

IRIS School Relationships and Sex Education (RSE) Policy

Effective Date: Sep 2025

Review Date: Sep 2026

1.Purpose

The purpose of this RSE policy is to provide a framework for teaching about relationships, health, and sex education in a manner consistent with Islamic beliefs and values. The aims of this policy are to:

- Equip students with the knowledge, skills, and understanding to make informed decisions about their relationships and wellbeing.
- Promote an understanding of the Islamic perspective on relationships, family, and morality.
- Foster respect, integrity, and empathy towards others.
- Prepare students for the emotional, social, and physical challenges of growing up.

2.Scope

This policy applies to all staff, students, and parents of IRIS School. The RSE program will be integrated across the curricula and will respect and reflect the diversity of student backgrounds.

3.Curriculum Content

The RSE curriculum will cover the following areas while adhering to Islamic teachings:

- **Relationships:** Understanding the significance of family, friendship, and community in Islam, the importance of respect and consent in relationships, and developing communication skills.
- **Health Education:** Educating about physical health, emotional wellbeing, hygiene, and the impact of lifestyle choices.
- **Sex Education:** Following Islamic teachings, this section will address human sexuality and reproduction, focusing on the sanctity of marriage, the roles and responsibilities within a family, and guidelines for appropriate behaviour.
- **Personal Development:** Teaching self-respect, self-control, and how to navigate social pressures while upholding Islamic values.

4.Teaching Methods

The delivery of RSE will be:

- **Inclusive:** Tailored to meet the needs of all students, acknowledging cultural and individual differences.
- **Interactive:** Utilizing discussions, group work, and role-playing to engage students actively.
- **Supported by Resources:** Using age-appropriate materials that reflect Islamic teachings, ensuring that language and content are sensitive to the beliefs and values of the student body.

5. Teaching RSE in various subjects

In IRIS School, Relationships and Sex Education (RSE) has been integrated into various subjects to provide a holistic approach where RSE can be effectively taught. By integrating RSE across multiple subjects, IRIS School has created a programme that respects Islamic values while preparing students for the complexities of relationships and personal development. Teachers should ensure that the content is age-appropriate and aligns with Islamic teachings, promoting a respectful and open learning environment.

1. Islamic Studies:

- Discuss the teachings of the Quran and Hadith related to relationships, marriage, family values, and ethics.
- Explore the concept of compassion, respect, and responsibilities within familial and community relationships.

2. Science:

- Cover human biology, reproduction, and development in an age-appropriate manner while emphasizing the significance of physical health and hygiene.
- Discuss the importance of health education, including topics related to mental and emotional well-being.

3. Personal, Social, and Health Education (PSHE):

- Focus on relationships, including friendship, respect, consent, and communication skills.
- Discuss emotional literacy, self-esteem, and how to form healthy relationships.
- Address issues like peer pressure, bullying, and ethical decision-making.

4. Ethics and Morality:

- Explore ethical scenarios that relate to relationships and decision-making, incorporating Islamic values.
- Discuss the implications of actions and the importance of integrity and respect within personal interactions.

5. History:

- Examine historical figures and events within Islamic history that highlight positive relationships and moral behaviours in the community.

6. Literature:

- Analyse stories, poetry, and literature that address themes of love, respect, conflict resolution, and moral choices in relationships.
- Discuss characters' decisions and the consequences of their actions in the context of Islamic teachings.

7. Physical Education:

- Promote the importance of physical health, fitness, and well-being, which can support discussions on body image, self-esteem, and mental health.

8. Art and Drama:

- Use creative expression to explore themes related to relationships and emotions, enabling students to discuss and reflect on their feelings and interactions.

- Role-play scenarios can help students practice communication skills and problem-solving in relationship contexts.

6. Staff Training

All staff involved in delivering the RSE curriculum will receive appropriate training to ensure they are well-equipped to handle sensitive topics while adhering to Islamic principles. Ongoing professional development will be encouraged.

7. Parental Involvement

Parents and guardians will be informed and consulted regarding the RSE curriculum. Opportunities for parental engagement will be provided through workshops and informational sessions to ensure transparency and foster collaboration between the school and families.

8. Safeguarding and Confidentiality

The school will prioritize the safety and wellbeing of all students. Policies on safeguarding and confidentiality will be followed rigorously, ensuring that students feel safe to ask questions and express their concerns.

9. Monitoring and Evaluation

The RSE policy will be reviewed annually to ensure it remains relevant and effective. Feedback from students, parents, and staff will be gathered to inform this process.

10. Review Process

This policy will be reviewed every year sooner if necessary. Stakeholder input will be sought during the review process.