



Horizon English School Relationship Education

Updated: September 2023
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Relationship and Sex Education Statement

The below document outlines our approach to Relationship Education, which is integral to our commitment to the holistic development and well-being of our students.

Relationship Education Integration:

Relationship Education is interwoven into our curriculum to ensure that students develop the necessary knowledge, skills, and attitudes for forming healthy relationships. This integration is achieved through various avenues:

- 1. PSHE Lessons:** Our Personal, Social, Health, and Economic (PSHE) education curriculum includes dedicated lessons that address relationship dynamics, communication skills, and emotional well-being. These sessions, embedded within our Moral and Social Studies curriculum, provide students with a safe space to explore and discuss topics related to relationships, empathy, and daily well-being strategies.
- 2. Curriculum Design:** Carefully chosen written topics and activities are incorporated across subjects to promote empathy, understanding, and social skills development. Through literature, discussions, and creative expression, students engage with themes that foster a deeper appreciation for diverse perspectives and enhance their interpersonal connections.

Sex Education Delivery:

Sex Education is delivered to students in Years 4, 5, and 6, recognising the importance of providing age-appropriate information and guidance. Our approach to Sex Education is sensitive and respectful towards the context of the UAE and its laws in which we follow. Key components of our Sex Education provision include:

- 1. Age-Appropriate Content:** Lessons are tailored to the developmental stage of each year group, ensuring that information is presented in a manner that is suitable and understandable for students at their respective ages. Children are separated into females and males to receive appropriate content.
- 2. Inclusive and Comprehensive:** Our Sex Education curriculum covers topics such as anatomy, puberty, relationships, consent, feeling unsafe, and personal safety. We emphasise respect, diversity, and the importance of making informed choices. Children are given clear guidance on steps to follow should they feel unsafe.
- 3. Professional Guidance:** Delivery of Sex Education is conducted by trained teachers who approach the subject with sensitivity and professionalism, supported by our school medical team. Female students will be taught by female teachers, and male students by a male teacher. This helps to encourage open dialogue, questions, and discussions, fostering a supportive learning environment where students feel comfortable seeking clarification and guidance.

Parental Involvement:

We recognise the importance of partnership between the school and parents in delivering effective Relationship and Sex Education. Therefore, we provide opportunities for parents to engage with and support their child's learning in these areas through a parent workshop where we share the information in the sessions, and resources. Parents have the option to opt out of the puberty lessons based on their own cultural and religious views.