

February 11, 2025

Dear Families of Year 9 & 10 Health Students,

As the Year 9 and 10 Health and Physical Education teachers at Penola Catholic College, we are contacting you to provide a brief overview of our upcoming Health topics for 2025.

The Victorian Curriculum in Year 9 and 10 requires students to explore preventive health practices that build and optimise community health and wellbeing. Over the course of the two years students will learn about Healthy Living, Nutrition, Fitness, Drug Education, Mental Health, followed by Relationships and Sexuality. In the Respectful Relationships and Sexuality topics the class will be unpacking respectful relationships and what this means and key concepts including respect, trust and communication.

In addressing these topics, the College will consistently balance providing students with the important information and invaluable learning opportunities informed by the Victorian Curriculum, with respect for the teachings of the Catholic Church on relationships and sexuality.

The content of the unit will include:

- sexual consent, desire, and the topic of harassment
- communication skills
- safe sex practices,
- sexually transmitted diseases
- pregnancy, and contraceptive methods
- diverse genders and sexualities.

We would encourage all families, if they feel comfortable, to discuss these topics with their children to promote openness and respect as they learn about and investigate relationship skills, safe health practices, and respect for diversity in our community.

If you would like further information or would prefer to discuss what will be taught and the activities associated, please do not hesitate to contact your child's Health and Physical Education Teacher.

Kind regards,



Vera Treloar

Deputy Principal
Learning & Teaching



Liza Webb

Head of Learning Health & PE