



## 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:

- Support networks to seek advice and support
- Actions and behaviours that show respect and inclusion of others
- Gender stereotypes and expectations
- Rights and responsibilities
- Rights and responsibilities in relationships
- Different types of relationships and why they change
- Abuse of power in relationships
- Strategies to stay safe and seek help

If you have any questions, please do not hesitate to reach out.

Warm regards - Grade Teachers