



1<sup>st</sup> February, 2021

Dear Parents/Carers

Personal Development, Health and Physical Education (PDHPE) is one of the mandatory key learning areas for students in Year 7 to 10. Our school's PDHPE program aims to provide opportunities for students to learn about and practise ways of adopting and maintaining a healthy, productive and active life. It also involves students learning through movement experiences that are both challenging and enjoyable. The program also aims to improve student's capacity to move with skill and confidence in a variety of contexts and promote the value of physical activity in their lives.

Our school's PDHPE program provides the opportunity for young people to explore issues that are likely to impact on the health and wellbeing of themselves and others now and in the future. The issues that are explored include the effect of physical activity, mental health, drug use, road safety, sexuality and sexual health, nutrition, supportive and respectful relationships, personal safety, diversity, gender roles and discrimination.

Some of the content of the program deals with sensitive issues. The school recognises this by teaching about these issues within the context of a developmentally appropriate program and by providing information to parents and carers about the program. The content is developed and endorsed by the NSW Education Standards Authority (NESA) and has been constructed to align with age and student development. Syllabus documentation is available for parents to read on <https://educationstandards.nsw.edu.au>.

The PDHPE program aims to encourage students to make informed decisions about their lifestyle, taking into account the values of the family, culture and religion to which they belong. The school program will be implemented in a manner that supports the role of parents and caregivers and reflects the ethos of the community. PDHPE will be delivered 4 or 5 periods per cycle throughout the course of the year.

An overview of some of the content that may be considered sensitive is as follows:

### **Stage 4 (Years 7-8)**

#### Relationships

- Personal Identity
- Bullying and harassment
- Recognising abuse and power in relationships – domestic violence
- Child protection
- Loss and grief
- Mental health

#### Drug Education

- Effect of drugs on health and wellbeing
- Legal and economic consequences of drug use
- Effect of other people's drug use

#### Sexual Health

- Adolescence and change
- Managing changes during puberty
- Sexuality
- Effect on relationships
- Understanding feelings
- Online safety – sexting issues



## Stage 5 (Years 9-10)

### Relationships

- Valuing difference and diversity
- Racial discrimination
- Recognising and responding to abusive situations (family violence and date violence)

### Drug Education

- Influence of cannabis use and other illicit substances
- Drug and alcohol consequences and road safety
- Safe partying and risks

### Sexual Health

- Rights and responsibilities in sexual relationships
- Sexually transmitted infections and blood borne viruses
- Identifying and evaluation of safe sexual health practices, including methods of contraception
- Stereotypes and diversity in specific population groups – LGBTIQ
- Planning and managing sexual and reproductive health

If your child is concerned about any of these topics, support will be provided by their PDHPE teacher, Year Advisor and School Counsellor if required.

Should you wish to discuss any aspect of the PDHPE course or would like more information, please contact Mrs Sandra Turner, Head Teacher PDHPE, on 9524-8816.

Yours sincerely

B Hugo  
Principal

S Turner  
Head Teacher PDHPE