

**KD Grammar School for Boys**



**KD  
GRAMMAR  
SCHOOL  
FOR BOYS**

FAITH • LEARNING • LIFE

# **Relationships and Sex Education Policy (RSE)**

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This policy will be delivered in line with the DfE statutory guidance and the school faith ethos

## 1. Aims

The aims of relationships and sex education (RSE) at our school are to:

- Provide students with a safe space to discuss relationships and sex education from an Islamic perspective with Islamic teachings
- Provide a framework in which sensitive discussions can take place
- Prepare students for puberty, and give them an understanding of sexual development and the importance of health and hygiene
- Help students develop feelings of self-respect, confidence and empathy
- Create a positive culture around issues of sexuality and relationships
- Teach students the correct vocabulary to describe themselves and their bodies

RSE curriculum outlines key Islamic teachings of family life and safe relationships, reflecting the ethos of the school.

This policy can be found on the school website or requested at the school office.

## 2. Statutory requirements

At KDGB we teach RSE as set out in this policy and outlined in The DfE Guidance on relationship and sex education (September 2020)

## 3. Policy development

This policy has been developed in consultation with Trustees, staff, students and parents. The consultation and policy development process involved the following steps and following the Department of Education RSE guidance (September 2020):

1. Review – **The School Faith Committee** pulled together all relevant information including relevant national and local guidance
2. Staff consultation – all school staff were given the opportunity to read at the policy and make recommendations
3. Parent/stakeholder consultation – parents were invited to a free consultation virtually due to current pandemic situation.
4. Student consultation – we investigated what exactly students want from their RSE with a student questionnaire through the student bodies and on PSHEE day
5. Ratification – once amendments were made, the policy was shared with Trustees and ratified

### **Our policy aims to:**

- Promote students' 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 students 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 men.
  - 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 students about relationships, emotions, sex, sexuality and sexual health.
- Protect themselves from abuse, exploitation, and STDIs (sexually transmitted diseases)
- Respect, understanding and empathy towards others who may have different backgrounds, cultures, religions, sexuality, feelings and views.

#### **4. Definition**

- RSE is about the emotional, social and cultural development of students, and involves learning about relationships, sexual health, sexuality, healthy lifestyles, diversity and personal identity.
- RSE involves a combination of sharing information, and exploring issues and values.

#### **RSE is not about the promotion of sexual activity.**

#### **WHY SHOULD SEX EDUCATION BE TAUGHT?**

- Effective sex education can make a significant contribution to the development of the personal skills needed by students 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.
- 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 PSHE )
  - Parents
- In order to counteract these findings, our policy aims to teach our students about sex education with an Islamic understanding. It also aims to clarify certain terms and clear up any misinformation students may have accumulated from other sources.
- 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.

#### **5. Curriculum**

- Our curriculum is set out as per Appendix 1 in line with the DfE guidance, but we may need to adapt it, as and when necessary.
- We have developed the curriculum in consultation with parents, students and staff, taking into accounts the age, needs, feelings of students and the school faith ethos. If students ask questions outside the scope of this policy, teachers will respond in an appropriate manner so they are fully informed and don't seek answers online.

## 6. Delivery of RSE

- RSE is taught within the personal, social, health and economic (PSHEE) education curriculum. Biological aspects of RSE are taught within the science curriculum, and other aspects are included in religious education (RE). An audit by all departments has been completed to show how it is covered in their subjects. The PSHEE curriculum is delivered fortnightly throughout the year to students in all year groups. The RSE curriculum will be incorporated in to this.
- RSE focuses on giving young people the information they need to help them develop healthy, nurturing relationships of all kinds including:
  - Families
  - Respectful relationships, including friendships
  - Online and media
  - Being safe
  - Intimate and sexual relationships, including sexual health

For more information about our RSE curriculum, see Appendices 1 and 2

- These areas of learning are taught within the context of family life taking care to ensure that there is no stigmatisation of children based on their home circumstances (families can include single parent families, reconstituted families, step families, families headed by grandparents, adoptive parents, foster parents/carers amongst other structures) along with reflecting sensitively that some children may have a different structure of support around them (for example: looked after children or young carers). The curriculum content is delivered in a non-judgemental, factual way which allows scope for young people to ask questions, whether publically or anonymously through question boxes.

### SEND

Relationship education and RSE must be accessible for all students and the school takes this in to account when designing and teaching these subjects that some students are more vulnerable to exploitation, bullying and other issues on account of their SEND.

### Lesbian, Gay, Bisexual and Transgender (LGBT)

We always ensure that the needs of all students are met, that students understand that sexual orientation and gender reassignment are amongst the protected characteristics, and the importance of equality and respect. All teaching should be sensitive and age-appropriate in approach and content. When we teach students about LGBTQ issues, we ensure that this content is fully integrated in to the program of study for this area of the curriculum, rather than a standalone unit so that all students are taught LGBT content as part of the curriculum.

### Sexual harassment, assault, abuse and misogyny

As part of our RSE lessons, students are taught about what constitutes sexual harassment,

assault, abuse and misogyny and that these behaviours will never be tolerated. The school keeps a log of any such incidents.

## **7. Roles and responsibilities**

- 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:

### **7.1 The Trustees**

- The Trustees will approve the RSE policy, and hold the Executive Head Teacher to account for its implementation.

### **7.2 The Executive Head Teacher**

- The Executive Head Teacher is responsible for ensuring that RSE is taught consistently across the school and is in line with the policy.

### **7.3 Staff**

- Staff are responsible for:
  - Delivering RSE in a sensitive way
  - Modelling positive attitudes to RSE
  - Monitoring progress
  - Responding to the needs of individual students
  - Staff do not have the right to opt out of teaching RSE. Staff who have concerns about teaching RSE are encouraged to discuss this with the Executive Head Teacher.
- All teaching staff will be expected to contribute to the teaching of RSE according to the school policy and RSE curriculum.

### **7.4 Students**

- Students are expected to engage fully in RSE and, when discussing issues related to RSE, treat others with respect and sensitivity.

## **8. Parents' right to withdraw**

- Parents have the right to withdraw their children from the non-statutory components of sex education within RSE up to and until 3 terms before the child turns 16. After this point, if the child wishes to receive sex education rather than being withdrawn, the school will arrange this.
- Requests for withdrawal should be put in writing using the form found in Appendix 3 of this policy and addressed to the Executive Head Teacher.
- A copy of withdrawal requests will be placed in the student's educational record. The Executive Head Teacher will discuss the request with parents and take appropriate action.
- Alternative work will be given to students who are withdrawn from sex education.

## 9. Training

- Staff are trained on the delivery of RSE as part of their induction and it is included in our continuing professional development calendar.
- The Executive Head Teacher will also invite visitors from outside the school, to provide support and training to staff teaching RSE.

## 10. Monitoring arrangements

- The delivery of RSE is monitored by Miss Farah Anwar-Bawany (PSHEE/SMSC Co-ordinator) through:
- Miss Anwar-Bawany will prepare and train staff on delivering this curriculum. Learning walks will be carried out alongside SLT, to ensure it is delivered and monitored. Schemes of work and lesson plans will be approved by SLT prior to delivery.
- Students' development in RSE is monitored by class teachers as part of our internal assessment systems.
- This policy will be reviewed by Miss Anwar-Bawany once every year. At every review, the policy will be approved by Mr Zaheer Farroukh (Chair of Trustees) and Mrs M Mohamed (Executive Head Teacher).

## 11. Answering student questions

- The school believes that students should have opportunities to have their genuine questions answered in a sensible and matter-of-fact manner. However, occasionally a student 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 students and by taking an approach that encourages students 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 students 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 student who asked.
- If a question is too personal, teachers will remind students about the ground rules and, if necessary, point out appropriate sources of support.
- If a teacher is concerned that a student is at risk of abuse they will follow the school's child protection procedures and refer to the Designated Safeguarding Lead.
- All staff are advised to seek the support and advice of the SMSC 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 student should ask personal questions and that Islamic adab (etiquettes and manners) be upheld at all times, for example; students 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 the SMSC Coordinator.
- Tell students that their question will be answered in a later part of the RSE 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 students what 'slang' words mean and that some are offensive.
- Avoid the use of any slang.

### **12. Confidentiality and informing parents/carers**

- School staff cannot promise absolute confidentiality if approached by a student for help.
- Staff must make this clear to students. Child protection procedures must be followed when any disclosures about abuse are made.
- It is very rare for a student 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 student may be experiencing.
- The student's age, maturity and competence to make their own decisions.
  - Where it is clear that a student would benefit from the involvement of a third party, staff should seek the consent of the student to do so.
  - If appropriate, staff might also inform the third party together with the student. Unless clearly inappropriate, students will always be encouraged to talk to their parent/carer.

## Appendix 1: By the end of secondary school students should know (DfE)

TOPIC	STUDENTS SHOULD KNOW
Families	<ul style="list-style-type: none"> <li>• That there are different types of committed, stable relationships</li> <li>• How these relationships might contribute to human happiness and their importance for bringing up children</li> <li>• What marriage is, including their legal status e.g. that marriage carries legal rights and protections not available to couples who are cohabiting or who have married, for example, in an unregistered religious ceremony</li> <li>• Why marriage is an important relationship choice for many couples and why it must be freely entered into</li> <li>• The characteristics and legal status of other types of long-term relationships</li> <li>• The roles and responsibilities of parents with respect to raising of children, including the characteristics of successful parenting</li> <li>• How to: determine whether other children, adults or sources of information are trustworthy: judge when a family, friend, intimate or other relationship is unsafe (and to recognise this in others' relationships); and, how to seek help or advice, including reporting concerns about others, if needed</li> </ul>
Respectful relationships, including friendships	<ul style="list-style-type: none"> <li>• The characteristics of positive and healthy friendships (in all contexts, including online) including: trust, respect, honesty, kindness, generosity, boundaries, privacy, consent and the management of conflict, reconciliation and ending relationships. This includes different (non-sexual) types of relationship</li> <li>• Practical steps they can take in a range of different contexts to improve or support respectful relationships</li> <li>• How stereotypes, in particular stereotypes based on sex, gender, race, religion, sexual orientation or disability, can cause damage (e.g. how they might normalise non-consensual behaviour or encourage prejudice) <ul style="list-style-type: none"> <li>• That in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including people in positions of authority and due tolerance of other people's beliefs</li> </ul> </li> <li>• About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help</li> <li>• That some types of behaviour within relationships are criminal, including violent behaviour and coercive control</li> <li>• What constitutes sexual harassment and sexual violence and why these are always unacceptable</li> <li>• The legal rights and responsibilities regarding equality (particularly with reference to the protected characteristics as defined in the Equality Act 2010) and that everyone is unique and equal</li> </ul>

TOPIC	STUDENTS SHOULD KNOW
Online and media	<ul style="list-style-type: none"> <li>• Their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online</li> <li>• About online risks, including that any material someone provides to another has the potential to be shared online and the difficulty of removing potentially compromising material placed online</li> <li>• Not to provide material to others that they would not want shared further and not to share personal material which is sent to them</li> <li>• What to do and where to get support to report material or manage issues online</li> <li>• The impact of viewing harmful content</li> <li>• That specifically sexually explicit material e.g. pornography presents a distorted picture of sexual behaviours, can damage the way people see themselves in relation to others and negatively affect how they behave towards sexual partners</li> <li>• That sharing and viewing indecent images of children (including those created by children) is a criminal offence which carries severe penalties including jail</li> <li>• How information and data is generated, collected, shared and used online</li> </ul>
Being safe	<ul style="list-style-type: none"> <li>• The concepts of, and laws relating to, sexual consent, sexual exploitation, abuse, grooming, coercion, harassment, rape, domestic abuse, forced marriage, honour-based violence and FGM, and how these can affect current and future relationships</li> <li>• How people can actively communicate and recognise consent from others, including sexual consent, and how and when consent can be withdrawn (in all contexts, including online)</li> </ul>

TOPIC	STUDENTS SHOULD KNOW
Intimate and sexual relationships, including sexual health	<ul style="list-style-type: none"> <li>• How to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships, which include mutual respect, consent, loyalty, trust, shared interests and outlook, sex and friendship</li> <li>• That all aspects of health can be affected by choices they make in sex and relationships, positively or negatively, e.g. physical, emotional, mental, sexual and reproductive health and wellbeing, Consent.</li> <li>• The facts about reproductive health, including fertility and the potential impact of lifestyle on fertility for men and women</li> <li>• That there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others</li> <li>• That they have a choice to delay sex or to enjoy intimacy without sex</li> <li>• The facts about the full range of contraceptive choices, efficacy and options available</li> <li>• The facts around pregnancy including miscarriage</li> <li>• That there are choices in relation to pregnancy (with medically and legally accurate, impartial information on all options, including keeping the baby, adoption, abortion and where to get further help)</li> <li>• How the different sexually transmitted infections (STIs), including HIV/AIDs, are transmitted, how risk can be reduced through safer sex (including through condom use) and the importance of and facts about testing</li> <li>• About the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment</li> <li>• How the use of alcohol and drugs can lead to risky sexual behaviour</li> <li>• How to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment</li> </ul>

**Please note: All the above topics are taught in a safe environment with emphasis on the Islamic ethos and values of the school**

## Appendix 2: Parent form: withdrawal from sex education within RSE

NOTE: Please note that your son can not be removed from sex education in compulsory subjects like science and RS

TO BE COMPLETED BY PARENTS			
Son's name		Form	
Name of parent		Date	
Reason for withdrawing from sex education within relationships and sex education			
Any other information you would like the school to consider			
Parent name			
Signature			

TO BE COMPLETED BY THE SCHOOL	
Agreed actions from discussion with parents	

<b>Date</b>	December 2023
<b>Reviewed by</b>	Miss F Anwar-Bawany
<b>Next Review Date of this Policy</b>	Summer Term 2024