



Relationships and Sex Education Policy

Hazrat Khadijatul Kubra Girls School

Approved by: Board of Trustee

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Relationships and Sex Education (RSE) Policy

(Statutory-compliant version – aligned with DfE guidance to September 2026)

1. Introduction:

“Today, I have perfected your religion for you, completed My blessing upon you, and chosen Islam as your way of life.”(Al Qur’an 5:3)

The life of the Messenger of Allah ﷺ represents the highest standard of character:

“Indeed, you are upon an exalted standard of character.” (Al-Qur’an 68:4)

His example embodies mercy, justice, modesty, patience and respect for others, and provides pupils with a practical and compassionate model for how relationships should be lived and conducted.

At Hazrat Khadijatul Kubra Girls School, the trustees and teachers, working in close partnership with pupils and parents, affirm that Relationships and Sex Education (RSE) plays an essential role in supporting pupils’ **spiritual, moral, social, cultural, mental and physical development**.

RSE is understood as part of the school’s wider commitment to educating the **whole child**, nurturing not only academic learning but also character (*akhlaq*), personal responsibility and wellbeing. This policy sets out the school’s intentions, rationale and approach to RSE in a way that is **fully consistent with statutory requirements** and deeply rooted in the school’s **Islamic ethos**.

This policy has been developed having regard to the Department for Education’s statutory guidance on Relationships Education, Relationships and Sex Education (RSE) and Health Education, issued under the Education Acts 1996 and 2002, and revised guidance coming into force from **September 2026**.

Islam is a complete way of life, offering guidance on personal conduct, relationships, morality and responsibility. The school believes that educating pupils about relationships is an essential part of nurturing **faith, character (akhlaq) and accountability to Allah**, while safeguarding pupils’ physical and emotional wellbeing.

2. Implementation, Review and Dissemination

This policy was implemented following consultation with trustees and parents. It is reviewed **every two years**, or sooner if changes to statutory guidance or the school’s context require amendment.

The **Headteacher and Trustees** are responsible for monitoring implementation, ensuring legal compliance, and reviewing effectiveness.

The policy is available to:

- Trustees
- All teaching and non-teaching staff
- Parents (upon request via the school office)

The school is committed to **openness and transparency**, and will make available details of RSE curriculum content and resources used.

3. Definition of Relationships and Sex Education

The Department for Education defines RSE as education that equips pupils with the knowledge and skills necessary to form safe, respectful and healthy relationships, and to make informed decisions about their wellbeing.

At Hazrat Khadijatul Kubra Girls School, RSE is understood as education that:

- Supports pupils in forming healthy, respectful and responsible relationships
- Develops understanding of personal dignity, consent and boundaries
- Prepares pupils for adult life, within a framework of moral accountability
- Helps pupils recognise risk, pressure and harm, and know how and where to seek help

All RSE teaching is age-appropriate, factually accurate and sensitive to pupils' developmental stages, delivered in a manner that safeguards pupils' wellbeing.

4. Rationale and Islamic Ethos

"Today, I have perfected your religion for you, completed My blessing upon you, and chosen Islam as your way of life."

(Al-Qur'an 5:3)

Islam is a complete way of life, offering guidance on personal conduct, relationships, morality and responsibility. The school believes that educating pupils about relationships is an essential part of nurturing faith, character (*akhlaq*) and accountability to Allah, while safeguarding pupils' physical and emotional wellbeing.

The life of the Messenger of Allah ﷺ represents the highest standard of character:

"Indeed, you are upon an exalted standard of character." (Al-Qur'an 68:4)

His example embodies mercy, justice, modesty, patience and respect for others, and provides pupils with a practical and compassionate model for how relationships should be lived and conducted.

In accordance with statutory guidance, the school teaches RSE within the tenets of Islam, while ensuring that teaching is accurate, balanced, respectful and compliant with the law of England.

5. Aims, Values and Virtues

Aims of Relationships and Sex Education

RSE at Hazrat Khadijatul Kubra Girls School is centred on the prophetic example of noble character and conduct. Teaching is designed to be positive, prudent and protective, enabling pupils to develop confidence and resilience while understanding potential dangers, risks and safeguarding concerns within relationships.

RSE aims to:

- Emphasise the central importance of marriage and family life in Islam
- Respect pupils from all family backgrounds, recognising the dignity of every child
- Prepare pupils for life in modern Britain, including understanding rights, responsibilities and the legal framework
- Enable pupils to make decisions guided by faith, conscience and informed understanding

Values and Virtues

The RSE programme promotes Islamic values relating to stable relationships, marriage and family life, and the fulfilment of the rights of others (*Huquq-ul-Ibaad*), with proper respect for personal dignity and the sanctity of the human body.

The following virtues are explicitly explored and promoted:

- Faithfulness (*amanah*)
- Chastity (*iffah*)
- Integrity (*sidq*)
- Prudence and self-restraint
- Mercy (*rahmah*)
- Compassion (*shafaqah*)

6. Objectives of Relationships and Sex Education

Through its RSE programme, the school seeks to develop pupils' attitudes, personal and social skills, and knowledge in a way that supports both faith and wellbeing.

Attitudes and Virtues

Pupils will develop:

- Respect for the dignity and worth of every human being

- Appreciation of the body as a trust from Allah
- Personal responsibility and moral accountability
- Recognition of committed, lifelong, self-giving love
- Respect for personal identity and difference, within the framework of dignity and the law
- Fidelity, honesty and integrity in relationships

Personal and Social Skills

Pupils will be supported to:

- Make responsible choices with integrity
- Form friendships and relationships free from exploitation or abuse
- Manage emotions and relationships with maturity and dignity
- Resolve conflict respectfully and constructively
- Develop resilience and resist unwanted pressure, including online influences
- Safeguard their physical, emotional and personal wellbeing

Knowledge and Understanding

Pupils will know and understand:

- Islamic teachings on relationships, modesty and conduct
- Islamic teachings on marriage and family life
- Puberty, physical and emotional development
- Human reproduction and fertility, taught factually and sensitively
- Safeguarding risks, including abuse and exploitation
- Where and how to seek advice and support

Teaching is informative rather than instructional, safeguarding-led and age-appropriate.

7. Inclusion, Equality and the Law

Inclusion and Differentiation

RSE is inclusive and responsive to pupils':

- Age and level of maturity
- Ability and additional needs
- Personal and family circumstances

Lessons address discrimination, bullying (including cyber-bullying), prejudice-based language and how to seek help.

Equality Act 2010

The Governing Body fulfils its duties to eliminate discrimination, advance equality and foster good relations in respect of all protected characteristics.

RSE is delivered in a way that respects the dignity of all individuals, while remaining faithful to Islamic values and compliant with the law of England.

8. Teaching within the Law of England

While teaching is grounded in Islamic values, pupils are taught clearly and accurately about the law of England, including:

- Marriage and civil partnership
- Age of consent
- Protection from abuse, exploitation and coercion
- Individual rights and responsibilities

This ensures pupils understand both moral guidance and legal expectations.

9. Curriculum Content and Delivery

RSE is delivered through:

- The whole-school ethos
- Cross-curricular learning
- A planned PSHE/RSE curriculum

Topics include:

- Healthy and respectful relationships
- Puberty and menstrual health
- Online safety
- Sexual harassment and abuse
- Forced marriage, honour-based abuse and FGM (within a safeguarding context)

Teaching methods include discussion, reflection, distancing techniques, scenarios and carefully managed role-play, always within safeguarding procedures.

10. Parents, Withdrawal and Partnership

Parents are recognised as primary educators. The school works in partnership with parents, consulting throughout policy development and review.

Parents may request withdrawal from sex education only, in line with statutory guidance. Requests must be made in writing to the Headteacher, who will meet parents to discuss the request and consider the best interests of the pupil.

11. Roles and Responsibilities

Clear roles are defined for Trustees, Headteacher, PSHE Lead and all staff. RSE is a whole-school responsibility, and staff are expected to model respectful, professional relationships at all times.

12. Safeguarding, Confidentiality and Monitoring

Safeguarding is paramount. Any disclosure or concern is dealt with in line with the Safeguarding Policy. Staff do not offer unconditional confidentiality.

The programme is monitored and evaluated annually, with feedback from pupils, staff and parents, and oversight by Trustees.

13. Conclusion

This policy ensures that RSE at Hazrat Khadijatul Kubra Girls School is:

- Faith-rooted
- Legally compliant
- Morally grounded
- Safeguarding-focused
- Respectful of parents and pupils

The school remains committed to nurturing confident, principled young women guided by Islamic values, informed understanding and responsibility.

<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education> [gov.uk]