

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

  
Every child deserves to thrive  
lifeed.org.au



**Relate  
Respect  
Connect.**

Respectful relationships and wellbeing

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.



Social &  
Emotional  
Wellbeing



Safety

## What is it about?

**In this module, students investigate the importance of respectful relationships. Students explore how the physical and personal changes at this stage of life impact their behaviour, emotions and relationships. They also learn strategies to recognise and report disrespectful and unsafe behaviours online. Your child learnt about:**

- The characteristics and importance of respectful relationships
- Concepts such as respect, empathy and consent
- Recognising body clues
- How to recognise, react and report unwanted contact, bullying or predatory behaviours

## Why is this module important?

- In August 2021, as part of the Australian National University Centre for Social Research and Methods' COVID-19 Impact Monitoring Survey Program, it was reported that 61% experienced a negative impact on their mental health<sup>1</sup>.
- Good friends and friendships are important to pre-teens and teenagers because they give them a sense of belonging and being valued<sup>2</sup> by people other than their family<sup>2</sup>.
- Bullying and online safety are top concerns for Aussie parents with 80% considering it to be very important<sup>3</sup>.

1. Biddle et al. (2021), *The impact of COVID-19 on child mental health and service barriers: The perspective of parents - August 2021*, Australian National University  
2. Raising Children's Network (2024), *Friends and friendships: pre-teens and teenagers*  
3. Life Education Parent Survey (2019)

## 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:** Talk to your child about what they have learned.

- How could one person disagree with another respectfully?
- How do relationships keep us healthy?
- What are examples of when a face-to-face conversation is better than texting or posting online?



**Doing:**

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

**I Set Boundaries:** Set safe boundaries for devices to ensure visibility e.g. no phones or tablets in bedrooms, or behind closed doors.



**More:** Check out these Life Ed resources.



[How to teach empathy](#)



[Managing relationships online](#)



[How our language impacts respect](#)

## What did you learn?

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

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