

Life Ed taught us:

- Recognising safe and unsafe environments
- How to care for others
- Safe and unsafe behaviours online and offline
- People and places we can go to for help

Family activities

CALLING AN EMERGENCY SERVICE

How can we help Healthy Harold and his friends if there was an emergency on their camping trip?

RANK THE RULES

Healthy Harold is going to be joining your class as a new student. What do you think are the most important school/classroom rules he will need to know when he arrives? See more... Hear more... Do more... Feel more...



What's next?

CHECK OUT THESE RESOURCES:

- [Could your child call 000?](#)
- [Why even smart kids don't think before they act](#)
- [Road safety in and out of the car](#)



Life Ed taught us:

- How to build respectful relationships
- Strategies to manage different feelings and emotions
- Recognising and identifying emotions and body clues
- Protective behaviours and help-seeking strategies

Family activities

GUESS MY MATE?

With your child, play a game of 'guess my mate', by describing positive characteristics that make that friend unique or special, until the other person guesses correctly.

ACTS OF KINDNESS WEEK

Challenge your family to perform acts of kindness for each other over one week. Discuss what each person did and how it made them feel when someone did an act of kindness for them.



What's next?

CHECK OUT THESE RESOURCES:

- [Identify and express emotions](#)
- [Helping manage anxiety](#)
- [Strength from adversity podcast with Dr Judith Locke](#)



Life Ed taught us:

- Recognise the importance of being safe online and offline
- Identify safe and unsafe situations online and trusted adults who can help
- Identify that different technologies are used for different purposes and enhance our lives
- Investigate strategies that promote healthy and safe use of technology

Family activities

NO TECH - TALK ZONES

Create technology free zones within the house so family members can focus on being present and attentive when communicating.

BEING SAFE ONLINE - WORD 'TENNIS'

As a family, take turns suggesting ways to stay safe online, bouncing ideas back and forth until they run out.

To extend learning, ask about kindness online, trusted adults for help, or different internet-accessing devices.



What's next?

CHECK OUT THESE RESOURCES:

- [Family tech tips](#)
- [Supporting your child online](#)



Life Ed taught us:

- How to recognise, react and report unwanted contact and cyberbullying
- Keeping personal information safe online
- Responsible and respectful behaviours when using our devices
- Skills for building positive relationships with friends
- Exploring the role of bystanders

Family activities

OFF 

NO TECH - TALK ZONES

Create technology free zones within the house so family members can focus on being present and attentive when communicating.

SCREEN TIME, GREEN TIME

Limiting devices and talk about the benefits of switching off for a while. Swapping screen time for 'green time' outside is a great idea.

What's next?

CHECK OUT THESE RESOURCES:

- [Managing online relationships](#)
- [Stopping online predators targeting your child](#)
- [eSafety guide for parents](#)



Life Ed taught us:

- Understanding how to respect ourselves and others
- Identifying characteristics of positive relationships
- Strategies to help maintain positive online and offline relationships
- How to recognise, react and report unwanted contact, nullyng or predatory behaviours

Family activities

iSET BOUNDARIES

Set safe boundaries for devices to ensure visibility. (No phones or iPads/tablets in bedrooms, or behind closed doors).



SAFE, SECURE SETTINGS

Revisit safety and security settings on your family's laptops, PCs, iPads/tablets, and phones to ensure your children are using and viewing apps, websites, videos and content that are safe and age-appropriate for their development.

What's next?

CHECK OUT THESE RESOURCES:

- [How to teach empathy](#)
- [Managing relationships online](#)
- [How our language impacts respect](#)

