

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, we've been empowering children to make safer and healthier choices for over 45 years.

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?

Harold's Online World is a unique learning experience which teaches children about:

- The importance of staying safe through interactive scenarios
- How to be respectful both online and offline
- How to seek help and identify trusted adults who can provide support
- Different technologies and strategies for promoting healthy and safe use

Why is this module important?

According to the eSafety Commissioner's 2022 Mind the Gap study:*

- Six in ten children (63%) have experienced something online that has bothered or upset them in the past year.
- Almost two-thirds (62%) of young people aged 14 to 17 said they have been exposed to potentially negative user-generated content online.
- 45% of surveyed children reported that they have been treated in a hurtful or nasty way online.
- Six in ten children (55%) have been in contact with someone they first met online.
- One in eight children (11%) have sent a photo or video of themselves at least weekly to someone they have never met face-to-face.

* eSafety Commissioner (2022). Mind the Gap: Parental awareness of children's exposure to risks online, Aussie Kids Online, Melbourne: eSafety Commissioner.

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 some of the apps and games you like to use and play online? At school? At home?
- What strategies are you using to keep yourself safe online?
- Let your child know that they can trust you, and you are there to listen to them.?



Doing:

Staying safe online: Create a set of agreed upon household expectations for using technology (time limits, age-appropriate apps and games, limited technology before bed)

Technology-free zones: Create spaces in your home that are technology free.

i.e; No technology in bedrooms or bathrooms.



More: Check out these resources.



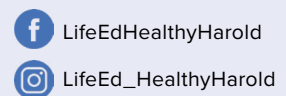
[What your child will learn](#)



[Family tech tips](#)



[Supporting your child online](#)



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