

At Bristol Free School, we are working towards achieving the Bristol Ideal Award.

The Bristol Ideal is a citywide project, which aims to promote healthy relationships and prevent domestic and sexual violence through encouraging a 'whole-school approach' towards these issues. Domestic and sexual violence is a broad umbrella term covering a variety of different issues. The Bristol Ideal project covers;

- Domestic violence and abuse (DVA) including teen abuse & parent abuse
- Sexual violence and rape
- Forced marriage and so-called honour based violence
- Female genital mutilation (FGM)
- Human trafficking/ sexual exploitation
- Sexual harassment/ sexual bullying

The Bristol Ideal project is awarded based on a set of 7 standards that must be met in school;

1. Relationships and Sex Education delivered by trained professionals – with at least one teacher holding specialist accreditation to teach PSHE
2. Formally timetabled, regular Relationships and Sex Education lessons for every year group. As part of this learning, children and young people will:
 - Understand the difference between healthy and unhealthy relationships.
 - Understand that healthy relationships are based on empathy, negotiation, respect for culture and diversity, human rights and equality and, as such, are given the skills and knowledge on these topics.
 - Know about all forms of domestic and sexual abuse and about coercive and controlling relationships.
 - Explore gender roles & stereotypes, gender equality and factors that influence these. Understand gendered violence as a cause and consequence of inequality
 - Know where to go to report abuse.
3. A whole-school approach to tackling domestic and sexual violence and abuse including having a school policy covering this.
4. A named staff member with responsibility for addressing all forms of gendered violence and domestic and sexual violence such as domestic abuse, teen abuse, sexual harassment, forced marriage and female genital mutilation.
5. Staff attend training to ensure they understand and respond effectively to all forms of domestic and sexual violence
6. Ensuring that information about support services are available for pupils and staff, and that there is access to specialist support services for children and young people.
7. Participation in research to provide an evidence-base and monitoring for the Bristol Ideal.

Visit the [BAVA website](#) for a list of local and national domestic and sexual abuse support or visit [4YP Bristol](#) which lists all the relationships and sexual health services for 13-25 year olds in the city.

For further support services information, guidance, and resources please ask at the Pastoral office (C1.23) or email a.clifford@bristolfreeschool.org.uk or j.huzzey@bristolfreeschool.org.uk.