



Thomas Acres Public School



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Dear Parents/Caregivers;

Over the term, Stage 3 students will be participating in the subject Personal Development Health Physical Education.

Part of our school's PDHPE program includes mandatory child protection education. Some of the content taught in health, wellbeing, relationships and child protection education deals with sensitive issues. The content will be taught in an age-appropriate way. The specific content is shown below:

The content which will be covered in child protection includes:

- ☐ Rights and responsibilities in relationships
- ☐ Emotions related to feeling unsafe and ways to manage these
- ☐ Gender stereotypes and expectations
- ☐ How to recognise safe and unsafe relationships from a Child Protection perspective
- ☐ Different types of abuse including physical, emotional and sexual abuse
- ☐ The changes that occur during puberty
- ☐ How to manage the emotional, social and physical changes related to puberty
- ☐ The male and female reproductive systems and their functions
- ☐ How to maintain personal hygiene

Why does this learning matter?

Health, wellbeing, relationships and child protection education provides an opportunity for students to learn about the physical, social and emotional changes puberty brings in a positive learning environment. All sessions will be taught by your child's classroom teacher, as they have spent the most part of this year building relationships of trust and respect. The teaching of growth and development aims to dispel myths which students often hear through the media and other sources. When students are provided with consistent information, this can help to combat peer pressure. It is also important that students are provided with opportunities to discuss their concerns and develop decision-making skills and strategies to manage change, challenges, power, abuse, violence and learn how to protect themselves and others in a range of situations.

For more information about child protection education go to the [Child protection and respectful relationships education](#) section on the Department of Education's PDHPE website.

The lessons will be taught once a week for the next 10 to 12 weeks during Health lessons.

For further information, or if you wish to discuss any of the program, please do not hesitate to contact Mrs Williamson or Mr Marsh at the school on 4626 4577.

Kind Regards,
Stage 3 Teachers

