 Example public school

Personal development, health and physical education information for parents

Dear parents and caregivers

This year, students in Year X will be involved in the mandatory subject Personal Development, Health and Physical Education (PDHPE). This subject prepares and supports students to lead, and contribute to, healthy, safe and meaningful lives which promote respect, responsibility, enjoyment, inclusion and social justice for self and others.

Our school’s PDHPE program covers a wide range of education matter, including relationships, drug use, sexuality and sexual health, body image, mental health and wellbeing, protective strategies, movement skills and performance, safety and physical activity. 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 you about the program.

The school program will be implemented in a manner that supports the role of parents and caregivers, and reflects the ethos of the school community.

For more information on PDHPE go to the [NESA website](https://syllabus.nesa.nsw.edu.au/pdhpe/).

Some of the specific content which will be covered in PDHPE includes: (remove content which will not be covered)

| Stage 4 | Stage 5 |
| --- | --- |
| * Self identity * Physical, social and emotional changes during adolescence * Grief and loss * Communication, connections and seeking help * Caring and respectful relationships * Abuse and power * Bullying and harassment, including homophobic bullying * Protective strategies and responding to risk * Mental health and positive attitudes * Healthy food habits and the relationship between diet, physical activity and health * Drug use, including medications, tobacco, alcohol and cannabis * Sexual health, rights and responsibilities in sexual relationships * Sexually transmitted infections * Acknowledging and understanding sexual * Feelings * Road safety, protective behaviours and equipment * Risk and strategies to minimise harm * Personal safety, first aid and accessing health information and services * Movement skill and performance | * Supporting yourself and others * Valuing diversity and difference * Developing equal and respectful relationships * Recognising and responding to abusive situations * Discrimination, harassment and vilification * Grief and loss * Communication, connections and seeking help * Healthy food habits and eating disorders * Drug use including illicit drug and the consequences of drug use on the individual and others * Sexual health including the evaluation of safe sexual health practices, contraception and sexual behaviours * Sexual choices and their consequences * Planning and managing sexual health including reproductive and sexual health checks * Roads safety, including responsible driver and passenger behaviour * Consequences of unsafe road use and the causes of toad crashes * Influences on health decision-making and risk behaviours * Accessing services including getting your own Medicare card |

PDHPE will be delivered XXX lessons/periods per week throughout the course of the year.

Should you wish to discuss any aspect of PDHPE, an information meeting will be held on XXXXX in the school library.

OR

If you would like more information, please contact Mr/Ms XXXXXX on telephone XXXXXXXX at the school.

Yours sincerely

Principal