

Dear Parent/Carer,

I am writing to update you on the topics Year 7 will be studying in PSHE in the coming weeks. In the final half term of the year, Year 7 will be focusing on 'Relationships' and will be learning about building relationships. This unit will look at friendships and will also look at romantic relationships. Students will be taught about:

- Developing self-worth and self-efficacy
- The qualities and behaviours relating to different types of positive relationships (friendships and romantic relationships)
- Recognising unhealthy relationships (friendships and romantic)
- Recognising and challenging media stereotypes of romantic relationships and friendships
- Evaluating expectations from romantic relationships (age-appropriate behaviours for Year 7)
- What consent is, the law around consent, and how you assertively communicate it in a range of situations

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.

Relationships and Sex Education covers a number of sensitive topics. 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.

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/healthy-unhealthy-relationships/>

<https://www.childline.org.uk/info-advice/friends-relationships-sex/friends/>

Yours sincerely,

Mr S Lord
Curriculum Leader - PSHE