



# A Directory to Support Healthy Relationships Education in Cardiff

Updated December 2019



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# Rationale and Context

The Cardiff Healthy Schools and Curriculum for Life teams within the Cardiff Education Service have developed this directory to help schools access support and services regarding Healthy Relationships education.

In Wales, the previous 'Sex and Relationships Education' (SRE) is being transformed into a more inclusive and holistic 'Relationships and Sexuality Education' (RSE) curriculum. 'Relationships' is one part of a comprehensive programme of Relationships and Sexuality Education, which should be taught across the curriculum. The following 8 key concepts originate from the UNESCO 'International technical guidance on sexuality education', 2018:

- Relationships
- Values, rights, culture and sexuality
- Understanding gender
- Sexuality and sexual behaviour
- Violence and staying safe
- Skills for health and wellbeing
- The human body and development
- Sexual and reproductive health

The organisations and services within this directory may link into one or more of these 8 concepts.

**Estyn: A Review of Healthy Relationship Education (2017)** states that:

"Schools that are most effective in delivering healthy relationships education create an ethos where pupils understand the importance of

equality and respect the rights of others. In these schools, pupils build resilience and grow in self-esteem and confidence"

The recommendations for schools with the Estyn review of healthy relationships include:

1. Implement Welsh Government guidance to provide a whole-school approach to preventing violence against women, domestic abuse and sexual violence (Welsh Government, 2015)
2. Ensure that key messages around healthy relationships are embedded in the curriculum and reinforced regularly
3. Build on the best practice identified in this report (Estyn: A Review of Healthy Relationships Education, 2017)



# 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 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/](http://www.childcomwales.org.uk/about-us/)

## **Development of the Healthy Relationships Education Directory**

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.

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.

This directory is to be used in conjunction with the 'Healthy Relationships in Education' spreadsheet, which provides a more detailed breakdown of what each agency can provide at each key stage. It also includes a list of useful resources for schools to use in relation to healthy relationships and other aspects of RSE.

The Cardiff Healthy Relationships Education spreadsheet can be accessed on Hwb or from the Healthy Schools Team:

[Claire.Beasley@cardiff.gov.uk](mailto:Claire.Beasley@cardiff.gov.uk)

This Document should be read in conjunction with school safeguarding policies. These include but are not limited to LAC policies and bullying and harassment policies.

# 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](http://www.barnardos.org.uk/family-wellbeing-service-cardiff)

[cardifffamilywellbeing@barnardos.org.uk](mailto: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



## 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.

### Who is this available to?

Children & young people, Parents and professionals.

### Website for information

[www.cardiffamilies.co.uk/](http://www.cardiffamilies.co.uk/)

03000 133 133

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 Kelly 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/](http://www.brook.org.uk/)

Kelly Harris - 07786 014 233



## 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](http://www.spectrumproject.co.uk)  
[lesley.curtis@hafancymru.co.uk](mailto:lesley.curtis@hafancymru.co.uk)

077 2525 5389 / 012 6722 5563





## South Wales Police – School BEAT

### **Brief overview of programme:**

#### **The Lessons:**

The Programme is a spiral scheme of lessons from KS2 to KS4. The lessons are delivered by School Community Police Officers, which are current Police Constables.

Lessons start at Foundation Phase and KS2 and focus on Friendship/Anti-bullying, Domestic Abuse, Internet safety, Cyberbullying, Personal Safety, Grooming and Child Sexual Exploitation (CSE). Then at KS3/4 there are lessons on Friendship/Anti-bullying, Sexting, grooming and Internet safety, CSE, Domestic Abuse and sexual consent.

#### **Online resources are provided for:**

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

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

#### **Supportive Policing 1:1:**

In addition to classroom deliveries these Officers deal with school based incidents through the School Crime Beat Policy, supporting and safeguarding children and young people.

#### **Workshops/Training:**

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

#### **Who is this available to?**

Lessons for children and young people aged 5-16 years of age. We do also visit sixth forms and colleges upon request.

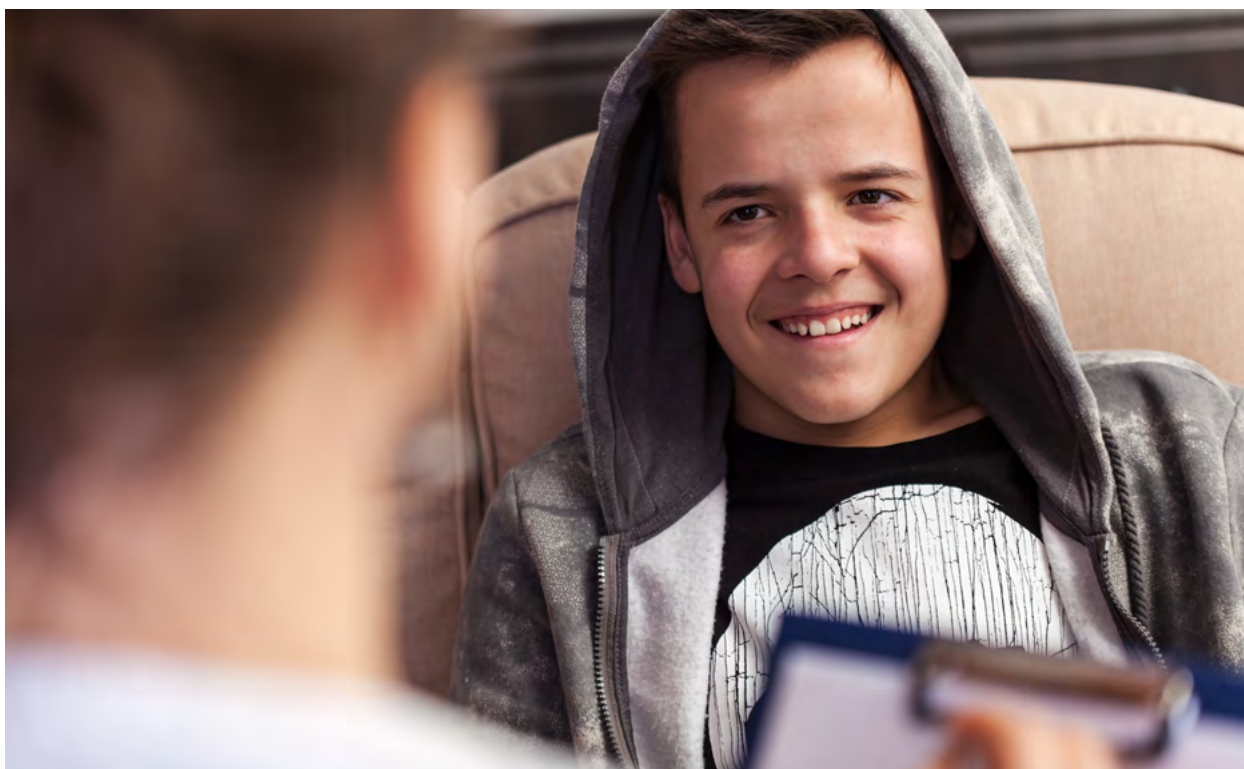
#### **Contact details to refer:**

[Catherine.lewis@south-wales.pnn.police.uk](mailto:Catherine.lewis@south-wales.pnn.police.uk)

[feedback@schoolbeat.org](mailto:feedback@schoolbeat.org)

[www.schoolbeat.cymru](http://www.schoolbeat.cymru)





## Switched on - Substance Education and Awareness Team

### Brief overview of programme:

Switched On is an information and education substance use service for anyone under the age of 25. Switched On deliver sessions in Schools, Youth Clubs and anywhere where Children and Young People are in Cardiff and the Vale. All sessions are evidence based and age appropriate and delivered by a member of the multi-agency team. The service is free as it is a public health initiative funded by Welsh Government.

The Switched On team also work extensively with those who educate young people, such as teachers, parents and carers, to help prevent young people from developing problematic substance or alcohol use looking at linked topics such as risky behaviours and healthy

relationships. Their work is backed up by an innovative new peer education programme that sees young people learning from each other.

Switched On attend events to promote healthy behaviours around drugs, alcohol and well-being.

### Who is this available to?

Awareness/education sessions up to age of 25, practitioners and parents/carers

### Contact details to refer:

[www.switchedon.org.uk](http://www.switchedon.org.uk)

[publichealthwales.switchedon@wales.nhs.uk](mailto:publichealthwales.switchedon@wales.nhs.uk)

029 2183 6505





## 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](mailto: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 healthy relationships (Healthy Schools action area, 'Personal Development and Relationships'). 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 loaned via the Healthy Schools Support Officer.

### 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](mailto:KTrigg@cardiff.gov.uk) - 029 2087 3771
- Lisa Marie Lewis (Healthy Schools Officer):  
[lislewis@cardiff.gov.uk](mailto:lislewis@cardiff.gov.uk) - 029 2087 3650
- Susan Carbis (Healthy Schools Officer):  
[Susan.Carbis@cardiff.gov.uk](mailto:Susan.Carbis@cardiff.gov.uk) - 029 2087 3773
- Claire Beasley (Healthy Schools Support Officer) – to borrow resources:  
[Claire.Beasley@cardiff.gov.uk](mailto:Claire.Beasley@cardiff.gov.uk) - 029 2078 8351



## 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.

Similarly to the individual work, group sessions are offered to organisations and schools working with young people on a range of topics.

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@cardiffymca.co.uk](mailto:SHOT@cardiffymca.co.uk)

029 2046 5250

Text: 077 9005 3610





## 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 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](mailto:Cardiff@nspcc.org.uk)

029 2010 8080

### Speak out - StaySafe

#### **Brief overview of programme:**

Speak out Stay safe is a session available to all primary schools in the UK. It aims to equip a generation of children with the knowledge and understanding they need to stay safe from abuse and neglect. Children are taught to speak out if they are worried, either to a trusted adult or Childline.

#### **Who is this available to?**

All primary schools

#### **Contact details to refer:**

Hayley Dunlop - [Hayley.Gordon@NSPCC.org.uk](mailto:Hayley.Gordon@NSPCC.org.uk)

Nick Phillips- [Nick.Phillips@NSPCC.org.uk](mailto:Nick.Phillips@NSPCC.org.uk)

[www.learning.nspcc.org.uk/services/schools-form/](http://www.learning.nspcc.org.uk/services/schools-form/)

## CGL Emotional Wellbeing Service

### Brief overview of programme:

The Emotional Wellbeing Service focus on providing early, brief intervention to promote good mental health, self-esteem, emotional resilience and regulation plus issues related to wider risk taking behaviours. This includes (but is not limited to) drugs and alcohol; sexual health and positive relationships; self-harm; criminal activity; and emotional health).

Referrals accepted from young people, parent/ carers and professionals.



## 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.

### Who is this available to?

Aged 10 - 17 in Cardiff and The Vale of Glamorgan

### Contact details to refer:

[www.emotionalwellbeingservice.org.uk](http://www.emotionalwellbeingservice.org.uk)  
[SPOC@cgl.org.uk](mailto:SPOC@cgl.org.uk)

0800 008 6879

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.

### Contact details to refer:

029 2053 6310





## BAWSO

### Brief overview of programme:

BAWSO support children and young people on topics such as forced marriage, FGM, honour based violence, human trafficking/ modern slavery.

### Who is this available to?

Children and young people aged 10-18.

### Contact details to refer:

Schools can refer to BAWSO if they are concerned about potential FGM or forced marriage issues on 029 2064 4633

[cardiff@bawso.org.uk](mailto:cardiff@bawso.org.uk)



## 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

They also offer a free School Role Models intervention, whereby they send one of their trained role models in schools/colleges to share their lived experiences as an LGBT person.

### 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](mailto:education@stonewallcymru.org.uk)

029 2023 7744

[www.stonewallcymru.org.uk/](http://www.stonewallcymru.org.uk/)



## Youth Cymru

### Brief overview of programme:

Youth Cymru have a service called 'Belong' which provides workshops and counselling for transgender, non-binary and questioning young people who would like support with their emotional well-being. Belong is a partnership between Youth Cymru and The Amber Project.

Youth Cymru also offers a programme of training for staff and organisations, including courses on Safeguarding, Transgender Awareness and Inclusion and Recognising and Responding to Sexually Harmful Behaviours in Young People

[www.youthcymru.org.uk/transgender-awareness-and-inclusion-training/](http://www.youthcymru.org.uk/transgender-awareness-and-inclusion-training/)

### Who is this available to?

Young people aged 12-25

### Contact details to refer:

[www.youthcymru.org.uk/](http://www.youthcymru.org.uk/)

Rachel Benson - [Rachel@youthcymru.org.uk](mailto:Rachel@youthcymru.org.uk)

01443 827840

Caryl Stock - [Caryl.stock@churcharmy.org](mailto:Caryl.stock@churcharmy.org)

029 2034 4776





## RISE - Safe As

### **Brief Overview of Programme:**

RISE is Cardiff's dedicated commissioned VAWDASV service that provides support for women, children and young people (female and male) who are currently or have experienced any form of violence against women, domestic violence/abuse either within their own relationships or within their families.

Safe As is the children and young people's team within RISE- Cardiff, which provides expert, specialist, independent support and advocacy to children and young people who have experienced domestic abuse through the delivery of individually tailored support packages, group work, advocacy and prevention work throughout the community as well as in emergency accommodation.

Safe As support young people through a range of different means. There is a direct 1:1 service that provide advocacy, exploring their experiences

and emotions, healthy relationships, rights and responsibilities, appropriate behaviours and safe coping strategies.

### **Safe As provides two group work programmes.**

**CYP Recovery toolkit** - 8 week programme for age 12-18 who have been affected by domestic abuse to come to term with their experiences and develop positive lifestyle and coping strategies.

**STAR group** - a 10 week group programme for children and 7-11 and their main caregivers to help them understand and explore their feelings around what has happened at home.

### **Who is this available to?**

Children and Young people – 0-18

### **Contact details to refer:**

[www.rise-cardiff.cymru](http://www.rise-cardiff.cymru)

RISE - Cardiff Women's Aid - 029 2046 0566

## 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 9am to 5pm, 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.

## 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 19 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](http://www.cardiffandvaleuhb.wales.nhs.uk/young-people)

- the Walk-in Young Persons Clinic every Monday (except Bank Holidays) at the Cardiff Royal Infirmary between 1.30pm and 4.00pm (This clinic will now operate a slot system with the following times: 11am-1pm, 1-3pm and 3-5pm.)
- the Under 25 Clinic on Wednesday 3.30pm - 6pm in Penarth Health Centre

- the Under 25 Clinic on Thursday 3pm - 6pm in Broad Street Clinic Barry
- the Under 25 Clinic on a Saturday morning in St David's Hospital, 10.30am - 1.00pm

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/](http://www.nhs.uk/live-well/sexual-health/)

### Who is this available to?

Young people under 25



# Local and National Websites/Helplines

## **Brook** - [www.brook.org.uk/](http://www.brook.org.uk/)

Tel: 07786014233

Website with advice on sexual health and wellbeing for under 25's. They have an 'Ask Brook 24/7' tool to ask questions online.

## **The Sprout** - [www.thesprout.co.uk/info/](http://www.thesprout.co.uk/info/)

Cardiff's online magazine and info site for 11-25's. The 'Info' page has a section on LGBT+ 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/](http://www.ymcacardiff.wales/what-we-do/health-wellbeing/ccard/)

Tel: 029 2046 5250 Text: 07790053610

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

## **MEIC** - [www.meiccymru.org/](http://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/](http://www.kooth.com/)

Online counselling

## **Childline** - [www.childline.org.uk/](http://www.childline.org.uk/)

Tel: 0800 1111

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

## **MindHub** - [www.mindhub.wales/](http://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](http://www.fearless.org/en)

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

## **CEOP** - [www.ceop.police.uk/safety-centre/](http://www.ceop.police.uk/safety-centre/)

Can report online abuse, or if worried about how someone is communicating online. Also links to Thinkuknow on how to keep yourself safe online.

## **THE MIX** - [www.themix.org.uk/](http://www.themix.org.uk/)

Tel: 0808 808 4994

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

## **Stonewall** - [www.stonewall.org.uk/](http://www.stonewall.org.uk/)

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

## **Youth Cymru** - [www.youthcymru.org.uk/](http://www.youthcymru.org.uk/)

The Youth Cymru Trans\*Form Cymru project supports trans and non-binary young people

## **ChatHealth** -

Text: 07520 615 718

Confidential text service manned by school nurses in office hours, term-time only

### **School Beat - [www.schoolbeat.org/en/](http://www.schoolbeat.org/en/)**

Follow-up lessons from the core police programme. Also a section for pupils and parents

### **Live fear free - [www.gov.wales/live-fear-free](http://www.gov.wales/live-fear-free)**

Tel: 0800 80 10 800

Text: 078600 77333

[info@livefearfreehelpline.wales](mailto:info@livefearfreehelpline.wales)

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

### **Child Friendly City Cardiff -**

**[www.childfriendlycardiff.co.uk](http://www.childfriendlycardiff.co.uk)**

Cardiff aspires to be a 'child friendly city' where all children and young people have an equal chance to thrive and reach their potential.

[Childfriendlycardiff@cardiff.gov.uk](mailto:Childfriendlycardiff@cardiff.gov.uk)

### **Run away helpline -**

**[www.runawayhelpline.org.uk/](http://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](mailto:116000@runawayhelpline.org.uk)

## **Useful Apps for Young people**

### **ZIPIT**

An app from Childline that helps young people get flirty messaging back on track by sending a funny Gif (e.g. to change the conversation from a potential sexting issue)

### **FOR ME**

An app from Childline - to access advice and support on a range of topics, can also access a Childline counsellor by phone or email.



# 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). As the new curriculum for RSE is introduced in 2020, further documents will be included. Information and links to relevant healthy relationships resources will be provided separately in the Healthy Relationships Education Spreadsheet.

## **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-0>

## **Relationships and Sexuality Education (RSE) / Healthy Relationships:**

5. A Review of Healthy Relationships Education, Estyn (June 2017)  
<https://www.estyn.gov.wales/thematic-reports/review-healthy-relationships-education>
6. Informing the Future of the Sex and Relationships Education Curriculum in Wales, Renold and McGeeney (2017) [http://www.cardiff.ac.uk/\\_\\_data/assets/pdf\\_file/0016/1030606/informing-the-future-of-the-sex-and-relationships-education-curriculum-in-wales-web.pdf](http://www.cardiff.ac.uk/__data/assets/pdf_file/0016/1030606/informing-the-future-of-the-sex-and-relationships-education-curriculum-in-wales-web.pdf)
7. The Future of the Sex and Relationships Education Curriculum in Wales - Recommendations of the Sex and Relationships Education Expert Panel, Renold and McGeeney (2017) <http://orca.cf.ac.uk/107649/1/The-future-of-the-sex-and-relationships-education-curriculum-in-wales-en.pdf>
8. UNESCO International Technical Guidance on Sexuality Education – An Evidence Informed Approach (2018)  
<http://unesdoc.unesco.org/images/0026/002607/260770e.pdf>

