



PDH Units - Protective Behaviours

Dear Parents,

This term, we learn about personal protective behaviours in personal development lessons.

Through PDHPE lessons, students learn about rights and responsibilities in relationships and how to develop and maintain respectful relationships. In primary school, students learn about the roles and responsibilities in positive relationships and the effects of bullying and violence on the disruption of relationships. Students learn to form and maintain relationships by developing skills in communication, conflict resolution, and strategies for coping with relationship changes.

The Child Protection Education curriculum materials address three main themes:

Recognising abuse

Protective skills cannot be used unless children recognise situations of potential abuse or when abuse is occurring. It is important that students develop knowledge and skills appropriate to their age and stage about what constitutes abuse.

Power in relationships

When discussing power in relationships, particular attention is given to building confidence in relationships that are positive and caring. Skills in establishing and maintaining positive relationships, including accepted cultural practices related to caring touch, are reinforced.

Protective strategies

With knowledge about positive relationships and about child abuse, children can take appropriate actions if they are in threatening situations. When learning about protective strategies, students are given the opportunity to analyse situations, identify feelings, and to explore alternative courses of action and their consequences.

Please see below for our grade content:

Stage 1 Unit: Changing and Growing	<ul style="list-style-type: none">● Feelings and body reactions● Relationships with others● How people care for each other● Body parts - private and non-private● Changes in body and abilities since birth● Rights and responsibilities● Groups students belong to● Bullying● Recognising and responding to safe and unsafe situations.● Positive relationships and support networks● Strategies to stay safe and seek help● Appropriate and inappropriate touching● Communicating and cooperating with others in a respectful way● Making safe decisions
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If you have any questions, please do not hesitate to reach out.

Warm regards - Grade Teachers