

Relationships, Sex Education and Health Education Policy (RSHE)

Aims:

This document aims to outline Relationships and Sex Education and Health Education Policy (RSHE) at Tawhid Boys School.

- The first point of acceptance must be that Tawhid Boys School must ensure their children are appropriately educated about relationships, sex and their health, so that they can make informed choices in their lives.
- To develop pupils' understanding and appreciation of family life in its widest context, alongside respect for the different social, cultural and religious backgrounds of all pupils and communities to which they belong.
- To provide pupils with an understanding of rights and responsibilities regarding equality, with reference to the Equality Act (2010), under which religion or belief are protected characteristics.
- To develop in pupils the skills for successful relationships.
- To improve confidence and self-esteem amongst pupils.

Tawhid Boys School will ensure pupils are aware of the faith perspective of RSHE, this is not merely due to the reality in which we live, but it is a widely accepted Islamic opinion that teaching these areas comes within the general duties of the parental obligation of tarbiyyah (Islamic Education). It is important that RSHE is not a reaction to events nor a reaction to misinformation acquired in the playground or online but is presented in a **way appropriate to a child's age**. It is also important that sex education is value driven and based upon obedience to Allah (subhanahu wa ta'aala).

A prominent scholar, states:

"Those who think that sex education is not allowed in Islam are completely wrong. The books of Islamic jurisprudence expound on several topics promoting sexual awareness, including discussion of menstruation, childbirth bleeding, pregnancy, delivery, rules of sexual intercourse, rules of marriage and taking a bath (Ghusl) after sexual intercourse. All these rulings are dealt with in the books of Islamic jurisprudence in a moral and scientific manner".

In his book al-Majmu', Imam an-Nawawi mentions that Imam Ash-Shafi'i is of the opinion that parents are under obligation to give their children such kind of sex education.

The Messenger of Allah encouraged the asking of questions to ensure compliance to the ahkaam (laws) of Allah, 'A'ishah (RadiAllahu Anha) the Prophet's wife said:

"Blessed are the women of the Ansar (the helpers). Shyness did not stand in their way of seeking knowledge about their religion."

Children do need sex and relationship education consistent with their age and maturity but this must be firmly rooted within an Islamic framework. If this is the basic premise, parents cannot delegate this life shaping task to teachers alone.

Guidance

This policy has been written building upon earlier work developed by the Muslim Council of Britain (MCB), Kirklees LEA, and the Sex and Relationships education; A guide for independent schools by the Sex Education Forum.

This policy has due regard to all relevant legislation including the Equality Act (2010), The National curriculum 2014, KCSIE 2022, Relationships and Sex Education and Health Education guidance (2021 update)

How is RSHE taught at Tawhid Boys School?

With the highest level of modesty and morality in mind, RSHE is taught as modules through the Religious Studies, PSHCE and Science programme of study. Aspects of RSHE and Health Education are also addressed through other curriculum subjects such as Computer Science and PE. Please see RSHE curriculum map in Appendix 1.

Teachers will adopt a variety of teaching and learning styles which will include quizzes, discussions and group work. There may be opportunities across the curriculum and enrichment activities, with specially selected guest speakers where appropriate.

Islam provides a great deal of guidance about sexual behaviour and the way in which men and women should relate to each other, both within and outside of marriage. As with some other faiths, Islam considers marriage as the only channel for experiencing a sexual relationship, with family life being the foundation of a stable society. Our community is a mixture of different beliefs and cultures and therefore our pupils will have a wider understanding of these relationships that will develop greater tolerance towards all members of the community.

As we are a school with a designated religious character, all RSHE content will be taught alongside the Islamic faith perspective. Teaching 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 creed or cultural background they come from and support will be provided to help pupils deal with different sets of values.

What RSHE is taught at Tawhid Boys School?

RSE

Families

Pupils will learn about the characteristics and legal status of the committed legal relationships and look at the roles and responsibilities of parents with respect to the raising of children.

Respectful relationships, including friendships

Pupils will learn about characteristics of positive and healthy friendships, working relationships, intimate relationships and other committed relationships look like. Pupils will learn about how healthy relationships can benefit self-respect and mental well-being.

They will be taught how to identify when relationships are unhealthy, recognising and responding to all types of bullying including online, as well as the legal rights and responsibilities regarding equality, with reference to the protected characteristics as defined in the Equality Act, 2010 and that everyone is unique and equal.

Online and media

Pupils will learn about their rights, responsibilities and opportunities online including the rules and principles for keep safe online. They will also learn how information and data is generated, collected, shared and used online.

Being safe

Pupils will learn about the laws relating to sex, sexual consent, sexual exploitation, abuse, grooming, coercion, harassment and domestic abuse and how these can affect current and future relationships. They will learn the facts about Female genital mutilation (FGM), including the physical and emotional harms it can cause and how to access support.

Intimate and sexual relationship and sexual health

Pupils will learn that positive intimate relationships are based on mutual respect, loyalty and trust. They will learn about consent, contraception, reproductive health and about the full range of contraceptive choices and options available. They will learn that there are choices permitted by the law in relation to pregnancy. They will also learn about sexuality, sexual health and gender identity. Pupils will learn about how to keep themselves safe and how to get further advice if necessary, including how and where to access confidential reproductive health advice and treatment.

Health education

Physical health and wellbeing education will build on primary curriculum content and will introduce new content to older pupils at appropriate points. This should enable pupils to understand how their bodies are changing, how they are feeling and why, to further develop the language that they use to talk about their bodies, health and emotions.

Social, Emotional & Mental Health (SEMH)

Pupils will learn how to manage their own social, emotional and mental wellbeing positivity. Pupils should know how to talk about their emotions accurately and sensitively.

Pupils should understand the benefits of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness. School is actively engaged with the local CAMHS services

E-Safety

Pupils will learn about the similarities and differences between the online world and the physical world, including the impact of unhealthy or obsessive comparison with others online, how people may curate a specific image of their life online, over-reliance on online relationships including social media.

Pupils should learn how to identify harmful behaviours online (including bullying, abuse or harassment) and how to report and how access support. See latest curriculum links in the latest version of the Keeping children safe in Education. (See School Online Safety Policy)

Physical Health, fitness and healthy eating

Pupils will learn about the benefits of physical exercise, good nutrition and the link between physical activity and mental wellbeing. Pupil should know the benefits of physical exercise, time outdoors, community participation and voluntary and service-based activities (link to Duke of Edinburgh Award) on mental wellbeing and happiness.

Drugs, alcohol and tobacco

Pupils will learn about the facts about legal substances and illegal substances including drug-taking, and the associated risks, including the link to serious physical and mental health conditions related to drugs, alcohol and tobacco. Pupils will be given information about the sources of support available to combat addiction.

Health and prevention of disease

Pupils will learn about importance of personal hygiene in the prevention of infection, good oral hygiene, the benefits of regular self-examination and the importance of sufficient good quality sleep for good health.

Basic first aid

Pupils will learn about basic treatment for common injuries, how to administer CPR and the purpose and use of defibrillators.

Changing adolescent body

Pupils will learn about key facts about puberty and the changing adolescent body. They will be taught the main changes which take place in males and females, and the implications for emotional and physical health.

Safeguarding, reports of abuse and confidentiality

In some cases, pupil's questions or comments may indicate a pupil to be at risk or in danger, in which case appropriate action will be taken in accordance of the schools Safeguarding policy, which is based on latest guidance in KCSIE.

KCSIE is clear that all staff should know what to do if a child tells them that they are being abused or neglected or are witnessing abuse. Staff should know how to manage the requirement to maintain an appropriate level of confidentiality. This means only involving those that need to be involved, such as the Designated Safeguarding Lead (or deputy) and children's social care. Staff should never promise a child that they will not tell anyone about a report of abuse, as this may ultimately not be in the best interests of the child.

Staff involved with RSHE at the school understand that the subject can be challenging. They will provide pupils with suitable, accurate information matched to their age and to their stage of physical and emotional development.

Staff accept that some questions may require further consideration and as such do not have to be answered directly or immediately. The teacher/specialist/adult will always take a considered decision. They may return to question later with the whole class, individually, or decide to refer the question to parents. Staff will use their professional skills and discretion when sensitive matters arise and always to keep in mind the age and maturity of the pupil.

Working with parents/carers and the wider community

Our school believes that parents and carers have a fundamental role in education their children about relationships and health education. Parents were consulted on the content of the policy.

Parents have ***the right to withdraw*** their children from RSHE except in those elements which are required by the National Curriculum. Should parents wish to withdraw their children they are asked to notify the school by writing to the head teacher. Before granting a withdrawal request, the head teacher will discuss the request with the parents, and if appropriate the child, to ensure their wishes are understood and to clarify the nature and purpose of the RSHE curriculum. Following discussions with the parent, the school will respect to withdrawn their child for up-to and until three terms before the child turns 16. After that point, if the child wishes to receive sex education rather than be withdrawn, the school should make arrangements to provide the child with sex education.

Monitoring and Evaluating the Policy

The key RSHE teaching staff are to note progress and there are opportunities to bring issues to the notice of the staff during staff/SMT meetings under through the dedicated SMSC agenda items. Issues should be brought to the attention of the Co-ordinator (Molana Siddique Potts) who discusses curriculum plans with staff. After each Parent's evening there is an opportunity for staff to report parental views. Parents can also voice their views via the Parent Questionnaire Survey twice a year, email, letter or via the school office. Pupils also completed an online Pupils Attitude to self and school survey (PASS) which give invaluable feedback to the school. The School will carry out SEMH audit with the link Educational Psychologist to identify strengths and areas for further development.

The RSHE curriculum monitored and evaluated by the PSCH co-ordinator.

Policy review

The policy is subject to two-year review cycle

Appendix 1: Tawhid Boys School: RSHE Curriculum Map

Year	Autumn Term	Spring Term	Summer Term
7	<p>You and your Body: Growing and Changing (YL1)</p> <p>Growing up 2.1, 2.4, (Explore PSHCE KS3)</p> <p>Identity 9.1, 9.2, 9.3, 9.4 (Explore PSHCE KS3)</p>	<p>Relationships 3.1,3.2 (Explore PSHCE KS3)</p> <p>Emotional wellbeing and mental health 6.1, 6.3,6.4 (Explore PSHCE KS3)</p>	<p>Reproduction, Menstrual cycle, Adolescence (7B)</p> <p>You and Your Body: Drugs and drug taking (YL1)</p> <p>You and Your Body: Smoking (YL1)</p> <p>You and Your Body: Eating and Exercising (YL1)</p>
8	<p>You and Your Body: Drugs and drug taking (YL2)</p> <p>You and Your Body: Drinking and Alcohol (YL2)</p> <p>Growing up 2.2, 2.3 (Explore PSHCE KS3)</p>	<p>You and other People: Friends and friendships. Recognising other forms of relationships (LGBT) (YL2)</p> <p>You and Your body: Contraception and safer sex. (YL2)</p>	<p>Relationships 3.3 (Explore PSHCE KS3)</p> <p>Emotional wellbeing and mental health 6.5 (Explore PSHCE KS3)</p>
9	<p>You and Your Body: Adolescence (YL3)</p> <p>You and Your Body: Drugs and drug taking (YL3)</p> <p>Growing up 2.5, 2.6 (Explore PSHCE KS3)</p> <p>Sex, sexuality and sexual health 4.1, 4.2, 4.3 (Explore PSHCE KS3)</p>	<p>You and other People: People with mental illnesses (YL3)</p> <p>You and Your Body: Eating disorders (YL3)</p> <p>You and Your Body: Safer sex, STI's and Aids (YL3)</p>	<p>What makes bath obligatory.</p> <p>Relationships 3.4,3.5 (Explore PSHCE KS3)</p> <p>Emotional wellbeing and mental health 6.6, 6.7,6.8 (Explore PSHCE KS3)</p> <p>Basic First Aid: Basic treatment for common injuries and life-saving skills.</p>

Year	Autumn Term	Spring Term	Summer Term
10	Health, Alcohol and Drug abuse, STIs (CB5) Sacrament – marriage (Christianity) Relationships 2.1,2.2 (Explore PSHCE KS4) Sex, sexuality and sexual health 3.1, 3.2, 3.3 (Explore PSHCE KS4) Identity 8.1, 8.2 (Explore PSHCE KS4)	The Menstrual Cycle, Contraception, IVF (CB7) The Heart and Use of Defibrillators (CB8) Managing Your Emotions and Moods (YL4) Health Matters (YL4) Safer sex and contraception (YL4) Healthy Eating (YL4) Changing Relationships: Friends and Family (YL4)	Drinking and smoking (YL4) Challenging Offensive Behaviour. (DSEN, LGBT) (YL4) Emotional wellbeing and mental health 5.1, 5.2,5.3 (Explore PSHCE KS4)
11	Sexuality, contraception and family planning. Marriage and parenting (YL5) Parenthood and parenting (YL5) Challenging offensive behaviour. (YL5) Relationships 2.3,2.4,2.5 (Explore PSHCE KS4) Sex, sexuality and sexual health 3.4, 3.5 (Explore PSHCE KS4)	Marriage and family – marriage ceremonies, cohabitation, same sex marriages, parenting, divorce, remarriage. Managing stress and dealing with depression. (YL5) Safer sex (YL5) Identity 8.3 (Explore PSHCE KS4) Drugs and drug taking (YL5)	Emotional wellbeing and mental health 5.4, 5.5,5.6 (Explore PSHCE KS4)

SCIENCE, Religious Studies, PSHCE, PSHCE EP (new content)