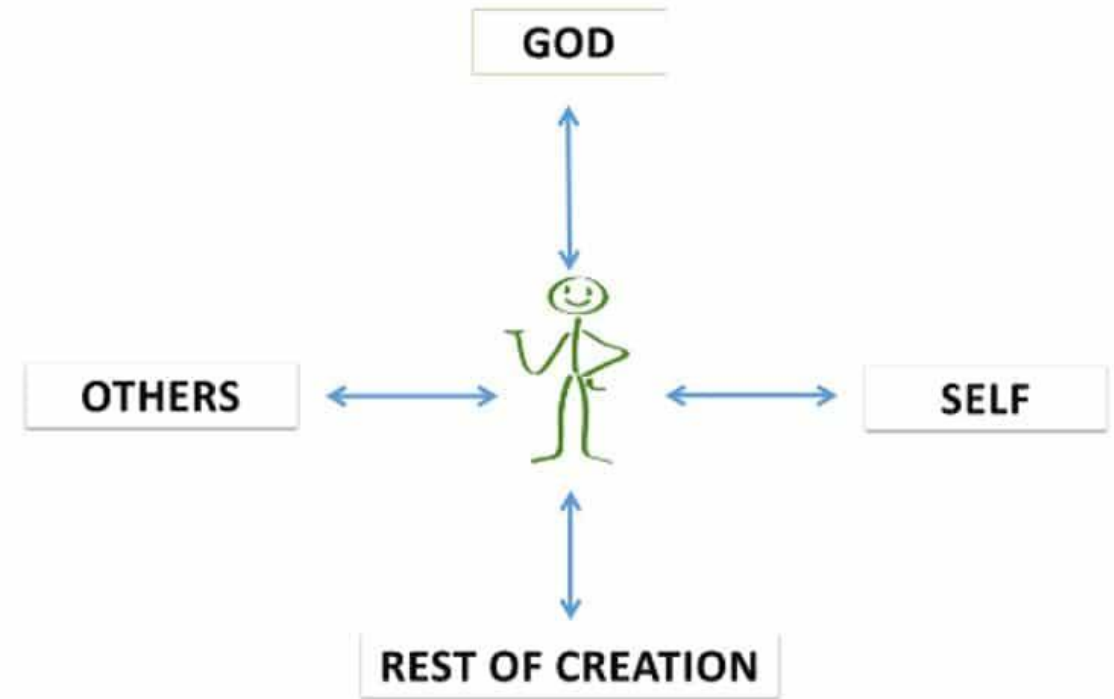


Relationship & Health Education (RHE) Provision at Hujjat Primary School





What is RHE?

- RHE = Relationship & Health Education
- RHE is about the emotional, social, spiritual and cultural development of pupils
- It involves learning about relationships, healthy lifestyles, diversity and personal identity, to equip pupils to make responsible, well informed, healthy and safe decisions about their lives.



Rationale for RHE at Hujjat Primary School

- We are committed to the **education of a whole child** and RHE is an integral part of this education.
- Our RHE curriculum promotes the virtues that are essential in fulfilling the **rights of others (Huqq-ul-ibaad)** and themselves, with a proper **respect** for their **dignity** and the dignity of the human body.
- It promotes **Islamic principles and values** such as the importance of stable relationships, marriage and family life.

- Opportunity to teach and reinforce our school **values**, rooted in Islamic values

We **SHINE** by demonstrating our values:



Service

To serve Allah (swt) and His creation

Gratitude
To be thankful



Excellence

To strive for the best

Respect

To treat people and the environment with care



Integrity

To speak the truth and do the right thing

Compassion
To be kind





Statutory Requirements

- As a primary school we MUST provide relationships and health education to all pupils as per section 34 of the Children and Social work act 2017.
- "The focus in primary school should be on teaching the fundamental building blocks and characteristics of positive relationships (e.g. friendships, family relationships)."
- The document published by the DfE outlines 5 key areas: families and people who care for me, caring relationships, respectful relationships, online relationships and being safe.
- It highlights the importance of teaching self-respect, self-worth, personal attributes (e.g. honesty, integrity, etc), positive emotional and mental well being, what a positive and healthy relationship looks like, establishing personal space and boundaries, showing respect and understanding differences and recognising and reporting abuse.
- "Sex education is NOT compulsory in primary schools" and therefore the guidance focusses on relationships education. It states that "Primary schools should teach about relationships and health, including puberty. The national curriculum for science also includes subject content in related areas such as the main external body parts and the human body as it grows from birth to old age and, at the appropriate age, reproduction in some plants and animals.

Source: [Relationships Education, Relationships and Sex Education \(RSE\) and Health Education document produced by the DfE](#)



RHE Curriculum at Hujjat Primary School

3 core themes

- Created and loved by Allah – exploring the individual's relationship with their Creator.
- Created to love others – exploring an individual's relationship with others.
- Created to live in a community – exploring the individual's relationship with the wider world.

Topics will include statutory sections in the following areas with **discussion on Islamic aspects within these topics**

Relationships education	Health education
<ul style="list-style-type: none">• Families and people who care for me (rights of family members, principles/values of family life in Islam)• Caring friendships (What Islamic values we should look for when choosing friends)• Respectful relationships (How the Prophet showed respect to others; how we build a respectful relationship with Allah through dua)• Online relationships• Being safe	<ul style="list-style-type: none">• Mental well being (Quranic strategies 13:28)• Internet safety and harms• Physical health and fitness• Eating healthy (recommended fruits in Islam)• Drugs, alcohol and tobacco (Why alcohol is prohibited in Islam; the impact of smoking on the body)• Health and prevention• Basic first aid• Changing adolescent body (dignity, respect and modesty)



RHE Curriculum at Hujjat Primary School

- To teach the fundamental building blocks and characteristics of positive relationships in all contexts, including:
 - With our Creator, Allah.
 - With humans as loved creations of Allah
 - With families and people who care for me
 - With caring and respectful friends
 - With online communication
- Help pupils develop feelings of self-respect, confidence and empathy
- Develop characteristics of good physical and mental wellbeing
- Provide a framework in which sensitive discussions can take place

At an appropriate age

- Prepare pupils for puberty and the importance of health and hygiene
- Teach pupils the correct vocabulary to describe themselves and their bodies.



Objectives to help develop attitudes and virtues:

- Respect for the dignity of themselves and every human being as a creation of Allah
- Joy in the goodness of the created world and their own bodily nature as well as confidence in their own uniqueness and acceptance of the uniqueness of individuals
- Responsibility of their own actions and recognition of the impact of these on others.
- Celebrating the gift of life-long, self-giving love
- Empathy, mutual support and co-operation
- Recognising the importance of marriage and family life.



Objectives to help develop personal and social skills:

- Making sound judgements and good choices rooted in integrity and respect.
- Good communication skills and the skills needed for successful relationships
- An understanding of their own bodies and an awareness of the right they have on their own bodies
- Confidence and awareness to seek help and advice and to be assertive
- Loving others and being loved and the ability to form friendships and loving, stable relationships free from exploitation, abuse and bullying.
- Managing emotions within relationships and when there are difficulties within relationships managing these conflicts with confidence, sensitivity, respect and dignity.
- Managing conflict positively and recognising the value of difference.
- A respectful and positive attitude towards difference and diversity and the ability to respect the rights of others to hold opinions that differ from their own provided that these views don't impact on the rights of others.
- A sound understanding of their own and other's rights
- Cultivating humility, mercy and compassion and learning to forgive and be forgiven.
- Developing self-esteem, confidence and self-respect.
- Developing empathy for others
- Building resilience and an ability to resist unwanted pressures and recognising the impact of the media, internet, peer groups to develop the ability to assess pressures and respond appropriately.
- Assessing the risks and managing behaviours to minimise the risk to health and personal integrity, self-esteem and self-awareness



Delivery of RHE at Hujjat Primary School

- Mixed gender classes
- Older year groups, when deemed appropriate, classes will take place in gender groups.
- Ground rules to establish a safe and respectful environment
- Use of appropriate language and examples suitable for our children
- Content is checked for its promotion of Islamic, positive values; inclusivity; positive, healthy and unbiased messages; age appropriateness; accuracy; and being up to date.

**More information
can be found on
the RHE policy
published on the
school website**

<https://hujjatprimary.org/policies-%26-statements>

