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 provides the highest example of character, compassion, modesty, respect and responsibility:

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

At **Hazrat Khadijatul Kubra Girls School (HKKG)**, we recognise that effective Relationships and Sex Education (RSE) is an important part of pupils' personal development, safeguarding and preparation for life in modern Britain. RSE supports pupils' spiritual, moral, social, cultural, mental and physical development whilst reflecting the Islamic values and ethos of the school.

We believe that educating pupils about healthy relationships, personal responsibility, respect, consent, online safety and wellbeing helps them to develop as confident, respectful and responsible young people. Through the teachings of Islam, pupils are encouraged to uphold the values of modesty (*haya*), dignity, compassion, justice, mutual respect and accountability to Allah in all aspects of their lives.

RSE forms part of our wider commitment to safeguarding and promoting the welfare of children. It contributes to helping pupils recognise healthy and unhealthy relationships, understand personal boundaries, stay safe online, recognise abuse and exploitation, and know when and how to seek support. The school adopts a zero-tolerance approach to sexual harassment, sexual violence, harmful sexual behaviour and all forms of child-on-child abuse.

This policy has been developed in accordance with:

- The Department for Education's statutory guidance *Relationships Education, Relationships and Sex Education (RSE) and Health Education* (updated September 2026);
- *Keeping Children Safe in Education (KCSIE) 2026*;
- *Working Together to Safeguard Children*;
- The Equality Act 2010; and
- Other relevant safeguarding and education legislation.

RSE at HKKG is delivered in an age-appropriate, culturally sensitive and faith-informed manner that reflects both statutory requirements and the school's Islamic ethos. The programme seeks to equip pupils with the knowledge, understanding and confidence to build

positive relationships, make informed and responsible decisions, safeguard their wellbeing, and contribute positively to society whilst remaining true to Islamic principles.

As a school community, we work in partnership with parents and carers, recognising that they are the primary educators of their children and play a crucial role in supporting learning about relationships, values and personal development. Through open communication and collaboration, we aim to provide a consistent and supportive framework that promotes both academic success and personal growth.

2. Implementation, Review and Dissemination

This policy has been developed in consultation with trustees, staff, pupils and parents and reflects both statutory requirements and the Islamic ethos of the school.

The policy will be reviewed every two years, or sooner where changes in legislation, safeguarding guidance, curriculum requirements or the school's context necessitate revision.

The Headteacher and Trustees are responsible for ensuring that:

- The policy is implemented effectively;
- RSE provision remains compliant with statutory requirements;
- Teaching reflects current safeguarding guidance, including *Keeping Children Safe in Education (KCSIE)*;
- The effectiveness of the RSE curriculum is monitored and evaluated regularly.

This policy is available to:

- Trustees;
- All teaching and support staff;
- Parents and carers via the school office and/or school website.

In line with the school's commitment to partnership and transparency, parents and carers may request further information regarding curriculum content, learning resources and the approach taken to teaching sensitive topics.

3. Definition of Relationships and Sex Education (RSE)

The Department for Education defines Relationships and Sex Education (RSE) as learning that enables children and young people to develop the knowledge, understanding, skills and attributes needed to form safe, healthy and respectful relationships and to make informed decisions about their health, wellbeing and future.

At **Hazrat Khadijatul Kubra Girls School**, RSE is understood as an integral part of both personal development and safeguarding. It supports pupils to:

- Develop healthy, respectful and responsible relationships;
- Understand personal dignity, modesty, consent and boundaries;

- Recognise and respond appropriately to unhealthy, exploitative or abusive behaviours;
- Safeguard themselves both online and offline;
- Understand how to seek help, report concerns and access support;
- Prepare for adulthood within a framework of faith, responsibility and accountability.

RSE contributes to the school's safeguarding responsibilities by helping pupils recognise risks including child-on-child abuse, sexual harassment, sexual violence, harmful sexual behaviour, coercion, grooming, exploitation and online harm.

All RSE teaching is age-appropriate, factually accurate, inclusive, and delivered with sensitivity to pupils' developmental needs, faith values and wellbeing.

4. Rationale and Islamic Ethos

Islam provides comprehensive guidance on character, relationships, personal conduct and responsibility. At HKKG, we believe that Relationships and Sex Education is an important part of nurturing faith, developing good character (*akhlaq*) and preparing pupils to navigate modern society safely and responsibly.

The school recognises that effective RSE is both an educational and safeguarding responsibility. Through a faith-informed and statutory-compliant curriculum, pupils are supported to:

- Develop positive and respectful relationships;
- Understand the importance of modesty, dignity and mutual respect;
- Recognise personal boundaries and the concept of consent;
- Identify harmful, unsafe or abusive behaviours;
- Stay safe online and offline;
- Build resilience against pressure, exploitation and harmful influences;
- Understand how faith, values and personal responsibility guide decision-making.

In accordance with statutory guidance, including Keeping Children Safe in Education (KCSIE) 2026, the school teaches RSE within the teachings of Islam while ensuring that learning remains factual, balanced, age-appropriate and compliant with English law.

The school promotes a culture of respect and safeguarding in which all pupils understand that sexual harassment, sexual violence, child-on-child abuse and harmful sexual behaviour are unacceptable and will always be taken seriously.

5. Aims, Values and Virtues

Relationships and Sex Education (RSE) at Hazrat Khadijatul Kubra Girls School is rooted in Islamic teachings and supports pupils' spiritual, moral, social, cultural, mental and physical development. The programme promotes positive relationships, personal responsibility, wellbeing and safeguarding, preparing pupils for life in modern Britain while remaining true to Islamic values.

Aims

RSE aims to enable pupils to:

- Develop strong Islamic character (*akhlaq*) and moral values;
- Understand the importance of dignity, modesty (*haya*) and self-respect;
- Build healthy, respectful and responsible relationships;
- Recognise risk, abuse, exploitation and unhealthy behaviours;
- Stay safe online and offline;
- Seek help and report concerns when necessary;
- Prepare for adult life and future responsibilities;
- Promote positive physical, emotional and mental wellbeing and understand when and how to seek support for mental health concerns.

Values and Virtues

The curriculum promotes:

- Faith (*Iman*)
- Modesty (*Haya*)
- Trustworthiness (*Amanah*)
- Chastity (*Iffah*)
- Integrity (*Sidq*)
- Compassion (*Rahmah*)
- Mercy (*Shafaqah*)
- Patience (*Sabr*)
- Justice (*Adl*)
- Responsibility
- Respect
- Accountability

6. Objectives of Relationships and Sex Education

Through the RSE programme, pupils will develop the knowledge, understanding and skills needed to make informed, responsible and safe choices.

Pupils will:

- Understand Islamic teachings on relationships, marriage and family life;
- Understand the physical and emotional changes associated with puberty;
- Learn about human reproduction and fertility in an age-appropriate and factual manner;
- Develop effective communication and decision-making skills;
- Recognise healthy and unhealthy relationships;
- Understand consent, personal boundaries and mutual respect;
- Recognise safeguarding risks, including abuse, exploitation, child-on-child abuse and online harms;

- Know how and where to access support and report concerns.

Teaching will be age-appropriate, factually accurate and safeguarding-led.

7. Inclusion, Equality and the Law

The school is committed to providing an inclusive RSE curriculum that reflects pupils' age, maturity, learning needs and personal circumstances.

RSE promotes respect, dignity and understanding for all and challenges bullying, prejudice, discrimination and harmful behaviours.

In accordance with the Equality Act 2010, the school seeks to eliminate discrimination, advance equality of opportunity and foster good relations, while delivering RSE in a manner consistent with its Islamic ethos and the law of England.

8. Teaching Within the Law of England

Whilst grounded in Islamic values, RSE ensures that pupils receive accurate information about the law of England, including marriage, consent, safeguarding, protection from abuse and exploitation, and individual rights and responsibilities.

9. Curriculum Content and Delivery

RSE is delivered through the school's ethos, PSHE/RSE curriculum, assemblies, tutor time, enrichment activities and cross-curricular learning.

Topics include:

- Healthy relationships and friendships;
- Marriage and family life;
- Emotional wellbeing;
- Puberty and menstrual health;
- Consent and personal boundaries;
- Online safety, digital citizenship and emerging online risks, including AI-generated content, deepfakes, misinformation and online exploitation;
- Child-on-child abuse;
- Sexual harassment and sexual violence;
- Harmful sexual behaviour, including technology-assisted harmful sexual behaviour (TA-HSB);
- Grooming, exploitation and coercion;
- Sharing nudes and semi-nudes, image-based abuse and online coercion;
- Forced marriage, honour-based abuse and FGM;
- Accessing support and reporting concerns.

A range of age-appropriate teaching methods are used, including discussion, reflection, scenarios and safeguarding-based learning activities.

Teaching recognises that safeguarding issues can occur both online and offline, and that abuse, exploitation and harmful behaviour can be perpetrated by adults or by other children.

10. Parents, Withdrawal and Partnership

The school values parents and carers as the primary educators of their children and works in partnership with families to support pupils' learning and development.

Parents have the right to request withdrawal from designated sex education elements of the curriculum in accordance with statutory guidance. Requests should be made in writing to the Headteacher.

11. Roles and Responsibilities

Trustees

- Monitor policy implementation and statutory compliance.
- Review the effectiveness of RSE provision.

Headteacher

- Ensure effective implementation of the policy.
- Support staff training and curriculum oversight.

PSHE/RSE Lead

- Coordinate curriculum planning and delivery.
- Monitor quality and effectiveness.

Designated Safeguarding Lead

- Manage any safeguarding concerns arising from RSE.
- Provide advice and support to staff.

Staff

- Deliver RSE professionally and sensitively.
- Follow safeguarding procedures and model respectful behaviour.

12. Safeguarding, Confidentiality and Monitoring

Safeguarding underpins all aspects of Relationships and Sex Education. Any concern or disclosure arising from RSE lessons will be managed in accordance with the school's Safeguarding and Child Protection Policy.

The school adopts a child-centred approach to safeguarding and will always act in the best interests of the child. Staff cannot guarantee confidentiality and will report any safeguarding

concerns promptly to the Designated Safeguarding Lead, who will determine whether information should be shared with parents, carers or external agencies as appropriate.

The effectiveness of the RSE programme is reviewed regularly through curriculum monitoring, pupil voice, staff and parental feedback, and trustee oversight.

13. Conclusion

Relationships and Sex Education at Hazrat Khadijatul Kubra Girls School is delivered within an Islamic framework and in accordance with statutory guidance. Through a carefully planned curriculum, pupils are equipped with the knowledge, understanding and character needed to build positive relationships, make responsible choices, safeguard their wellbeing and contribute positively to society.