

Life Ed.

Every child deserves to thrive

Talk About It program alignment to the NSW PDHPE Syllabus and Australian Curriculum



Welcome to Puberty

Years 5 & 6



This module covers:

- Define puberty as an important stage of human development
- Identify the male and female reproductive systems
- Identify the physical, social and emotional changes that occur during puberty
- Investigate sources of help for coping with puberty changes
- Explore physiological responses to feeling unsafe and identify personal rights
- Identify strategies and sources of help to respond to unsafe situations
- Menstrual product demonstration

2025-2026 NSW PDHPE Syllabus Alignment

Knowledge and Understanding

Objective 1:

Demonstrate an understanding of strategies that promote a sense of personal identity and build resilience and respectful relationships

Related Outcomes:

- **PD3-1** - Identifies and applies strengths and strategies to manage life changes and transitions
- **PD3-2** - Investigates information, community resources and strategies to demonstrate resilience and seek help for themselves and others
- **PD3-3** - Evaluates the impact of empathy, inclusion and respect on themselves and others

Objective 2:

Enact and strengthen health, safety, wellbeing and participation in physical activity

Related Outcome:

- **PD3-7** - Proposes and implements actions and protective strategies that promote health, safety, wellbeing and physically active spaces

Skills

Objective 1:

Develop and use self-management skills that enable them to take personal responsibility for their actions and emotions and take positive action to protect and enhance the health, safety and wellbeing of others

Related Outcome:

- **PD3-9** - Applies and adapts self-management skills to respond to personal and group situations

Objective 2:

Develop interpersonal skills that enable them to interact effectively and respectfully with others, build and maintain respectful relationships and advocate for their own and others' health, safety, wellbeing and participation in physical activity

Related Outcome:

- **PD3-10** - Selects and uses interpersonal skills to interact respectfully with others to promote inclusion and build connections

Values and Attitudes

Objective:

Value and appreciate influences on personal health practices and demonstrate a commitment to lead and promote healthy, safe and active lives for themselves, others and communities.

2027 NSW PDHPE Alignment

Focus Area: Respectful Relationships and Safety

Outcomes:

- **PH3-RRS-02** - Explains and applies skills and strategies to interact safely in offline and online contexts

Content:

Manage respectful relationships to support health and wellbeing

- Explain how rights and responsibilities contribute to respectful relationships
- Explain and apply strategies to manage changes respectfully in relationships

Personal safety strategies enhance respectful relationships

- Identify and explain how to communicate with and seek help from support networks when in unsafe situations
- Explain and demonstrate communication strategies to assertively gain, give or deny consent and respect responses

Focus Area: Identity Health and Wellbeing

Outcomes:

- **PH3-IHW-01** - Examines and explains factors that influence identity, health and wellbeing of individuals and groups

Content:

Changes and factors can promote a positive identity

- Examine life changes and develop management strategies
- Investigate products and resources to manage changes associated with puberty
- Investigate how family, culture, peers, media, education and place can impact actions, influencing identity, health and wellbeing
- Explain strategies that enhance a positive sense of identity and support health and wellbeing

Informed decisions and actions influence health and wellbeing

- Apply hygiene strategies and self-care routines and explain how they positively impact health and wellbeing

Australian Curriculum Alignment

Strand: Personal, social and community health

Sub-strand: Identities and change

- **AC9HP6P02** - Investigate resources and strategies to manage changes and transitions, including changes associated with puberty

Sub-strand: Interacting with others

- **AC9HP6P06** - Apply strategies to manage emotions and analyse how emotional responses influence interactions
- **AC9HP6P07** - Describe strategies for seeking, giving or denying consent and rehearse how to communicate their intentions effectively and respectfully

Sub-strand: Making healthy and safe choices

- **AC9HP6P08** - Analyse and rehearse protective behaviours and help-seeking strategies that can be used in a range of online and offline situations



Thriving in Puberty

Year 6



This module covers:

- Define puberty and the developmental changes that occur to prepare the body for reproduction
- Identify male and female reproductive systems and their purpose
- Explore the physical, social and emotional changes that occur during puberty
- Identify and practice strategies to cope with puberty changes
- Explore consent and personal boundaries
- Identify sources of help to respond to unsafe situations and people
- Menstrual product demonstration

2025-2026 NSW PDHPE Syllabus Alignment

Knowledge and Understanding

Objective 1:

Demonstrate an understanding of strategies that promote a sense of personal identity and build resilience and respectful relationships

Related Outcomes:

- **PD3-1** - Identifies and applies strengths and strategies to manage life changes and transitions
- **PD3-2** - Investigates information, community resources and strategies to demonstrate resilience and seek help for themselves and others
- **PD3-3** - Evaluates the impact of empathy, inclusion and respect on themselves and others

Objective 2:

Enact and strengthen health, safety, wellbeing and participation in physical activity

Related Outcome:

- **PD3-7** - Proposes and implements actions and protective strategies that promote health, safety, wellbeing and physically active spaces

Skills

Objective 1:

Develop and use self-management skills that enable them to take personal responsibility for their actions and emotions and take positive action to protect and enhance the health, safety and wellbeing of others

Related Outcome:

- **PD3-9** - Applies and adapts self-management skills to respond to personal and group situations

Objective 2:

Develop interpersonal skills that enable them to interact effectively and respectfully with others, build and maintain respectful relationships and advocate for their own and others' health, safety, wellbeing and participation in physical activity

Related Outcome:

- **PD3-10** - Selects and uses interpersonal skills to interact respectfully with others to promote inclusion and build connections

Values and Attitudes

Objective:

Value and appreciate influences on personal health practices and demonstrate a commitment to lead and promote healthy, safe and active lives for themselves, others and communities.

2027 NSW PDHPE Alignment

Focus Area: Respectful Relationships and Safety

Outcomes:

- **PH3-RRS-02** - Explains and applies skills and strategies to interact safely in offline and online contexts

Content:

Manage respectful relationships to support health and wellbeing

- Explain how rights and responsibilities contribute to respectful relationships
- Explain and apply strategies to manage changes respectfully in relationships

Personal safety strategies enhance respectful relationships

- Identify and explain how to communicate with and seek help from support networks when in unsafe situations
- Explain and demonstrate communication strategies to assertively gain, give or deny consent and respect responses

Focus Area: Identity Health and Wellbeing

Outcomes:

- **PH3-IHW-01** - Examines and explains factors that influence identity, health and wellbeing of individuals and groups

Content:

Changes and factors can promote a positive identity

- Examine life changes and develop management strategies
- Investigate products and resources to manage changes associated with puberty
- Investigate how family, culture, peers, media, education and place can impact actions, influencing identity, health and wellbeing
- Explain strategies that enhance a positive sense of identity and support health and wellbeing

Informed decisions and actions influence health and wellbeing

- Apply hygiene strategies and self-care routines and explain how they positively impact health and wellbeing

Australian Curriculum Alignment

Strand: Personal, social and community health

Sub-strand: Identities and change

- **AC9HP6P02** - Investigate resources and strategies to manage changes and transitions, including changes associated with puberty

Sub-strand: Interacting with others

- **AC9HP6P06** - Apply strategies to manage emotions and analyse how emotional responses influence interactions
- **AC9HP6P07** - Describe strategies for seeking, giving or denying consent and rehearse how to communicate their intentions effectively and respectfully

Sub-strand: Making healthy and safe choices

- **AC9HP6P08** - Analyse and rehearse protective behaviours and help-seeking strategies that can be used in a range of online and offline situations

