Resources and links to support PDHPE implementation

## Implementation support and advice from NESA

<http://educationstandards.nsw.edu.au/wps/portal/nesa/about/news/news-stories/news-stories-detail/programming-the-new-pdhpe-k-10-syllabus>

## Curriculum support for primary schools

<https://education.nsw.gov.au/teaching-and-learning/curriculum/key-learning-areas/pdhpe/early-stage-1-to-stage-3>

## Curriculum Support for Stage 4 and 5 PDHPE

<https://education.nsw.gov.au/teaching-and-learning/curriculum/key-learning-areas/pdhpe/stages-4-and-5/resources>

## Advocating for PDHPE

<https://theconversation.com/move-it-move-it-how-physical-activity-at-school-helps-the-mind-as-well-as-the-body-100175>

# Content resource links

## Alcohol and other drugs

### It couldn’t happen to me

<http://www.itcouldnthappentome.com.au/syllabus>

<http://www.itcouldnthappentome.com.au/assets/Uploads/0.Home_Page/About%20this%20resource.pdf>

### Drink, drank, drunk: what happens when we drink alcohol in four short videos

<https://theconversation.com/drink-drank-drunk-what-happens-when-we-drink-alcohol-in-four-short-videos-100206>

### Articles and research on vaping / e-cigarettes

<https://www.mja.com.au/journal/2016/204/9/how-are-tobacco-smokers-using-e-cigarettes-patterns-use-reasons-use-and-places>

<https://www.edutopia.org/article/schools-respond-rise-student-vaping>

## Child protection (NSW Department resources)

<https://education.nsw.gov.au/teaching-and-learning/curriculum/key-learning-areas/pdhpe/child-protection-and-respectful-relationships-education/resources>

Daniel Morcombe Child Safety Curriculum

<http://www.scootle.edu.au/ec/viewing/S5392/index.html>

## Sex and sexuality education

### Period Talk

[www.periodtalk.com.au](http://www.periodtalk.com.au)

### Catching on early – Victorian DEECD

<http://fuse.education.vic.gov.au/Resource/ByPin?Pin=X25PYT&SearchScope=All>

### Catching on later

<https://fuse.education.vic.gov.au/ResourcePackage/LandingPage?ObjectId=3a7e444f-6e31-4a72-baf1-790bd6e4fe58&SearchScope=All>

### The practical guide to love, sex and relationships

<http://www.lovesexrelationships.edu.au/>

## Respectful relationships

### Tasmanian Department of Education Respectful relationships teaching and learning package

[www.respectfulrelationships.education.tas.gov.au](http://www.respectfulrelationships.education.tas.gov.au)

### Resilience, Rights and Respectful Relationships

<http://fuse.education.vic.gov.au/ResourcePackage/LandingPage?ObjectId=0249f9d6-e536-4122-9298-dbd3d6b29808&SearchScope=All>

### Building respectful relationships

<http://fuse.education.vic.gov.au/ResourcePackage/ByPin?pin=H9WQYK>

### Growing and developing healthy relationships

<http://www.gdhr.wa.gov.au/>

##  Road Safety

### Road Safety - primary resources

<https://education.nsw.gov.au/teaching-and-learning/curriculum/learning-across-the-curriculum/road-safety-education/teaching-and-learning/primary-school>

### Road Safety - secondary resources

<https://education.nsw.gov.au/teaching-and-learning/curriculum/learning-across-the-curriculum/road-safety-education/teaching-and-learning/secondary-school>

## Body Image, Stereotypes, Self esteem

### Embrace Study Guide

<https://bodyimagemovement.com/embrace/education-study-guide-australia/>

### Dove self esteem project

<https://www.dove.com/au/dove-self-esteem-project.html>

### ReachOut.com – Body image and body positive resources

<https://au.reachout.com/articles/what-is-body-image>

<https://au.reachout.com/articles/6-ways-to-be-body-positive>

<https://au.reachout.com/articles/body-dysmorphic-disorder>

### Guys and body image resources

<http://mediasmart.uk.com/resources/teaching-resources/body-image1><https://au.reachout.com/articles/guys-and-body-image>

### Articles and links about body image

<http://www.abc.net.au/news/2018-08-15/young-children-vulnerable-to-poor-body-image-hormones-increase/10122090>

<https://theconversation.com/too-fat-to-get-drafted-the-worrying-body-image-pressures-in-the-afl-100252>

### Body image and advertising

<https://www.youtube.com/watch?v=nuBml3FTek0>

<https://www.harmony.gov.au/get-involved/schools/lesson-plans/lesson-plan-stereotypes/>

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## Media literacy

<http://mediasmart.uk.com/resources/teaching-resources/social-media-and-advertising>

<http://mediasmart.uk.com/resources/teaching-resources/introduction-advertising-2>

## TV Stereotypes

<http://mediasmarts.ca/lessonplan/tv-stereotypes-lesson>

<http://mediasmarts.ca/sites/mediasmarts/files/pdfs/lesson-plan/Lesson_TV_Stereotypes.pdf>

<http://www.sdcda.org/office/girlsonlytoolkit/toolkit/got-07-gender.pdf>

## Aquatics

<https://www.royallifesaving.com.au/programs/nsw-pool-register-be-pool-safe/pool-safety-resources>

<http://www.sunwater.com.au/community/blues-splash/for-teachers>

### Beach Safety

<https://ames.edu.au/publications/free-teaching-resource-beach-safety/>

## Games ideas for primary PE

### Phys ED games on youtube

<https://www.youtube.com/user/PhysEdGames>

### The Physical Educator on Youtube

<https://www.youtube.com/user/ThePhysicalEducator>

### PE with Mr G

<https://www.youtube.com/channel/UC1uISIOKNnnGALw17v9naPg>

### Games sense-based activities for primary school

<https://www.sportingschools.gov.au/resources-and-pd/schools/playing-for-life-resources>

## Personal Identity

###  Racism No Way Resources

<http://www.racismnoway.com.au>

### I am a girl documentary and teaching activities

<http://iamagirl.com.au/>

### Activities and ideas PDF

<http://www.sphe.ie/downloads/mo2f/identity_and_self_esteem.pdf>

<http://www.racismnoway.com.au/teaching-resources/anti-racism-activities/lesson-ideas/identity-heritage/>

<https://www.journalbuddies.com/prompts-by-grade/1st-2nd-3rd-4th-5th-writing/>

## Transition from primary to secondary school resource and activities

<https://www.education.vic.gov.au/documents/school/teachers/health/start.pdf>

## Bullying and cyber safety

<https://bullyingnoway.gov.au/Resources/TeachingResources>

<https://www.esafety.gov.au/education-resources/classroom-resources>

<https://www.childnet.com/resources>

## Nutrition

<https://www.healthyactivekids.com.au/teachers/victoria/unit-1-food-nutrition/>

### That Sugar Film School Action Toolkit

<https://thatsugar.myshopify.com/products/school-action-toolkit>

### Articles and links

<http://www.stgregs.nsw.edu.au/assets/pdf/Newsletters/PDHPE_-_Article_-_Nutrition.pdf>

<http://educationstandards.nsw.edu.au/wps/portal/nesa/about/news/news-stories/news-stories-detail/pdhpe-healthy-eating>

<https://www.facebook.com/7newssydney/videos/2178913772132744/?fref=gs&dti=236989900372804&hc_location=group&__xts__%5B0%5D=68.ARAJl3Qy3rRQMaMGXIEI0EGsqYvnzmemR6BZI5zmZEnW9Y4ZpkXNdKWw7I5FL8CoBWvM2xB4d7PL-aN2inQlno2ZOX7UNq1nyrC3XSJISpLQpSSfrUgDOkKK3IJN0psFNY9xgy5XIvs5&__tn__=K-R>

## Mental Health and Wellbeing and Resilience

<https://au.reachout.com/>

<https://www.youthbeyondblue.com/>

<https://www.youthbeyondblue.com/do-something-about-it/who-can-support-you/resources>

<https://theresilienceproject.com.au/resources/>

### RUOK? Day School resources

<https://www.ruok.org.au/education>

<https://schools.au.reachout.com/articles/get-your-school-involved-in-r-u-ok-day>

<https://www.ruokday.com/inspire-conversations/ruok-at-school>

### Bite Back – Mental Fitness Challenge

<https://www.biteback.org.au/>

### headspace – Headcoach videos

<https://headspace.org.au/headcoach/>

### Articles and useful links on mental health

<https://mhaca.org.au/mental-health-resources/>

<https://1010.org.au/resources/>

<https://www.australia.gov.au/information-and-services/health/mental-health>

## Safety

### Rail and train safety

<http://fuse.education.vic.gov.au/Resource/LandingPage?ObjectId=c637aa02-7e25-4720-9dc6-d6eae9bc7124&SearchScope=Teacher>

## Health status

My Healthy communities

[www.myhealthycommunities.gov.au](http://www.myhealthycommunities.gov.au)