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.

**What's in the 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.

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*](#), 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 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.


Don’t forget!


**Source URL:** https://www.sl.nsw.gov.au/drug-info/blogs/back-school-pdhpe

**Links**