



# **RELATIONSHIP, HEALTH AND SEX EDUCATION POLICY**

## **2025-2026**

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- This document has been approved for operation for – Islamiyah High School
  - Last Reviewed – September 2025
  - Next review – July 2026
  - Review Period – 1 Year
  - Owner – Islamiyah High School
  - Approved By – Trustees
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The blueprint for how we are to enjoy happy and positive relationships has been given to us by the Prophet [pbuh] in the examples that he set for humanity.

This blueprint is best expressed in the Qur'anic verse,

*'And among his signs is this – that he created for you mates from among yourselves, that you may dwell in tranquillity with them, and He has put love and mercy between your hearts. Verily in that are signs for those that reflect.'* [30:21]

## WHAT IS SEX EDUCATION?

The term relationships and sex education-RSE- is used in this policy rather than *sex education*. This is to stress that our approach goes beyond provision of biological information to also focus on clarifying attitudes and values, and developing self-esteem and the skills to manage relationships.

According to the latest DfE guidance, RSE is:

***Lifelong learning about physical, moral and emotional development. It is about the understanding of the importance of marriage for family life, stable and loving relationships, respect, love and care. It is also about the teaching of sex, sexuality and sexual health'.***

DFE 'Sex and Relationships Guidance', 2024

## Our policy aims to:

Promote pupils' spiritual, moral, social and cultural development and prepare all of them for the opportunities, responsibilities and experiences of life with an Islamic understanding so they can make good use of that information, support pupils in managing puberty and adolescence and prepare them for an adult life as young British Muslims in which they can:

- Be aware of their own responsibilities towards becoming young women.
- Be aware of personal hygiene issues.
- Develop positive values and a moral framework that will guide their decisions, judgements and behaviour.
- Have the confidence and self-esteem to value themselves and others.
- Behave responsibly within personal relationships.
- Have sufficient information about STIs including HIV.
- Neither exploits others nor be exploited.
- Access confidential advice and support.
- Inform pupils about relationships, emotions, sex, sexuality and sexual health.
- Protect themselves from abuse, exploitation, and STDIs

## **Give further guidance and information on:**

- Respect, understanding & empathy towards others who may have different backgrounds, cultures, religions, sexuality, feelings & views.
- Suicide prevention
- Pregnancy and miscarriage
- Dangers of vaping
- Illegal online behaviour

- Menstrual and gynaecological health
- Prevalence ‘deep fakes’
- Sexual harassment and violence

## WHY SHOULD SEX EDUCATION BE TAUGHT?

2.1 Effective sex education can make a significant contribution to the development of the personal skills needed by pupils if they are to establish and maintain Islamic relationships. It also enables young people to make responsible and informed decisions about their health and wellbeing.

2.2 Studies have shown that the average teenager and pre-teen whether male or female, receive their sex education from the following sources in order of priority:

- Friends (who may have a lot of misinformation)
- Magazines (which include pornographic material)
- TV and movies (including films with restricted age limits)
- School and teachers (whether through science or PHSCE)
- Parents

In order to counteract these findings, our policy aims to teach our pupils about sex education with an Islamic understanding. It also aims to clarify certain terms and clear up any misinformation pupils may have accumulated from other sources.

2.3 Effective Sex education is essential if young Muslims are to make responsible and well informed decisions about their lives. It helps support young people through their physical, emotional and moral development. It helps young people learn to respect themselves and others and move with confidence from childhood through adolescence into adulthood.

## 3 OTHER RELATED POLICIES AND DOCUMENTS

- 3.1 The RSE policy can also be linked to other policies e.g.:
- Equal opportunities
  - Anti-Bullying
  - Confidentiality
  - Safeguarding children
  - Curriculum

## 4 EQUAL OPPORTUNITIES

Young people may have varying needs regarding RSE depending on their circumstances and background. The school strongly believes that all pupils should have access to RSE that is relevant to their particular needs.

Our school’s RSE programme responds to the needs of individual pupils and takes the cultures, faiths and family backgrounds of all pupils into consideration.

Our policy strives to ensure that all pupils are treated fairly and that there is no discrimination or bullying on the grounds of gender, race, religion, colour, sexuality, language, culture, social circumstances, appearance, ability or disability etc.

## 5 A WHOLE SCHOOL APPROACH

A whole school approach will be adopted to RSE that actively involves the whole school community. All groups who make up the school community have rights and responsibilities regarding RSE. In particular:

**The senior leadership team (SLT)** will endeavour to support the provision and development of RSE in line with this policy by providing leadership and adequate resourcing. They will maintain an over view of RSE provision and have overall responsibility for its development. This will include keeping up to date with

developments and good Islamic practice, developing the provision to meet pupils' needs, providing support and resources for staff, arranging staff training, liaison with outside agencies and monitoring and evaluation.

**Teaching staff** all teachers are involved in the school's RSE provision. They teach RSE through the PHSCE programme and some through science and other curriculum areas. All teachers play an important pastoral role by offering support to pupils. Teachers will be consulted about the school's approach to RSE and aided in their work by provision of resources, background information, support and advice from experienced members of staff and access to appropriate training.

**Trustees** have responsibilities for school policies. They will be consulted about the RSE provision and policy and have regular reports at Trustees' meetings.

**Parents/carers** have a legal right to view this policy and to have information about the school's RSE provision. The school's approach to RSE will encourage dialogue between parents/carers and their daughters. Parents have the right to withdraw their child from sex education lessons. Parents/carers have a legal right to view this policy and to have information about the school's RSE provision. The school's approach to RSE will encourage dialogue between parents/carers and their daughters. Parents have the right to withdraw their child from sex education lessons.

We recognise that we will be able to deliver successful outcomes for our children when collaboration is strong, particularly between pupils, parents, and the school. We as a school, will therefore support parents and carers by providing material to be shared with their children at home. We will deliver workshops to help parents/carers to find out more. Additionally, parents/carers will be informed by letter when the more sensitive aspects of RSE will be covered, to allay concerns and to enable them to be prepared to talk to and answer questions from children about their learning. Parents will be consulted before this policy is ratified by the governors. They will be consulted at every stage of the development of the RSE programme, as well as during the process of monitoring, review, and evaluation. They will be able to view the resources used by the school in the RSHE programme. Our aim is that, at the end of the consultation process, every parent and carer will have full confidence in the school's RSE programme to meet their child's needs. Parents continue to have the right to withdraw their children from Sex Education except in those elements which are required by the National Curriculum in science orders. Should parents wish to withdraw their children they are asked to notify the school by contacting the headteacher. The school will provide support by providing material for parents to help their children with their learning. We believe that the controlled environment of the classroom is the safest place for this curriculum to be followed. Especially with skilled and experienced teachers who have a sound understanding of religious topics related to RSHE. Please refer to page 17 the DfE guidance<sup>3</sup> for further details on the right to be excused from sex education (commonly referred to as, 'the right to withdraw').

**Outside agencies and speakers** may be involved in inputting to RSE lessons and as points of referral as support services to pupils should the need arise.

**Pupils** have an entitlement to age and circumstance appropriate RSE and to pastoral support. They will be actively consulted about their RSE needs and their views will be central to developing the provision.

## **6 PLACE IN THE CURRICULUM**

The main RSHE programme will be delivered through PHSCE lessons. In addition, certain biological aspects are delivered through the RS, science and assembly time.

## **7 CONTENT AND LEARNING OBJECTIVES**

The RSHE programme is delivered in a developmental manner so that issues are explored in greater depth as pupils mature within the framework of Islamic hayya and adab (modesty and good manners).

## 8 METHODOLOGY AND RESOURCES

A wide range of teaching methods are used that enable pupils to actively participate in their own learning. This includes the use of quizzes, case studies, research, role play, videos, small group participation and discussion and use of appropriate guest speakers.

Teaching is conducted in a safe learning environment through the use of ground rules and distancing techniques so that pupils are not 'put on the spot' or expected to discuss their own personal issues in class. Teaching resources are selected on the basis of their appropriateness to pupils.

## 9 ANSWERING PUPILS' QUESTIONS

The school believes that pupils should have opportunities to have their genuine questions answered in a sensible and matter-of-fact manner. However, occasionally a pupil may ask a particularly explicit, difficult or embarrassing question in class. Teachers will use their skill and discretion to decide about whether to answer questions in class and, if so, how. They will establish clear parameters of what is appropriate and inappropriate in class by discussing clear ground rules with pupils and by taking an approach that encourages pupils to be mature and sensible. If a teacher does not know the answer to a question, they will acknowledge this and suggest that they and the pupils research the answer to the question together. If a question is too explicit or inappropriate to answer in class at that moment, teachers will acknowledge it and attend to it later with the pupil who asked it. If a question is too personal, teachers will remind pupils about the ground rules and if necessary point out appropriate sources of support. If a teacher is concerned that a pupil is at risk of abuse they will follow the school's child protection procedures. All staff are advised to seek the support and advice of the Islamic Coordinator in all sensitive matters.

How should staff deal with sexually explicit questions?

- Answer questions asked in terms of Islamic etiquette
- Answer only those questions that relate directly to the agreed programme/ lesson
- To make it clear, through ground rules, that no pupil should ask personal questions and that Islamic adab (etiquettes and manners) be upheld at all times, for example; pupils should be encouraged to use the appropriate terminology for parts of the body.
- Be prepared to modify the programme if a certain question recurs (perhaps because of media coverage)
- Make provision for questions about sex, reproduction and puberty to be answered individually, as they arise, outside the planned programme with appropriate members of staff such as Islamic Studies teacher.
- Tell pupils that their question will be answered in a later part of the class depending on the appropriateness of the question.

What kind of language will be considered acceptable and appropriate for use in RSE lessons?

All staff are expected to:

- Use the correct terms for all body parts as this is deemed good practice.
- Openly teach pupils what 'slang' words mean and that some are offensive.
- Avoid the use of any slang.

## 10 MONITORING AND EVALUATION

The programme will be regularly evaluated by the Islamic / PSHCE Coordinator. The views of pupils and teachers through questionnaire, who deliver the programme, will be used to make changes and improvements to the programme on an on-going basis.

## **11 PASTORAL SUPPORT FOR PUPILS WHO EXPERIENCE DIFFICULTIES**

### **The nature of the support available for pupils**

The school takes its role in the promotion of pupils' welfare seriously. Staff endeavours to make themselves approachable and to provide caring and sensitive pastoral support for pupils in a number of ways. Staff may be approached for help on an individual basis and through the pastoral system. They offer a listening ear and, where appropriate, information and advice.

Our pupils have direct access to form tutors/ Designated Safeguarding Lead / Islamic studies teacher)

## **12 CONFIDENTIALITY AND INFORMING PARENTS/CARERS**

School staff cannot promise absolute confidentiality if approached by a pupil for help. Staff must make this clear to pupils. Child protection procedures must be followed when any disclosures about abuse are made.

It is very rare for a pupil to request absolute confidentiality. If they do, in situations other than those involving child protection issues, staff must make careful judgements about whether or not a third party needs to be informed.

This judgement will be based upon:

- The seriousness of the situation and the degree of harm that the pupil may be experiencing.
- The pupil's age, maturity and competence to make their own decisions.

Where it is clear that a pupil would benefit from the involvement of a third party, staff should seek the consent of the pupil to do so. If appropriate, staff might also inform the third party together with the pupil. Unless clearly inappropriate, pupils will always be encouraged to talk to their parent/carer.

## **13 DEALING WITH BULLYING**

Bullying commonly includes inappropriate and hurtful comments and behaviours concerning sexism, homophobia, appearance and other sex/relationships issues. The school takes the issue of bullying very seriously. This is reflected in the school's Anti- Bullying policy. Staff will challenge and deal sensitively with any evidence of bullying. Pupils will be encouraged to report any incidents. Staff will endeavour to investigate any incidents of bullying as soon as possible and give feedback to pupils who complain of bullying.

The RSE and PHSE programmes will consider bullying based on sexism, homophobia, appearance and other sex/relationships issues.

## **14 POLICY REVIEW AND DEVELOPMENT PLAN**

The policy will be reviewed annually by the SLT/ the Designated Safeguarding Lead (DSL) and the Islamic teacher

## **15 RSE/PHSE CURRICULUM ORGANISATION AT KS3 & 4**

Pupils learn how good relationships can promote mental well-being, how to manage their feelings positively and how to manage changing relationships in terms of Islamic maturity. They learn the law relating to sexual behaviour, how to develop skills of assertiveness in order to resist peer pressure and stereotyping. How to access sources of advice and support

## Science: programme of study

Pupils will be taught:

- 1) How science works
  - 1a Explanations, argument and decisions
  - 1b Applications, implications and cultural understanding,
- 2) Organisms, behaviour and health
- 3) Behaviour
- 4) Life processes: reproduction
  - **Reproduction Y7**
  - **Sexually transmitted Diseases Y7**
  - **GCSE IVF Y9/Y10**
  - **GCSE Clone Therapy Y9/Y10**
  - **Responding to stimulus survival and reproduction Y7**
  - **Find a mate Y7/Y8/Y9**
  - **Responding to stimulus menstrual cycle Y7 & Y9/Y10**
  - **Contraception Y7**