

Today, your child participated in Life Ed's module:



**Super
safe
Harold.**

Staying safe and seeking help

Life Ed is Australia's largest and most trusted provider of preventive health education to school children. Along with Healthy Harold, our giraffe mascot, Life Ed has been empowering children to make safer and healthier choices for over 40 years. On average, we reach 700,000 children annually. Our educators reach students across Australia via mobile classrooms, pop-up classrooms, and via virtual and online lessons and resources.

This flyer will tell you what they learned today and how you can help them apply their new knowledge.



What is it about?

Super Safe Harold follows Harold's day as a super hero. Told through story, song and interactive games, Harold makes sure his friends are safe - at play, online, in the car and in the sun. Your child learnt about:

- Sun and water safety
- Car and road safety
- Safety around medications
- Cybersafety

Why is this module important?

- Children can get sunburnt in less than 10 minutes, and babies even more quickly¹.
- Injuries are the biggest health problem our children face. The good news is that we can help educate and protect children from injury².
- 81% of parents with pre-schoolers say their children use the internet. Of these parents, 94% report their child was already using the internet by the age of four³.
- One in six kids don't always wear a helmet when riding a bike despite it being a legal requirement, and almost half don't always wear a helmet when riding a scooter or skateboard⁴.

1. The Royal Children's Hospital Melbourne, 2022
2. Kidsafe, 2020
3. eSafety Commissioner, 2018
4. The Royal Children's Hospital Melbourne, 2017

What's next?

Your child's teacher has some enrichment ideas they can use in the classroom to continue their learning.

You can support this at home by:



Talking: Discuss decisions about safety with your child.

Some ideas to start a conversation are:

- What did Super Safe Harold do today to keep himself and his friends safe?
- How could you be like Super Safe Harold?



Doing:



[Read 'Swoosh, Glide and Rule' a picture book by the eSafety Commissioner](#)



More:



[Water safety for families](#)



[Road safety in and out of the car](#)



[Wiggles road safety video](#)

What did you learn?

Draw OR write what you learnt below, then share a picture with us!

#lifed #healthyharold

