

# Al-Khair Secondary Schools

## PSHE & SRE Policy



**Approved by:** Al Khair School Governing Board (GB) **Date:** September 2022

Next review date 30.09.2023

**Our Vision** Al-Khair is a unique and pioneering Islamic school not only in the UK but throughout the world. Our primary aim at Al-Khair is to achieve **excellence in education** for your child within a cultivating, caring and secure **Islamic environment** whilst still producing well balanced, confident and articulate individuals, who will better their communities and world.

### **Personal, Social and Health Education**

Personal, social and health education (PSHE) and citizenship enables children to become healthy, independent and responsible members of society. We encourage our pupils to play a positive role in contributing to the life of the school and the wider community. In so doing we help develop their sense of self-worth. We teach them how society is organised and governed. We teach them about rights and responsibilities. They learn to appreciate what it means to be a positive member of a diverse multicultural society.

The aims of personal, social and health education and citizenship are to enable the children to:

know and understand what constitutes a healthy lifestyle; be aware of safety issues; understand what makes for good relationships with others; have respect for others; be independent and responsible members of the school community; be positive and active members of a democratic society; develop self-confidence and self-esteem, and make informed choices regarding personal and social issues; Develop good relationships with other members of the school and the wider community.

We encourage the children to take part in a range of practical activities that promote active citizenship, e.g. charity fundraising, the planning of school special events such as an assembly or open evening, or involvement in an activity to help other individuals or groups less fortunate than themselves. We organise classes in such a way that pupils are able to set agreed classroom rules of behaviour. We offer children the opportunity to hear visiting speakers, such as health workers, police, and other established representatives whom we invite into the school to talk about their role in creating a positive and supportive local community.

# RSE

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## 1. Aims

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

Provide a framework in which sensitive discussions can take place

Prepare pupils for puberty, and give them an understanding of sexual development and the importance of health and hygiene

Help pupils develop feelings of self-respect, confidence and empathy

Create a positive culture around issues of sexuality and relationships

Teach pupils the correct vocabulary to describe themselves and their bodies

## 2. Statutory requirements

In teaching RSE, we must have regard to [guidance](#) issued by the secretary of state as outlined in section 403 of the [Education Act 1996](#).

At Al-Khair School we teach RSE as set out in this policy.

## 3. Policy development

This policy has been developed in consultation with staff, pupils and parents. The consultation and policy development process involved the following steps:

1. Review – a member of staff or working group pulled together all relevant information including relevant national and local guidance

2. Staff consultation – all school staff were given the opportunity to look at the policy and make recommendations
3. Parent/stakeholder consultation – parents and any interested parties were invited to attend a meeting about the policy
4. Pupil consultation – we investigated what exactly pupils want from their RSE
5. Ratification – once amendments were made, the policy was shared with governors and ratified

## **4. Definition**

RSE is about the emotional, social and cultural development of pupils, 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.

## **5. Curriculum**

Our curriculum is set out as per Appendix 1 but we may need to adapt it as and when necessary.

We have developed the curriculum in consultation with parents, pupils and staff, taking into account the age, needs and feelings of pupils. If pupils 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 (PSHE) education curriculum.

Biological aspects of RSE are taught within the science curriculum, and other aspects are included in religious education (RE).

Our PSHE teacher is trained in how to deliver SRE lessons.

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

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, LGBT parents, 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).

## **7. Roles and responsibilities**

### **7.1 The governing board**

The governing board will approve the RSE policy, and hold the headteacher to account for its implementation.

## **7.2 The headteacher**

The headteacher is responsible for ensuring that RSE is taught consistently across the school.

## **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 pupils

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 headteacher.

## **7.4 Pupils**

Pupils 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/non-science] 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 headteacher.

A copy of withdrawal requests will be placed in the pupil's educational record. The headteacher will discuss the request with parents and take appropriate action.

Alternative work will be given to pupils 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 headteacher will also invite visitors from outside the school, such as school nurses or sexual health professionals, to provide support and training to staff teaching RSE.

## 10. Monitoring arrangements

The delivery of RSE is monitored by the head teacher through:

Insert details of monitoring arrangements, such as planning scrutinies, learning walks, etc.

Pupils' development in RSE is monitored by class teachers as part of our internal assessment systems.

This policy will be reviewed by the head teacher. At every review, the policy will be approved by the governing board..

### Appendix 2: By the end of secondary school pupils should know

TOPIC	PUPILS SHOULD KNOW
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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>
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<p>Respectful relationships, including friendships</p>	<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)</li><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><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>
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<p>Online and media</p>	<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>
<p>Being safe</p>	<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>

<p>Intimate and sexual relationships, including sexual health</p>	<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</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</li> </ul>
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	confidential sexual and reproductive health advice and treatment
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A dedicated PSHE teacher ensures that the PSHE & RSE curriculum is taught via dedicated lessons throughout the school term.

The School also offers a compulsory Citizenship GCSE which overlaps with PSHE & RSE requirements.

**5 Year Grid      Subject: PSHE**

Key stage	Year group	Term	Autumn	Spring	Summer
<b>KS3</b>	<b>Year 7</b>	1	Being Me: My New School	Healthy Living	Friendship and Bullying & <b>British Values</b> : Tolerance and Mutual Respect and Individual Liberty
		2	Puberty and Hygiene	Healthy Living & <b>British Values</b> : Individual Liberty, Tolerance and Mutual Respect	Money sense & <b>British Values</b> : Individual Liberty
	<b>Year 8</b>	1	Teamwork and Diversity	<b>British Values</b>	Raising Aspirations
		2	Drugs Education	Make Your Mark With A Tenner	Challenging Stereotypes- Gender roles

	Year 9	1	My Future, My Choices	Healthy Body, Healthy Mind	Peer pressure
		2	My Future, My Choices	Human Rights and Discrimination	Respect in a Relationship
KS4	Year 10	1	Employability Skills & British Values	What Employers Want & British values	Living in The Wider World & British values
		2	Employability Skills & British Values	What Employers Want & British values	Living in The Wider World & British values
	Year 11	1	Rights and Responsibilities in the World of Work & British values	Keeping Safe & British values	Me as a Consumer & British values
		2	Rights and Responsibilities in the World of Work & British values	Keeping Safe & British values	Me as a Consumer & British values

TO BE COMPLETED BY PARENTS			
Name of child		Class	
Name of parent		Date	
Reason for withdrawing from sex education within relationships and sex education			

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**Any other information you would like the school to consider**

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**Parent  
signature**

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