To help students meet the outcomes of the new Personal Development, Health and Physical Education (PDHPE) syllabus, the Drug Info team has revised its Drug and Alcohol Information for PDHPE research guide.

New PDHPE syllabus in 2020

The new syllabus developed by the NSW Education Standards Authority (NESA) will be fully implemented across all stages in 2020. It takes a strength-based approach, with an increased focus on health, wellbeing and relationships, as well as healthy, safe and active lifestyles. It also seeks to develop health literacy, critical inquiry, interpersonal skills, and self-management.

What's in the guide?

The research guide continues to provide resources to in-depth information on specific drugs, how they are used, and their effects on health, safety and wellbeing. Resources include NSW Health sites such as Your Room, the Alcohol and Drug Foundation and the National Centre for Education and Training on Addiction sites. We also provide a PDF version of the State Library’s Quick guide to drugs & alcohol [2] published by the Drug Info team in partnership with NSW Health with contributions from authors from the National Drug and Alcohol Research Centre (NDARC) at UNSW.

We have a provided links to the latest drug use statistics and reports both nationally and internationally, including:

- the National Drug Strategy Household Survey (NDSHS)
- Australian Bureau of Statistics (ABS)
- Australian Institute of Health and Welfare (AIHW)
- World Drug report
- European Drug report
- Report on Drug Use in the Americas

We also provide information to assist students to analyse and assess online health information.

What's new?

We have introduced a section on drug and alcohol related health information and support services designed to help students access and critique resources on risk minimisation and strategies to support individual health and safety.

The guide can be found here [3].

Did you know?

PDHPE is taught to all school students across K-10 and exploration of topics around drugs and alcohol is included in the syllabus from Stage 2 (Yrs 3-4) onwards. The information and resources included in the research guide would be suitable for students in upper primary and secondary through to Yr 10.

Library promotion

The updated research guide will be promoted to PDHPE teachers, school library staff and the wider public in time for the commencement of the 2020 school year. We will also feature links to the guide and other school resources on our social media channels during Term 1, 2020.

We will be developing a new bookmark to use for local promotion and distributing these to NSW public libraries in the coming months.
Libraries are encouraged to promote these resources to your local schools, teachers and students.

**Don't forget!**

Find the research guide and other useful resources for PDHPE on the [School Resources page](https://druginfo.sl.nsw.gov.au/school-resources) of the Drug Info website.

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**Links**