

Myanmar International School Yangon

Relationships and Sex Education Policy



Approved by:	Ei Ei Zin (Board of Directors)	Date: 25 th October 2022
Last reviewed on:	September 2024	
Next review due by:	September 2026	



1. Aims

The aims of Relationships and Sex Education (RSE) at our school are to:

- Provide a framework in which sensitive discussions can take place.
- Prepare students for puberty, and give them an understanding of sexual development and the importance of health and hygiene.
- Help students develop feelings of self-respect, confidence and empathy.
- Create a positive culture around issues of sexuality and relationships.
- Teach students the correct vocabulary to describe themselves and their bodies.

2. Definition

RSE is about the emotional, social and cultural development of students, and involves learning about relationships, sexual health, sexuality, healthy lifestyles, diversity and personal identity.

RSE involves a combination of sharing information and exploring issues and values.

RSE is not about the promotion of sexual activity but is about providing a positive environment for learning and discussion with the aim of ensuring that students have a greater understanding of these issues and therefore are more able to keep themselves and others safe.

3. Delivery of RSE

RSE is taught within the Personal, Social and Health Education (PSHE) curriculum. Biological aspects of RSE are taught within the science curriculum.

Across all key stages, students will be supported by developing the following skills:

- Communication, including how to manage changing relationships and emotions
- Recognising and assessing potential risks
- Assertiveness
- Seeking help and support when required
- Informed decision-making
- Self-respect and empathy for others
- Recognising and maximising a healthy lifestyle
- Managing conflict
- Discussion and group work

These skills are taught within the context of family relationships

4. Roles and responsibilities

The Board of Directors

The Board of Directors will approve the RSE policy, and hold the Head of School to account for its implementation.

The Head of School

The Head of School is responsible for ensuring that RSE is taught consistently across the school.

Staff

Staff are responsible for:

- Delivering RSE in a sensitive way
- Having cultural awareness
- Modelling positive attitudes to RSE
- Monitoring progress
- Responding to the needs of individual students

- Responding appropriately to students whose parents wish them to be withdrawn from components of RSE
- Handling gender identity with sensitivity

Staff who have concerns about teaching RSE are encouraged to discuss this with the Head of Section.

Students

Students are expected to engage fully in RSE and, when discussing issues related to RSE, treat others with respect and sensitivity.

5. Parents' right to withdraw

Parents have the right to withdraw their children from components of RSE.

Requests for withdrawal should be put in writing and addressed to the Head of Section. The Head of Section will discuss the request with parents and take appropriate action.

Alternative work will be given to students who are withdrawn from RSE.

6. Training

Staff are trained on the delivery of RSE as part of their professional development.

The head of school may also invite visitors from outside the school to provide support and training to staff who are teaching RSE

Parents will be provided with opportunities to learn about and review content of RSE lessons prior to the delivery of planned RSE lessons.

7. Monitoring arrangements

Students' development in RSE is monitored by class teachers and tutors through internal assessment. This policy and content of RSE provision will be reviewed by the head of school annually. At every review, the policy and content of RSE provision will be approved by the board of directors.

Linked policies:

Child Protection Policy

Technology User Policy