage of their report and provides further support where necessary.

Telephone: 0808 800 500

Email: help@nspcc.org.uk



Key documents

There are a number of key documents that inform and guide schools in the area of healthy relationships, RSE (Relationships and Sexuality Education) and the VAWDASV agenda (Violence Against Women, Domestic Abuse and Sexual Violence).

Violence Against Women, Domestic Abuse and Sexual Violence, (VAWDASV):

1. Violence against Women, Domestic Abuse and Sexual Violence (Wales) Act 2015
2. Welsh Government, Good Practice Guide: A Whole Education Approach to Violence Against Women, Domestic Abuse and Sexual Violence in Wales 2015:
<https://gov.wales/sites/default/files/publications/2019-06/good-practice-guide-whole-education-approach-to-violence-against-women-domestic-abuse-and-sexual-violence.pdf>
3. Welsh Government, Violence against women, domestic abuse and sexual violence (VAWDASV) educational toolkit and related documents: <https://gov.wales/violence-against-women-domestic-abuse-and-sexual-violence-vawdasv-educational-toolkit>
4. Violence against women, domestic abuse and sexual violence: guidance for governors (2016)
<https://gov.wales/violence-against-women-domestic-abuse-and-sexual-violence-guidance-governors>
5. Cardiff and Vale VAWDASV Regional Strategy and Implementation Plan
 - o English - Draft VAWDASV strategy (cardiffpartnership.co.uk)
 - o Welsh - <https://www.cardiffpartnership.co.uk/wp-content/uploads/2023/08/Implementation-Plan-Welsh.pdf>

Relationships and Sexuality Education (RSE) / Healthy Relationships:

6. RSE Statutory Guidance on Hwb ('Designing your Curriculum')
[Cross-cutting themes for designing your curriculum - Hwb \(gov.wales\)](#)
7. Curriculum for Wales - RSE Code for Curriculum for Wales:
[Curriculum for Wales: Relationships and Sexuality Education \(RSE\) Code | GOV.WALES](#)
8. UNESCO International Technical Guidance on Sexuality Education – An Evidence Informed Approach (2018)
<http://unesdoc.unesco.org/images/0026/002607/260770e.pdf>

