

PERSONAL DEVELOPMENT, HEALTH AND PHYSICAL EDUCATION			
Content Strands		Skills Domain	
Health, Wellbeing and Relationships	Healthy, Safe and Active Lifestyles	Self Management	Interpersonal
<p>PD4-1 examines and evaluates strategies to manage current and future challenges</p> <p>PD4-2 examines and demonstrates the role help-seeking strategies and behaviours play in supporting themselves and others</p> <p>PD4-3 investigates effective strategies to promote inclusivity, equality and respectful relationships</p> <p>PD4-9 demonstrates self-management skills to effectively manage complex situations</p> <p>PD4-10 applies and refines interpersonal skills to assist themselves and others to interact respectfully and promote inclusion in a variety of groups or contexts</p>	<p>PD4-2 examines and demonstrates the role help-seeking strategies and behaviours play in supporting themselves and others</p> <p>PD4-7 investigates health practices, behaviours and resources to promote health, safety, wellbeing and physically active communities</p> <p>PD4-9 demonstrates self-management skills to effectively manage complex situations</p> <p>PD4-10 applies and refines interpersonal skills to assist themselves and others to interact respectfully and promote inclusion in a variety of groups or contexts</p>	<ul style="list-style-type: none"> • Strengthening personal identity • Self-awareness • Emotion and stress management 	<ul style="list-style-type: none"> • Communication • Collaboration, inclusion and relationship-building • Empathy building • Social awareness

