

RELATIONSHIPS, SEX AND HEALTH EDUCATION (RSHE) POLICY

Taught with care, in line with our faith and the law

ACADEMIC YEAR 2026 – 2027

Policy name	Relationships, Sex and Health Education (RSHE) Policy 2026–2027
Applies to	All pupils, parents, staff, trustees and volunteers of Tarbiyyah Global Academy
Policy owner	PSHE Lead
Approved by	Ustadh Abu Zayn Haneef Sandhar, Headteacher
Agreed with	The Chair of Trustees, Tarbiyyah Education Trust
Date of issue	September 2026
Next review due by	August 2027
Basis	Adapted from the Tarbiyyah Secondary RSE Policy 2025–26, updated for the statutory RSHE guidance in force from 1 September 2026 and for online provision
Read alongside	Curriculum Policy; SMSC and British Values Policy; Child Protection and Safeguarding Policy; Online Safety and Acceptable Use Policy; Equality, Diversity and Accessibility Policy
Availability	Published on the Academy website and Parent Portal. Available in large print or another accessible format on request.

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1. Purpose

Relationships, sex and health education helps pupils grow into healthy, safe and responsible adults who can form positive relationships and look after their physical and mental health. At Tarbiyyah Global Academy RSHE is taught within the framework of Islamic values — modesty, dignity, marriage as the foundation of family, respect and kindness — while meeting the legal requirements and ensuring that pupils understand the law and the society they

live in.

2. Legal and Regulatory Context

The Academy has regard to the statutory guidance on Relationships Education, Relationships and Sex Education and Health Education (RSHE) in force from 1 September 2026, the Equality Act 2010, Keeping Children Safe in Education, and the OEAS standards. The statutory guidance allows schools with a religious character to teach within the tenets of their faith, while ensuring pupils know what the law says. The RSHE curriculum map is reviewed against the 2026 guidance before launch.

3. What We Teach

Phase	Content (summary)
Primary (Reception–Year 6)	Families and people who care for us; caring friendships; respectful relationships; online relationships; being safe (including privacy, appropriate and inappropriate contact, how to report); physical health and fitness, healthy eating, sleep, hygiene; mental wellbeing; changing adolescent body (upper primary)
Secondary (Years 7–11)	Families and marriage; respectful relationships, including friendships; online and media, including the risks of sharing images; being safe, including consent, exploitation and coercion; intimate and sexual relationships, including sexual health, taught in line with Islamic teaching and the law; mental wellbeing; drugs, alcohol and tobacco; health and prevention; basic first aid

Content on the law — including marriage, equality, consent and online harms — is always taught factually and accurately.

4. How We Teach Online

- Lessons are age-appropriate, taught by trained staff, and delivered in a calm, respectful manner.
- Where appropriate, some content for older pupils is taught in single-sex groups.
- Pupils can ask questions anonymously through a question box in Teams or Forms that only the teacher sees.
- Distressing or sensitive disclosures are handled under the Child Protection and Safeguarding Policy.
- Resources are shared with parents in advance on the Parent Portal.

5. Parents' Right to Request Withdrawal

Parents are consulted on this policy and may view teaching materials. Parents may request that their child is withdrawn from some or all of the **sex education** delivered as part of RSE (but not from Relationships Education, Health Education, or the biology of human reproduction in Science). Requests are discussed with the Headteacher. In line with the guidance, from three terms before their 16th birthday a pupil may choose to receive sex education if they wish.

6. Consultation

The Academy consults parents on this policy and on the RSHE curriculum each year, including through an online information session and a feedback form.

7. Monitoring and Review

The PSHE Lead monitors RSHE through lesson drop-ins, pupil voice and parent feedback. The policy is reviewed

annually.

Approved by: Ustadh Abu Zayn Haneef Sandhar, Headteacher

Next review due: August 2027 · Tarbiyyah Global Academy · A British education, rooted in faith