



## GUISELEY SCHOOL

5 January 2026

Dear Parent/Carer

### PSHE Curriculum

I am writing to update you on the topics Year 8 will be studying in PSHE in the coming weeks. This half term, Year 8 will be focusing on health and wellbeing, and will be learning about **drugs and alcohol**. Students will be taught:

- The impact of high-sugar and high-caffeine drinks on young people and adults
- The relationship between habit and dependency – with a focus on energy drinks
- How to assess the risks of alcohol, tobacco, nicotine and e-cigarettes
- The physical effects of alcohol, tobacco, nicotine and e-cigarettes
- The rule of law – the legal age of purchase and consumption of alcohol, tobacco, nicotine and e-cigarettes
- How to manage influences in relation to substance abuse and the promotion of social norms in relation to alcohol
- The legal status of recreational drugs and the legal consequences of using them

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.talktofrank.com/drug/alcohol?a=Alcohol>
- <https://www.nhs.uk/better-health/quit-smoking/vaping-to-quit-smoking/vaping-myths-and-the-facts/>
- <https://www.childline.org.uk/info-advice/you-your-body/drugs-alcohol-smoking/>

Yours sincerely

Mr S Lord  
Curriculum Leader - PSHE

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