

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



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.



Safety



Social &
Emotional
Wellbeing

What is it about?

In this module, students investigate their use of tech and the positives and negatives of being online, including unwanted contact and unsafe situations. They learn the “Recognise, React, Report” strategy, which enables them to recognise the clues the body gives when they may be unsafe, react in appropriate ways and report and seek help. Your child learnt about:

- The benefits and risks of being online
- How to recognise, react and report unwanted contact and potential predatory behaviours
- Their rights and responsibilities in terms of respectful and safe behaviour online
- Emotional literacy and emotional regulation

Why is this module important?

- 44% of teens had a negative online experience in the six months to September 2020¹.
- The top three negative online experiences were: being contacted by a stranger or someone they didn't know (30%), receiving inappropriate or unwanted content (20%) and being deliberately excluded from events/social groups (16%)².
- So, it's vital to teach them skills and strategies that will keep them safe and promote responsible digital citizenship.

1. eSafety Commissioner (2020), *Digital lives of Aussie teens*

2. eSafety Commissioner (2020), *Digital lives of Aussie teens*

What's next?

Your child's teacher has online lessons they will use in the classroom to continue their learning.

You can support this at home by:



Talking:

Keep the lines of communication open between you and your child.

Have a conversation around online behaviours:

- What are their favourite things to do online?
- What could we do at home if one of us received a nasty message or felt unsafe online?
- What are our family rules about screen time?



Doing:

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.

No Tech - Talk Zones: Create technology free zones within the house so family members can focus on being present and attentive when communicating.



More: Check out these resources.



[Managing online relationships](#)



[Stopping online predators targeting your child](#)




[eSafety guide for parents](#)

What did you learn?

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

#lifeed #healthyharold

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