Program Overview



Physical Health | **Social & Emotional Wellbeing** | **Safety**

Early Years Learning Program

Harold's Healthy day.

Healthy habits for early learners

- Food and nutrition
- Important daily hygiene routines
- The benefits of sleep and exercise

Harold's Big feelings.

Big feelings and little connections

- Regulating emotions
- Building friendships and connections
- Help seeking skills

Super safe Harold.

Staying safe and seeking help

- Sun and water safety
- Car and road safety
- Safety around medications
- Cybersafety

NEW in 2026

Harold's Big school.

Exploring new beginnings and belonging

- Supporting big school transition
- Embracing change
- Encouraging independence
- Fostering belonging
- Practicing positive classroom behaviours

Harold's Body Boundaries.

My body belongs to me

- Personal space and that of others
- Strategies to give consent regarding their own bodies
- Public and private body parts
- Trusted adults

NEW in 2026

Harold's Safe screen time.

Building skills and becoming online aware

- Body clues and early warning signs when unsafe
- Help-seeking behaviours
- Safe use of devices
- Autonomy and making safe choices
- Ask, give and deny consent

Updated 04/2026

Program Overview



Physical Health | **Social & Emotional Wellbeing** | **Safety**

Junior Primary
Foundation/Kindergarten/Prep/Reception/Transition

my Body matters.
Everything your body needs for a healthy day

- The importance of personal hygiene
- Choosing foods that contribute to health, energy and growth
- The benefits of physical activity and sleep
- Protective behaviours to keep themselves and others safe

Harold's friend ship.
Friendships, feelings and body clues

- How to build respectful relationships
- Recognising and identifying emotions and body clues
- Strategies to manage different feelings and emotions
- Protective behaviours and help-seeking strategies

Safety rules!
Staying safe and seeking help

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

Junior Primary - Year 1 and 2

Ready steady go!
Healthy, active and resilient

- Identify 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

Growing good friends.
Nurturing respectful relationships

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

Harold's Online World.
Practising digital safety and wellbeing

- Recognises the importance of being safe online and offline
- Identifies safe and unsafe situations online and trusted adults who can help
- Identifies that different technologies are used for different purposes and enhance our lives
- Investigates strategies that promote healthy and safe use of technology

Program Overview

Physical Health | Social & Emotional Wellbeing | Safety

Middle Primary - Year 3 and 4

the Inside story.
Discovering a healthy active you

- 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

Friends & Feelings.
Social & emotional wellbeing

- Broadening and developing emotional literacy
- Identifying and practising assertive communications skills
- Practising emotional regulation skills such as mindful breathing
- Skills for building positive relationships with friends

bCyber Wise.
Digital literacy and staying safe

Trusted eSafetyProvider esafety.gov.au

- 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

Upper Primary - Year 5 and 6

take a Breath.
Smoking and vaping - your voice, your choice

- Understand the impacts of smoking and vaping on individuals and communities
- Understand the social norms around smoking and vaping in the community
- Apply critical thinking skills in relation to smoking and vaping
- Apply strategies that promote their safety and the safety of others

Relate Respect Connect.
Respectful relationships and wellbeing

- Understanding how to respect ourselves and others
- Identifying characteristics of positive relationships
- Strategies to help maintain positive online and offline relationships
- How to recognise, react and report unwanted contact, bullying or predatory behaviours

Think twice.
Alcohol and its effects

- Understand the the impacts of alcohol on individuals and communities
- Understand the social norms around alcohol in the community
- Apply critical thinking skills in relation to decisions about alcohol
- Apply strategies that promote their safety and the safety of others



Decisions.
Supporting you to make informed and safe decisions

- Understand factors that influence decisions making (family, peers, culture, laws etc)
- Understand the impacts of alcohol and other drugs on individuals and communities
- Apply critical thinking skills in relation to decisions about alcohol and other drugs
- Apply strategies that promote their safety and the safety of others

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