

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 45 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



Physical Health

## What is it about?

**In this module, students investigate how to protect themselves in unsafe environments and seek help. They also learn about the people and services that keep us safe and how to identify and respond in emergency situations. Presented by a highly experienced educator, your child learnt about:**

- 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

## Why is this module important?

- Injuries are the biggest health problem children face. The good news is that we can help educate children and prevent injuries and give them strategies to seek help if injuries occur<sup>1</sup>.
- There are many examples, from both Australia and overseas, where children as young as four years old have played a pivotal role in saving lives and property by calling Triple Zero and providing the information needed to obtain assistance from the emergency services. Knowing when and how to call Triple Zero is an important life skill that all children should learn<sup>2</sup>.

1. A Parent's Guide To Kidsafe Homes, Kidsafe (2020)

2. Tripple Zero Kids' Challenge, kids.triplezero.gov.au, (2020)

## 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 about the rules you have at home to keep everyone safe in different areas of the home and yard, and with medicines.



### Doing:

**In an Emergency Poster:** Make a poster to go on the fridge that reminds everyone of how to call 000 and what to say.

**Noticing what is not safe:** Have your child stand with you in a familiar environment and notice potential hazards or unsafe items. (kitchen: water on the floor, hot kettle, sharp knives etc).



**More:** 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](#)

## What did you learn?

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

#lifeed #healthyharold

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