

Relationships Education Parent Consultation Webinar

Our Aims

- Live a life guided by the teachings of the Qur'an and Sunnah
- Be happy and healthy
- Be protected and safe
- Receive the best opportunities to learn and grow

A well planned and high quality RSE programme will allow us to achieve these aims.

*'Every one of you is a shepherd and is responsible for his flock.
'The leader of people is a guardian and is responsible for his subjects'*

Şaḥiḥ al-Bukhārī 6719, Şaḥiḥ Muslim 1829

Where do children and young people learn about Relationships Education related issues?

Television Radio Music Videos

Gaming Parents and Siblings

Peers School Online Films

RSE and the Muslim Community

The DfE states that RSE has been designed to help children from **all** backgrounds build positive and safe relationships and thrive in modern Britain. This means taking into account the faith communities pupils maybe part of when planning teaching, so that topics are appropriately handled.

In developing these units, the government has worked with a number of representative bodies and faith organisations including the Association of Muslim Schools.

*'Seeking knowledge is a duty upon every
Muslim'*

Sunan Ibn Majah

Why has the RSE guidance changed?

Today children and young people's dependence on technology and the online world is greater than ever before.

This provides young people with many positive and exciting opportunities whilst at the same time presenting many challenges and risks to children's safety and well-being.

It is crucially important then that children and young people need to know how to keep themselves safe and healthy at all times.

The revised guidance on RSE puts safeguarding pupils at its very heart.

What is Relationships and Sex Education?

'The aim of RSE in secondary is to give young people the information they need to help them develop healthy, nurturing relationships of all kinds, not just intimate relationships.'

RSE and Health Education July 2020

This will help pupils understand the positive effects that good relationships have on their mental wellbeing, identify when relationships are not right and understand how such situations can be managed.

What is Relationships and Sex Education?

Effective RSE does **not** encourage early sexual experimentation. When planned well it should:

- teach young people to understand human sexuality and to respect themselves and others
- enable young people to mature, build their confidence and self-esteem and understand the reasons for delaying sexual activity.
- supports people, throughout life, to develop safe, fulfilling and healthy sexual relationships, at the appropriate time.

What is Relationships and Sex Education?

‘Knowledge about safer sex and sexual health remains important to ensure that young people are equipped to make safe, informed and healthy choices as they progress through adult life. This should be delivered in a non-judgemental, factual way and allow scope for young people to ask questions in a safe environment.’

RSE and Health Education July 2020

Why is RSE important for schools?

A high quality RSE curriculum will help pupils grow, learn, and develop positive, healthy behaviour for life.

RSE plays a key part in supporting schools to protect and safeguard children.

A high quality RSE curriculum will help schools to demonstrate to Ofsted that they have a clear vision to ensure children can learn about some of the risks to their safety and well-being.

Why is RSE important for schools?

It is a statutory obligation under the:

- Children's Act (2004) to promote their pupil health and wellbeing
- Education Act (2002) to prepare children and young people for the challenges, opportunities and responsibilities of adult life.
- We play an important role in protecting children and young people from inappropriate online content, cyber-bullying and exploitation.

A comprehensive RSE programme can and will provide invaluable support in addressing these issues.

Why is Relationships and Sex Education important for pupils?

An effective Relationships Education curriculum will:

- develop pupil's confidence to talk and think about feelings and relationships.
- develop the skills, language and confidence pupils need to protect themselves in a rapidly changing world.
- Prepare children for the changes and the time of puberty.

Statutory Guidance: What's changed?

- Relationship education is compulsory for all pupils in primary schools from September 2020
- Relationship and Sex Education is compulsory for all pupils in secondary schools from September 2020
- Health education is compulsory only for all state schools from September 2020.

Independent schools are already delivering health education as part of the PSHE requirement for such schools.

What is covered in Relationships and Sex Education?

- Families
- Respectful relationships, including friendships
- Online and media
- Being safe
- Intimate and sexual relationships including sexual health

What is covered in Relationships and Sex Education?

There will be opportunities for pupils to learn about laws surrounding sex, sexuality, sexual health and identity which will be delivered in an age and developmentally appropriate and inclusive way.

The laws around a variety of other issues will be considered which include: marriage, consent, pornography, radicalisation and gangs.

What is covered in Relationships and Sex Education?

There will be opportunities to learn about grooming, sexual exploitation and domestic abuse which should include coercive and controlling behaviour. The physical and emotional damage that can be caused by female genital mutilation (FGM) will also be addressed.

Health Education

A comprehensive health education curriculum will:

- enable pupils to make good decisions about their own health and wellbeing.
- equip pupils with the knowledge and skills they need to address issues such as isolation, loneliness, unhappiness, bullying and other factors that may contribute to poor health and wellbeing.

Health Education

Pupils will be taught to make well informed, positive choices for themselves that seek to support their own health and well-being. There will be opportunities for pupils to learn about about problems and challenges, including more serious mental and physical health conditions such as substance and alcohol misuse, with a focus on providing information and effective interventions.

Our teachers will demonstrate an awareness of common Adverse Childhood Experiences (ACE) such as bereavement, family breakdown and exposure to domestic abuse, and how these might impact on pupils.

Pupils will be taught how to judge when they or someone they know needs support and where they can seek help if needed.

Health Education Units

- Mental wellbeing
- Internet safety and harms
- Physical health and fitness
- Healthy eating
- Drugs, alcohol and tobacco
- Health and prevention
- Basic first aid
- Changing adolescent body

Sex Education in Secondary Schools

The guidance makes clear that:

- there is a statutory requirement to teach sex education in secondary schools.
- parents have the right to withdraw their children from sex education lessons in any school where it is taught up until three terms before the child turns 16.

Curriculum documentation and resources

The Association of Muslim Schools has developed key documents to support both its member schools and other schools and organisations for the changes of the new statutory guidance.

The Association will be producing lesson plans for both primary and secondary schools that meet the needs of the statutory guidance but make reference to the teachings of the Qu'ran and Sunnah.

Long term plan

	<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring -1</u>	<u>Spring- 2</u>	<u>Summer -1</u>	<u>Summer -2</u>
<u>7</u>	<u>Families</u>	<u>Respectful relationships, including friendship</u>	<u>Respectful relationships, including friendship</u>	<u>Online & Media</u>	<u>Online & Media</u>	<u>Intimate and sexual relationships, including sexual health</u>
<u>8</u>	<u>Families</u>	<u>Respectful relationships, including friendship</u>	<u>Online & Media</u>	<u>Being safe</u>	<u>Intimate and sexual relationships, including sexual health</u>	<u>Intimate and sexual relationships, including sexual health</u>
<u>9</u>	<u>Families</u>	<u>Respectful relationships, including friendship</u>	<u>Online & Media</u>	<u>Being safe</u>	<u>Intimate and sexual relationships, including sexual health</u>	<u>Intimate and sexual relationships, including sexual health</u>
<u>10</u>	<u>Families</u>	<u>Respectful relationships, including friendship</u>	<u>Online & Media</u>	<u>Being safe</u>	<u>Intimate and sexual relationships, including sexual health</u>	<u>Intimate and sexual relationships, including sexual health</u>
<u>11</u>	<u>Families</u>	<u>Respectful relationships, including friendship</u>	<u>Being safe</u>	<u>Intimate and sexual relationships, including sexual health</u>		

	Autumn 1	Autumn 2	Spring -1	Spring- 2	Summer -1	Summer -2
<u>7</u>	Families	Respectful relationships, including friendship	Respectful relationships, including friendship	Online & Media	Online & Media	Identifying and managing peer pressure
<u>8</u>	Families	Respectful relationships, including friendship	Online & Media	Being safe	Intimate and sexual relationships, including sexual health	
<u>9</u>	Families	Respectful relationships, including friendship	Online & Media	Being safe	Intimate and sexual relationships, including sexual health	Concepts and laws regarding FGM
<u>10</u>	Families	Respectful relationships, including friendship	Online & Media	Being safe	Intimate and sexual relationships, including sexual health	
<u>11</u>	Families	Respectful relationships, including friendship	Being safe	Intimate and sexual relationships, including sexual health		Violent and criminal behaviour in relationships, sexual harassment and violence.

Identifying and managing peer pressure

Concepts and laws regarding FGM

Violent and criminal behaviour in relationships, sexual harassment and violence.

Year 7: Identifying and managing peer pressure

Lesson Plan

Lessons 3-4: Identifying and managing peer pressure

Engage
&
Activate

Whole Class Activities

What is peer pressure?

Inform pupils that in this lesson we will be looking at peer pressure and how to manage it.

Introduce learning objectives and learning outcomes.

Discuss key vocabulary and **share** definitions.

Give each pupil **two** post-it notes:

On the **first** post-it note pupils **write** down a response to the question:

Give **one** example of doing something that you didn't want to do because of the influence of your friend or friends.

On the **second** post-it note pupils **write** down a response to the question:

Give **one** example of when you influenced a friend into doing something they did not want to do.

Make **two** sections on the board. Pupils **stick** their completed post-it notes on the relevant sections of the board.

Discuss responses.

Explain that these are examples of peer pressure: sometimes our friends and peers influence our decisions or pressure us into doing things we may not want to do, or we make decisions to fit in.

Peer pressure is feeling like you have to do something just because your friends or peers are doing it or want you to do it.

Lesson Plan

Lessons 3-4: Identifying and managing peer pressure

Engage
&
Activate

Whole Class Activities

What is peer pressure?

From the post-it notes, **highlight** any examples that led to positive actions e.g., 'I really did not want to pray salah in the Masjid; I was going to pray at home, but my friend Abdullah rang me and came to my house and pressured me to go to the Masjid.'

Conclude that peer pressure can lead to positive outcomes, not just negative ones and we should influence others to positive actions as this will be rewarding for us.

Ask pupils to reflect on this with reference to the following hadith:

The Messenger of Allah ﷺ said:

'Every caller who invites people to misguidance and is followed, will have a burden of sin equal to that of those who follow him, without that detracting from their burden in the slightest.'

And every caller who invites people to true guidance and is followed, will have a reward equal to that of those who follow him, without that detracting from their reward in the slightest.'

Ibn Majah

Key vocabulary

peer pressure	the influence from members of one's peer group
responsibility	having a duty to deal with something or having control over someone
influence	having an effect on the character, development or behaviour of something or someone
social circle	a group of people who you connect with

Engage
&
Activate

Lesson 3: Consequences of the choices made in intimate relationships

Whole Class & Paired Activities

Adultery in Islam

Review learning from previous lesson:

- Healthy relationships need to be developed taking time, effort and investment.
- All relationships go through ups and downs and require work to continue to make them healthy.
- If effort is not put into relationships, then this can have a negative impact on the mental, physical and spiritual health of those involved in and around them.
- Relationships require compromise, which occurs when communication is strong and time is set aside to talk, listen and discuss.

Inform pupils that in this lesson we will be looking at the consequences and impact of the choices made in intimate relationships, specifically around fidelity and adultery.

Ask pupils in pairs, to **define** adultery, fidelity, infidelity and zina.

Use definitions from key vocabulary below where clarification is required.

Explain to pupils that zina (adultery) is a major sin in Islam.

Allah, the Exalted states in the Qur'an:

'And do not COME NEAR to zina. Indeed, it is a great atrocity and an evil way.'

17:32

Usually, we are told to not do a sin, however, with zina we are told to not go anywhere near it, meaning that we are not to do anything that may lead to zina.

Give pupils an opportunity to independently **reflect** on what this may mean.

Lesson Plan

 Engage
&
Activate

Lesson 3: Consequences of the choices made in intimate relationships

Whole Class & Paired Activities

Adultery in Islam

Introduce learning objectives and learning outcomes.

Key vocabulary

adultery	voluntary sexual intercourse between a married person and a person who is not their spouse
fidelity	honest lasting support and loyalty, especially to a sexual partner
infidelity	having sex with someone who is not your husband, wife, or regular sexual partner
zina	sex outside marriage; adultery (and fornication)

How you can help at home

Talk to your children and encourage them to ask questions

Ask children what they are learning at school and encourage discussion

Ask for advice when unsure or use books and other resources

Recognise that growing up and puberty is a normal part of life

Whole School Approach

- Our RSE curriculum will complement, and be supported by our policies and arrangements on behaviour, respect for equality and diversity, bullying and safeguarding.
- At the heart of RSE, there is a very clear focus on keeping children and young people safe and the role that schools can play in preventative education. We will ensure this is key to the decisions we make.
- Clear references to safeguarding are included in our draft RSE Policy.

Training and Development

Our school is already working with the Association of Muslim Schools who are actively providing training and support for schools and have a programme to support teachers to deliver RSE within the ethos of the Islamic faith.

Our school has already attended a webinar and has accessed especially written materials to support our school to meet both the statutory guidance required of schools as well as ensure that at every level, we have regard for the development of our children's tarbiyyah when delivering our RSE curriculum.

Draft RSE Policy

A draft RSE Policy has been drawn to reflect current statutory guidance including our RSE curriculum offer.

Our draft RSE policy in line with RSE Guidance 2020 and includes amongst other information, what is Relationships and Sex Education, aims and objectives, links to other policies, areas of responsibility and parental right to withdraw.

Support for parents and carers

Understanding Relationships and Health Education in your child's primary school: a guide for parents

We want all children to grow up healthy, happy, safe, and able to manage the challenges and opportunities of modern Britain. That is why, from September 2020, all primary age children will be taught Relationships and Health Education.

These subjects are designed to equip your child with knowledge to make informed decisions about their wellbeing, health and relationships as well as preparing them for a successful adult life. The world for all young people looks very different from the way it did 20 years ago when this curriculum was last updated – these changes bring the content into the 21st century, so that it is relevant for your child.

Your child's school will have flexibility to deliver the content in a way that is age and developmentally appropriate and sensitive to the needs and religious background of its pupils.

Relationships Education

Relationships Education will put in place the building blocks needed for positive and safe relationships, including with family, friends and online.

Your child will be taught what a relationship is, what friendship is, what family means and who can support them. In an age-appropriate way, your child's school will cover how to treat each other with kindness, consideration and respect.

By the end of primary school, pupils will have been taught content on:

- families and people who care for me
- caring friendships
- respectful relationships
- online relationships
- being safe

You can find further detail by searching '[relationships and health education](#)' on GOV.UK.

Health Education

Health Education aims to give your child the information they need to make good decisions about their own health and wellbeing, to recognise issues in themselves and others, and to seek support as early as possible when issues arise.



By the end of primary school, pupils will have been taught content on:

- mental wellbeing
- internet safety and harms
- physical health and fitness
- healthy eating
- facts and risks associated with drugs, alcohol and tobacco
- health and prevention
- basic first aid
- changing adolescent body

You can find further detail by searching '[relationships and health education](#)' on GOV.UK.

Your rights as a parent

The important lessons you teach your child about healthy relationships, looking after themselves and staying safe, are respected and valued under this new curriculum. Teaching at school will complement and reinforce the lessons you teach your child as they grow up.

Your child's school is required to consult with you when developing and renewing their policies on Relationships Education. These policies must be published online and be available to anybody free of charge.

You can express your opinion, and this will help your child's school decide how and when to cover the content of the statutory guidance. It may also help them decide whether to teach additional non-statutory content. Schools are required to ensure their teaching reflects the age and religious background of their pupils.

Some schools will start to teach these subjects from September 2019 – if you'd like to know more, please speak to your child's school about what they plan to teach.



Right to withdraw your child

You cannot withdraw your child from Relationships Education because it is important that all children receive this content, covering topics such as friendships and how to stay safe.

Your child's primary school can choose to teach Sex Education. If you'd like to know more about this, we recommend speaking to the school to understand what will be taught and when. If you do not want your child to take part in some or all of the lessons on Sex Education, you can ask that they are withdrawn. At primary level, the head teacher must grant this request.

The science curriculum in all maintained schools also includes content on human development, including reproduction, which there is no right to withdraw from.

