



26 February 2025

Dear Parent/Carer

### PSHE Curriculum

I am writing to update you on the topics Year 13 will be studying in PSHE in the coming weeks. This half term, Year 13 will be learning about **building and maintaining relationships and intimate relationships** and will be taught:

- how to maintain healthy, pleasurable relationships and about different levels of emotional intimacy
- how to assertively communicate and negotiate expectations and boundaries in relationships
- about relationship challenges and how to manage the ending of relationships safely and respectfully, including online
- how to select appropriate contraception in different contexts and relationships (including emergency contraception) and communicate about use with a sexual partner
- how to reduce the risk of contracting or passing on an STI
- about accessing local and national advice, diagnosis and treatment in relation to sexual health
- the advantages of delaying conception
- to recognise how fertility changes over time
- about unintended pregnancy and young parenthood
- about the pathways available in the event of an unintended conception
- how to access appropriate advice and support in relation to pregnancy, including miscarriage

PSHE involves both written work and group-based discussion work, and we really hope your child will enjoy exploring the range of topics that PSHE offers. Resources that we use are sourced from the PSHE Association and therefore approved by the Department for Education.

**If you wish to review any of our lessons and resources, please contact the school and we will arrange for you to come in, meet with a member of staff and look through the slides we deliver.**

If you have any questions or queries relating to the PSHE curriculum, please do not hesitate to get in touch at: [info@guiseleyschool.org.uk](mailto:info@guiseleyschool.org.uk). The resources below may also be useful for you to discuss the work we do in PSHE with your child/ren at home:

- <https://www.childline.org.uk/info-advice/friends-relationships-sex/sex-relationships/>
- <https://www.nhs.uk/live-well/sexual-health/>
- <https://www.brook.org.uk/>
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Yours sincerely

Mr S Lord  
Curriculum Lead - PSHE

Fieldhead Road, Guiseley, Leeds, LS20 8DT

01943 872315 [guiseleyschool.org.uk](http://guiseleyschool.org.uk) [info@guiseleyschool.org.uk](mailto:info@guiseleyschool.org.uk)  
Headteacher: Mr Paul Clayton



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