



PROJECT HERO

Personal Development, Health and Physical Education

The Project Hero program covers five hours of Personal Development, Health and Physical Education identified in the Syllabus developed by the Board of Studies.

Content includes coverage of elements of the following topic areas:

- **Self and Relationships**
- **Changes and Challenges**
- **Connectedness**
- **Caring and Respectful Relationships**
- **Power in Relationships**
- **Bullying and Cyber Bulling – Causes & Solutions**
- **Harassment**
- **Diversity**
- **Leadership**

