

# Islamiyah Girls High School



## Relationships and Sex Education (RSE) Policy

### Document Control

This document has been approved for operation for:	Islamiyah Girls High school
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Owner:	Islamiyah Girls High School
Approved by:	Governing Body

## Vision

### **Islamiyah School Mission Statement**

*Providing educational excellence in an Islamic environment to inspire, nurture and enable our young British citizens to serve and positively contribute to society as a whole.*

### **Our Ethos**

*The ethos of the school is one of equality of opportunities for young British Muslim girls enabling them to understand and become integrated into, rather than isolated from, British society of which they are members.*

### **Our Vision and Aims**

*Offer a broad and balanced curriculum, alongside a positive understanding of Islam, to equip every pupil with skills to be a successful learner, confident individual and responsible British citizen.*

*Provide pupils with a safe, secure and stimulating learning environment, which develops their intellect and talents as independent learners giving pupils the confidence to believe that their aspirations are achievable*

*Encourage and enable each pupil to develop moral integrity, a sense of social responsibility, respect for themselves and others.*

The following policy is designed with our school vision in mind along with the following principles of teaching and learning which guide the work in the school:

### **To Promote Learning and Raise Progress**

*'The most important role of teaching is to promote learning and to raise pupils' achievement.'*

### **To Aid Young People's Development**

*'It is also important in promoting students' spiritual, moral, social and cultural development.'* OFST

The aims of this document are to set out a clear set of high expectations and a common approach to teaching and learning at Islamiyah School so that teachers, parents/carers and students are all aware of and can work towards the highest possible standards of education. It is designed to ease the workload of teachers and students, whilst simultaneously encouraging independence, confidence and progression. The aim is to maintain uniformity across the school to maximise effective teaching and learning. Regular monitoring takes place at Islamiyah School to ensure that high standards are always met to achieve the best outcomes for the students

## RSE Policy

In this policy the governors and teachers of **Islamiyah School**, in partnership with pupils and their parents, set out our intentions about relationships and sex education (RSE). We set out our rationale for and approach to relationships and sex education in the school.

### Consultations have taken place through

- Pupil focus groups/school councils
- Questionnaire to parents/consultants
- Review of RSE curriculum content with staff and pupils consultation with wider school community

### Implementation and Review of Policy

Implementation of the policy will take effect from academic year of 2023 - 2024. This policy will be reviewed every **year** by the Headteacher, Teaching and Learning Team, the Governing Body and staff.

### Dissemination

Copies of the document will be available to all parents through the school's website and a copy is available in the school office. Details of the policy and the RSE curriculum will also be published on the school's web site or available upon request.

### Defining Relationships and Sex Education

The DfE guidance states that, "children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way". This means that they should know what it means to be fully human, to be equipped to manage relationships so that they are healthy and successful and to be enabled to make moral decisions in conscience.

The teaching of RSE will aid the development of pupils knowledge and understanding of themselves as sexual beings.

Our RSE curriculum will, "give young people the information they need to help them develop healthy, nurturing relationships of all kinds, not just intimate relationships. It will enable them to know what a healthy relationship looks like and what makes a good friend, a good colleague and a successful marriage or other type of committed relationship. It will also cover contraception, developing intimate relationships and resisting pressure to have sex (and not applying pressure)."<sup>2</sup>

### Rationale

Today, I have perfected your religion for you, and have completed My blessing upon you, and chosen Islam as Dīn (religion and a way of life) for you

Al-Quran 5:3

Islam is a complete way of life for Muslims. Its guidance is comprehensive and includes the personal, social, moral, and spiritual aspects of our lives. Our involvement in educating our children about relationships and sex education is precisely because of this; we as Muslims

must know how to have healthy, loving, and enriching relationships and know the role of sex in our lives.

Indeed, in the Messenger of God, you have an excellent example for whoever has hope in God and the Last Day and remembers God often. Al-Quran 33:21

And verily, you (O Muhammad, peace and blessings be upon you) are on an exalted standard of character.

Al-Quran 68:4

The Messenger of God (peace and blessings be upon him) was the best of all in character and he presented to us a practical example of how to conduct ourselves and live our lives. RSE at our school is centred on the example set by the Messenger of God (peace and blessings be upon him) and will be positive and prudent, showing the potential for development, whilst enabling the dangers and risks involved to be understood and appreciated.

Our RSE teaching will be in accordance with Islamic principles and values. It will emphasise the central importance of marriage and the family whilst acknowledging that all pupils have a fundamental right to have their life respected whatever household they come from. It will also prepare pupils for life in modern Britain.

### **Values and Virtues**

Our programme enshrines Islamic values relating to the importance of stable relationships, marriage and family life. It also promotes those virtues which are essential in fulfilling the rights of others (*Huqqul Ibaad*) with a proper respect for their dignity and the dignity of the human body. The following virtues will be explicitly explored and promoted: faithfulness, chastity, integrity, prudence, mercy, and compassion.

### **Aims of RSE**

Our Mission Statement commits us to the education of the whole child (spiritual, physical, intellectual, moral, social, cultural, emotional) and we believe that RSE is an integral part of this education. Furthermore, our school aims state that we will endeavour to raise pupils' self-esteem, help them to grow in knowledge and understanding, recognise the value of all persons and develop caring and sensitive attitudes. It is in this context that we commit ourselves:

In partnership with parents, Islamiyah School provides pupils with positive and prudent relationships and sexual education which is compatible with their physical, cognitive, psychological, and spiritual maturity, and rooted in the Islamic vision of education.

### **Objectives**

To develop in pupils, the following **attitudes and virtues**:

- respect for the dignity of every human being – in their own person and in the person of others;

- joy in the goodness of the created world and their own bodily natures;
- responsibility for their own actions and a recognition of the impact of these on others;
- celebrating the gift of life-long, self-giving love;
- recognising the importance of marriage and family life;
- recognising and valuing their own sexual identity and that of others;
- reverence for the gift of human sexuality and fertility;
- fidelity in relationships.

To develop in pupils, the following **personal and social skills**:

- making sound judgements and good choices which have integrity, and which are respectful of each individual's personal commitments;
- loving and being loved, and the ability to form friendships and loving, stable relationships free from exploitation, abuse, and bullying;
- managing emotions within relationships, and when relationships break down, managing these with confidence, sensitivity, and dignity;
- managing conflict positively and recognising the value of difference;
- cultivating humility, mercy, and compassion;
- learning to forgive and be forgiven;
- developing self-esteem and confidence, demonstrating self-respect and empathy for others;
- building resilience and the ability to resist unwanted pressures, recognising the influence and impact of the media, internet, and peer groups, and thus developing the ability to assess pressures and respond appropriately;
- being patient, delaying gratification and learning to recognise the appropriate stages in the development of relationships, and how to love chastely;
- assessing risks and managing behaviours in order to minimise the risk to health and personal integrity.

To know and understand

- Islamic teaching on relationship and the nature and meaning of sexual love
- Islamic teaching on marriage and the importance of marriage and family life
- The centrality and importance of virtue in guiding human living and loving
- The physical and psychological changes that accompany puberty
- The facts about human reproduction, how love is expressed sexually and how sexual love plays an essential role in procreation how to manage fertility in a way which is compatible with their stage of life, their own values, and commitments, including an understanding of the difference between natural family planning and artificial contraception;
- how to keep themselves safe from sexually transmitted infections and how to avoid unintended pregnancy, including where to go for advice

### **Inclusion and Differentiated Learning**

We will ensure RSE is sensitive to the needs of individual pupils in respect to their different abilities, levels of maturity and personal circumstances and is taught in a way that does not

subject pupils to discrimination. Lessons will also help pupils to realise the nature and consequences of discrimination, teasing, bullying and aggressive behaviours (including cyber-bullying), use of prejudice-based language and how to respond and ask for help.

### **Equalities Obligations**

The Governing Body have wider responsibilities under the Equalities Act 2010 and will ensure that our school strives to do the best for all of the pupils, irrespective of disability, educational needs, race, religion, nationality, ethnic or national origin, pregnancy, maternity, sex, gender identity or sexual orientation or whether they are looked-after children.

### **Broad content of RSE**

Three aspects of RSE - attitudes and values, knowledge and understanding, and personal and social skills will be provided in three interrelated ways: the whole school / ethos dimension; a cross-curricular dimension and a specific relationships and sex curriculum.

See attached 'RSE Curriculum Overview'

### **Delivery**

RSE will be delivered during PSHE and Tarbiyyah during the autumn, spring and summer terms. Teaching strategies will include:

- establishing ground rules
- distancing techniques
- discussion
- project learning
- reflection
- experiential aspects
- brainstorming
- film & video
- group work
- role-play
- trigger drawings
- values clarification

## **Parents and Carers**

This demonstrates that the school is committed to working collaboratively with parents and carers to ensure the success of their pupils in relation to Relationships and Sex Education (RSE). Islamiyah School recognizes the importance of strong collaboration and communication between pupils, parents, and the school in order to deliver successful outcomes.

Islamiyah School plans to support parents and carers by providing material that can be shared with their pupils at home. This shows that the school values the involvement of parents and carers in their daughter's education and wants to provide them with the necessary resources to support their learning.

Workshops will also be provided to help parents and carers learn more about RSE. This demonstrates the school's commitment to ensuring that parents and carers are informed and equipped to support their daughter's learning in this area.

To address any potential concerns or sensitivities surrounding the teaching of RSE, parents and carers will be informed by letter when the more sensitive aspects of RSE will be covered. This allows them to be prepared to discuss and answer any questions their daughter may have about their learning.

Additionally, parents will be consulted before the policy is ratified by the governors. This shows that the school values the input and feedback of parents and wants to ensure their opinions are considered and incorporated into the RSE program.

Parents will also be consulted at every stage of the development, monitoring, review, and evaluation of the RSE program. This demonstrates that at Islamiyah School, we are committed to ongoing collaboration and communication with parents and carers to ensure that the RSE program meets their daughter's needs.

Overall, the school aims to foster full confidence in the RSE program among all parents and carers through a comprehensive consultation process. This demonstrates Islamiyah School's commitment to ensuring that parents and carers feel supported and involved in their daughter's RSE education journey.

While parents have the right to opt their daughter out of Sex Education, certain aspects of Sex Education may still be mandatory as per the National Curriculum science orders. In such cases, parents are encouraged to inform the school by either completing the necessary forms or contacting the headteacher for guidance on their decision.

If parents choose to opt their daughter out, the school will provide resources and materials to help parents support their daughter in her learning. This ensures that parents can continue to play an active role in their daughter's education while respecting their personal beliefs and preferences.

We believe that the controlled environment of the classroom is the safest place for this curriculum to be followed. Please refer to the DfE guidance below for further details on the right to be excused from sex education (commonly referred to as, 'the right to withdraw').

## **Balanced Curriculum**

In addition to promoting Islamic values, our school is committed to providing a comprehensive RSE curriculum that includes a range of viewpoints on various issues. This means that pupils will receive accurate scientific information and learn about laws related to RSE topics such as forced marriage, female genital mutilation, abortion, the age of consent, and equality legislation.



It is important to note that while we provide knowledge about these topics and encourage exploration of different perspectives, we do not promote specific behaviours. Our school's promotion of Islamic values and principles is not contradictory to providing a balanced RSE curriculum. We believe that by equipping our pupils with factual information and helping them understand their rights as individuals, we are enabling them to stay safe, healthy, and make informed decisions in accordance with their beliefs.

### **Responsibility for Teaching the Programme**

Responsibility for the teaching of relationships and sex education programmes lies with the teachers of Religious Education, Science, Tarbiyyah and RSE and PSHE staff.

However, all staff will contribute to the development of pupils' personal and social skills and will be involved in developing the attitudes and values aspect of the RSE programme. They will be role models for pupils demonstrating good, healthy, wholesome relationships between each other, other adults and pupils.

### **External Visitors**

Islamiyah School will often call upon help and guidance from outside agencies and health specialists to deliver aspects of RSE. Such visits will always compliment the current programme and never substitute or replace teacher led sessions. All external visitors will be fully vetted and clearly informed about their role and responsibility whilst they are in school delivering a session. All visitors will have to adhere to our code of practice developed in line with CES guidance 'Checklist for External Speakers to Schools'.

Health professionals will follow the school's policies using negotiated ground rules and distancing techniques as other teachers would. They will ensure that all teaching is rooted in Islamic principles and practice

### **Other Information Regarding RSE**

- draw up the RSE policy, in consultation with parents and teachers;
- ensure that the policy is available to parents;
- ensure that the policy is in accordance with other whole school policies, e.g. SEN, the ethos of the school and our Islamic beliefs;
- ensure that parents know of their right to withdraw their daughter(s);
- establish a link governor to share in the monitoring and evaluation of the programme, including resources used;
- ensure that the policy provides proper and adequate coverage of relevant National Curriculum science topics and the setting of RSE within PSHE.

### **Headteacher**

The Headteacher takes overall delegated responsibility for the implementation of this policy and for liaison with the Governing Body, parents, the Local Education Authority, and appropriate agencies.

## **All Staff**

RSE (Relationships and Sex Education) is a comprehensive issue that involves the entire school community. This means that every teacher bears a responsibility to ensure the well-being of their pupils, including their physical, moral, and spiritual welfare. In addition to their academic duties, teachers should actively contribute to the protection and guidance of their pupils.

It is essential that teachers make sure they teach RSE in line with the Islamic ethos of the school. This means that the content and delivery of RSE lessons should align with the values and principles of the school's Islamic faith

To equip teachers with the necessary skills and knowledge, appropriate training on teaching RSE will be provided to all staff members who teach this subject. This training will enable teachers to effectively deliver RSE lessons while being mindful of the Islamic ethos.

Furthermore, the development of this RSE policy has involved the input of all staff members. This inclusive approach ensures that all staff members are aware of and familiar with the policy, and understand how it pertains to their roles and responsibilities within the school community.

## **RELATIONSHIPS TO OTHER POLICIES AND CURRICULUM SUBJECTS**

This RSE policy is to be delivered as part of the PSHE and Tarbiyyah framework. It includes guidelines about pupil safety and is compatible with Islamiyah school's other policy documents (e.g. Anti-Bullying Policy, Safeguarding Policy etc).

Pupils with additional needs will receive appropriately differentiated support to enable them to achieve desired outcomes. Teaching methods will be adapted to meet the varying needs of all pupils.

## **CONTROVERSIAL AND SENSITIVE QUESTIONS**

The use of ground rules in RSE aims to create a safe and respectful environment for both teachers and pupils to discuss sensitive or controversial topics. These ground rules will be developed through negotiation between teachers and pupils, ensuring that everyone feels comfortable and able to ask questions freely.

The governors understand that pupils may have different values and beliefs, which can lead to challenging discussions. However, they believe that open dialogue within the RSE programme is the best way to educate and protect pupils from harm and exploitation.

By implementing ground rules, the governors hope to prevent bullying or harassment from other pupils. They want pupils to feel confident that their questions will be answered and that they are free to express their thoughts and experiences without fear of judgement or negativity.

Overall, the governors' goal is to promote a healthy and positive atmosphere in which RSE can take place, enabling pupils to engage in meaningful discussions and learn about relationships and sex in a supportive environment.

## **SUPPORTING YOUNG PEOPLE WHO ARE AT RISK**

This is important because the safety and well-being of young people should always be a priority in any educational environment, including RSE. By creating a safe and secure environment, pupils will feel more comfortable discussing sensitive topics and expressing any concerns or worries they may have.

Effective RSE should also include discussions about what is appropriate and inappropriate in relationships. This helps pupils develop a clear understanding of boundaries and allows them to recognize and disclose any instances of abuse or unsafe behaviour they may have experienced or witnessed.

Teachers play a crucial role in ensuring the safety of their pupils. They should be aware of the needs of their pupils and be vigilant in identifying any signs or indicators of abuse or risk. If a teacher suspects that a pupil is a victim of or at risk of abuse, they must follow Islamiyah School's Safeguarding Policy and immediately notify the DSL.

By adhering to these guidelines and being proactive in safeguarding pupils, teachers can help ensure a safe and secure learning environment for all students.

### **CONFIDENTIALITY AND ADVICE**

Teachers should inform pupils that while they will always strive to support them with any personal difficulties they may be facing, they may need to involve other professionals or parents/carers if the situation requires it. Confidentiality will be upheld to the extent that is legally and ethically possible, but the safety and well-being of the pupil will always be the priority.

It is important for all staff members to be aware of this policy and to understand their role in supporting pupils and maintaining confidentiality. Staff should be trained in how to respond to sensitive issues and should have access to appropriate resources and support networks.

Parents and carers should also be informed about the school's RSE programme and the importance of open communication with their daughter about these topics. They should be encouraged to discuss any concerns or questions with their daughter's teacher or relevant school staff.

Governors should play a role in ensuring that this policy is implemented effectively and that staff, parents, and pupils are aware of their rights and responsibilities. They should also oversee the regular review and evaluation of the RSE programme to ensure that it remains effective and relevant.

Overall, open communication, respect for confidentiality within appropriate boundaries, and a focus on the well-being and development of pupils should be at the core of the school's approach to relationships and sex education.

### **MONITORING AND EVALUATION**

The RSE Co-ordinator will also conduct regular meetings with teachers to discuss the implementation of the programme and address any concerns or issues that may arise. They will ensure that all staff members are properly trained and equipped to deliver the programme effectively.

Additionally, the RSE Co-ordinator will liaise with external organisations and experts to bring in any additional resources or support that may be required for the programme. They will also keep up to date with the latest research and developments in the field of RSE to ensure that the programme remains relevant and effective. Overall, the RSE Co-ordinator will play a crucial role in monitoring and evaluating the RSE programme, making any necessary adjustments or improvements, and ensuring that it continues to meet the needs of pupils, staff, and parents.

#### **Approved by:**

Mrs. Yaasmin Mubarak  
**Headteacher**

**Dated:** September, 2023

Mubarak Patel  
**Chair of Governing Body**  
September, 2023