



## PDHPE Program Permission Note – Years 7-10

Learning in Personal Development, Health and Physical Education (PDHPE) encourages young people to take a positive approach to managing their lives and equips them with skills for current and future challenges. It 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 affect young people include physical activity, mental health, drug use, sexual health, nutrition, supportive relationships, personal safety, child protection matters, gender roles and discrimination. Health issues that have the potential to appear in later life are also relevant due to their relationship to lifestyle patterns established in adolescent years and the possibility that they may impact on family and other significant adults in students' lives.

**PDHPE is a mandatory subject in Years 7-10.**

The following DVD programs are all **Department approved** for use in NSW Department of Education schools and are used at Liverpool Girls' High School to support the teaching and learning program. Activities **using ICT skills** have been developed to complement learning.

Year	Adolescence and Change Topic	Drug Issues Topic
7	"What's Happening to Me" PG Rated – Animated	"Smoke Screen" - Tobacco
8	"Where Did I Come From?" PG Rated – Animated	"Rethinking Drinking" - Alcohol
9	"Reality Bites"	"Greening Out" - Cannabis
10	"It's Your Choice"	How Will You Feel Tomorrow?"

If you have any questions about the PDHPE course, or would like to discuss any of the content in more detail, please contact the school to make an appointment with Miss Quigley, Head Teacher PDHPE.

David HARGRAVE

**PRINCIPAL**

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- I am aware of the DVDs used to teach the *Adolescence and Change* and *Drug Issues* units
- I give / do not give permission for my daughter to participate in the lessons that involve the viewing of the DVDs listed above.

Student Name: \_\_\_\_\_

Parent/Caregiver signature: \_\_\_\_\_

Deputy Principal: \_\_\_\_\_ Date: \_\_\_\_\_

