



Reaching kids when it counts.

Primary program overview.

LifeEd.
South Australia



It's tough for today's primary teachers.

Feeling under resourced and overstretched? You're not alone.

Emerging challenges are placing greater demand on our educators.

Young people are facing more threats than ever before, making it a race to reach them with the right messages before they face their first encounter unprepared.

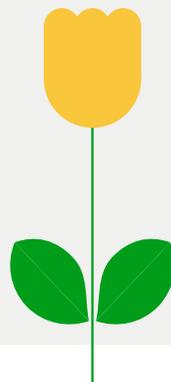
Coupled with the broad scope of learning needs in the contemporary cohort, there's increased pressure placed on a single educator striving to support each child to thrive.

At Life Ed, we support you to deliver the crowded curriculum by covering the complex topics and tailoring plans to meet your students' specific needs in and beyond the classroom — whatever they may be.

Immersive learning leaves no student behind.

Interactive and engaging, our programs are designed to provide all students with an experience they respond to in the moment and remember for years to come.

Life Ed's immersive programs engage students with varying learning needs, including anxiety, trauma, neurodiversity and those from different cultural backgrounds. With a focus on encouraging effective communication, and building confidence, resilience and critical thinking skills, we cultivate a positive, productive learning atmosphere.



“It’s a great way to support in-class learning and I think it helps them remember and understand because it’s hands on and in a different environment. It’s practised, proven, Life Ed has all the resources and there’s minimal prep work.”

Modules for your most immediate needs.

Whether it’s embedding respect, addressing bullying or navigating puberty, we can work with you to build your own Life Education program to address your class’s most immediate needs.

Our modules are all evidence based, curriculum aligned, and State Government approved, ensuring you can outsource specific learning to our qualified educators, supported by pre- and post-session resources to embed ‘living the lesson’ in the real world and at home.



Primary School

MODULE OVERVIEW

Social & Emotional Learning

Approved State Government wellbeing provider

Online & Personal Safety

Approved e-safety provider

Foundation

Harold's Friend Ship

- Relationships
- Managing emotions
- Safety strategies

Safety Rules!

- Tools to stay safe
- Caring for others
- Seeking help

Years 1 & 2

Growing Good Friends

- Attributes of a good friend
- Importance of wellbeing
- Strategies to seek help

Harold's Online World

- Managing screen time
- Understanding online risks
- Identifying trusted adults

Years 3 & 4

Friends & Feelings

- Emotional literacy
- Communication
- Emotional regulation

bCyber Wise

- Responsible behaviour
- Keeping safe online
- Reporting unwanted contact

Years 5 & 6

Relate Respect Connect

- Respectful relationships
- Safeguarding strategies
- Self-respect ourselves

Decisions

- Drugs
- Safety strategies
- Social norms and influences

Physical Health & Wellbeing

State Government funded drug education provider

My Body Matters

- Hygiene
- Nutrition
- Physical activity and sleep

Ready Steady Go!

- Nutrition
- Physical activity
- Wellbeing

The Inside Story

- Body systems
- Physical health
- Nutrition

Take A Breath

- Smoking and vaping
- Critical thinking
- Building resilience

Growth & Development

Approved State Government sexual health provider

Safe Kids, Safe Bodies (Stage 1)

- Early warning signs
- Anatomical names
- Body safety

Safe Kids, Safe Bodies (Stage 2)

- Practice safety strategies
- Safe/unsafe touch
- Protective behaviours

Body Safety

- Identify safe adults
- Recognise feelings
- Understand consent

Talk About It (Stage 1 & 2)

- Navigating relationships
- Thriving in puberty
- Discovering your self



Social and Emotional Learning Modules.

Harold's Friend Ship Foundation

- How to build friendships and care for others.
- Identifying and managing feelings and emotions.
- Recognising body clues that let us know when we could be unsafe.
- Safe people and places to seek help.

Growing Good Friends Years 1 & 2

- Identifying the qualities and attributes of a good friend.
- Recognise the importance of respectful relationships for wellbeing.
- Strategies to seek, give, or deny consent.
- People in our network who support and help us.

Friends & Feelings Years 3 & 4

- Developing emotional literacy.
- Practising assertive communication skills.
- Practising emotional regulation skills such as mindful breathing.

Relate, Respect, Connect Years 5 & 6

- How to respect ourselves and others.
- Characteristics of positive relationships.
- Strategies to form positive friendships.
- How to recognise, react and report unwanted contact, bullying and predatory behaviours.



Online and Personal Safety Modules.

Safety Rules Foundation

- Recognising safe and unsafe environments.
- Safe and unsafe situations and behaviours online.
- How to care for others.
- Places and people to go to for help.

Harold's Online World Years 1 & 2

- Recognising the importance of being safe online and offline.
- Identifying safe and unsafe situations online and trusted adults who can help.
- Identifying that different technologies are used for different purposes and enhance our lives.

bCyber Wise Years 3 & 4

- Keeping personal information safe online.
- How to recognise, react and report unwanted contact and potential predatory behaviours.
- Responsible and respectful behaviour when using communication technology.
- Exploring the role of bystanders.

Decisions Years 5 & 6

- Investigating the myths, facts and social norms of drugs.
- Understanding what drugs are and how they are classified.
- Strategies and skills to be safe.
- Influences on decision making (peers, family, media, culture, financial and legal).







Physical Health and Wellbeing.

My Body Matters

Foundation

- The importance of personal hygiene.
- Choosing foods that contribute to health, energy and growth.
- The benefits of physical activity and sleep.

Ready Steady Go!

Years 1 & 2

- Identifying how resilience and overcoming challenges can boost wellbeing.
- The benefits of physical activity.
- Behaviours that promote health and wellbeing.
- Strategies to manage feelings and emotions.

The Inside Story

Years 3 & 4

- The benefits of healthy food for health and energy.
- Function of the body systems: digestive, respiratory, circulatory and others.
- Factors that influence physical health, such as nutrition and exercise.
- Practising safe use of medicines.

Take A Breath

Years 5 & 6

- What are vapes and cigarettes?
- Physical, social, financial and health effects of cigarettes, e-cigarettes and nicotine.
- The comparisons and connections between e-cigarettes/vaping and the history of smoking.
- Strategies and responses that model assertiveness and resilience in challenging situations.



Growth and Development.

Protective Behaviours

Safe Kids, Safe Bodies (Stage 1) Foundation

- Learning about body rights and consent.
- Identifying early warning signs for when recognising unsafe situations.
- Anatomical names for private parts.
- Recognising the difference between private and public body parts.

Safe Kids, Safe Bodies (Stage 2) Years 1 & 2

- Exploring the difference between safe and unsafe touch / situations / secrets.
- Recognising the difference between private and public body parts / places / photos.
- Practising strategies for what to do in unsafe situations — real life and online.

Body Safety Years 3 & 4

- Recognising feelings and understanding the need to talk about our feelings.
- Identifying safe adults to report concerns to.
- Identifying the difference between public, personal and private body parts.
- Understanding consent and personal boundaries.

Body Safety, Body Changes Years 3 & 4

- Recognising physical responses that indicate feeling unsafe or uncomfortable.
- Understanding the difference between safe and unsafe touch, and secrets and surprises.
- Defining puberty and identifying the changes that can occur during puberty.

Relationships

Evolving Friendships Years 5 & 6

- Identifying healthy and unhealthy characteristics of friendships.
- Exploring and recognising emotions in self and others and how these impact relationships.
- Learning how to manage overwhelming feelings by implementing healthy coping strategies.

Navigating Relationships Year 6

- Exploring the nature of changing relationships (including romantic relationships).
- Identifying healthy and unhealthy characteristics of relationships and potential warning signs.
- Recognising the impact of relationships on personal wellbeing.
- Exploring personal rights, responsibilities, consent and boundaries.

Development**Welcome to Puberty****Years 5 & 6**

- Defining puberty as an important stage of human development.
- Learning about male and female reproductive organs and correct anatomical names.
- Identifying the physical, social and emotional changes that occur during puberty.
- Distinguishing between male and female changes during puberty.
- Identifying strategies and sources of help to respond to unsafe situations.
- Introduction to menstrual products.
- Learning about personal hygiene.

Thriving in Puberty**Year 6**

- Defining puberty and its significance in development for both boys and girls.
- Identifying male and female reproductive systems and their purpose.
- Exploring the physical, social and emotional changes that occur during puberty.
- Learning about menstrual products.
- Understanding the importance of personal hygiene.

Self-Identity**Who Am I?****Years 5 & 6**

- Defining the concept and components of identity.
- Considering how identity can be influenced by people and places.
- Examining the effects of self-talk and creating a positive sense of self.
- Discussing helpful vs harmful thoughts.
- Exploring the challenges with current messages young people are bombarded with.

Discovering Your Self**Year 6**

- Exploring the concept of developing identity including self-expression, independence and acceptance.
- Examining the importance of belonging and diversity.
- Understanding discrimination and appropriate responses to discrimination.
- Understanding differences between sex / gender / attraction.
- Confidence-boosting strategies.

Delivering your program.

Delivery designed to suit your class.

Life Ed's collaborative approach flexes around existing programs and students.

You have the power to choose the topics we deliver, how we connect with your students and when we visit.

We cater for classes ranging from several students to cohorts of several hundred, with a range of delivery

methods available to engage students and help them get the most of every module:

- In-class.
- In an inflatable popup.
- In the iconic Life Ed van.
- Live-streamed.
- Self-directed online.



Reaching kids when it counts.

Educating children before they are exposed to a particular issue gives them the best chance at making informed decisions.

This powerful truth underpins our module organisation, closely aligned to children's development and experiences.

We look forward to working with you to determine the topics that your class is facing now or may soon confront, helping build a tailored program that empowers safe and healthy choices.



Consent:

84% of students said they respected personal boundaries



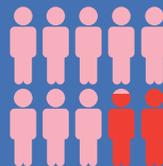
Peer pressure:

95% of students chose to speak up or suggested safer alternatives



Diversity and inclusion:

92% of students opposed exclusionary behaviour



Healthy

relationships:
82% of students promoted open, respectful communication



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Book your program