



Giving kids the life skills to
deal with the hard stuff



lifeedvic.org.au

Harold's **BIG** Assembly!



Life-Sized
Harold Visit

FREE
With your Life Ed Visit

Whole
School Experience

*Subject to mascot availability

Life Ed Victoria Program Matrix



**Body &
Health**



**Digital
Safety**



**Social Emotional
Learning (SEL)**



**Relationships &
Sexual Health**

Early Years	Harold's Healthy Day	Super Safe Harold	Harold's Big Feelings	Harold's Body Boundaries
Foundation	My Body Matters	—		Safe Kids, Safe Bodies
	Ready Steady Go		Harold's Friend Ship	
Year 1				
Year 2	Safety Rules	Harold's Online World	Growing Good Friends	Safe Kids, Safe Bodies
Year 3				
Year 4	The Inside Story	bCyberwise	Friends & Feelings	Body Safety
				Body Safety, Body Changes
Year 5	Take a Breath	—		Who am I Evolving Friendships Welcome to Puberty
Year 6	Think Twice		Relate Respect Connect	
	Decisions	—		Discovering Identity Navigating Relationships Thriving in Puberty Journey of Human Reproduction



SCAN HERE to download the Life Ed Victoria curriculum overview and see how our modules align to the **Victorian Curriculum 2.0**

Foundation, Year 1, Year 2



FOUNDATION

my Body matters.

- The importance of personal hygiene.
- Choosing foods for a healthy balanced diet.
- Benefits of physical activity and sleep.

60 mins



F - YEAR 1

Ready steady go!

- Identifying how our body reacts in new situations.
- Benefits of physical activity.
- What our body needs to be healthy including nutrition, water, and sleep.
- Safety strategies in different environments.

60 mins



F - YEAR 1

Harold's friend ship.

- How to build friendships and care for others.
- Feelings and emotions.
- People to turn to for help.
- Calming strategies.

60 mins



YEAR 1 - 2

Safety rules!

- Recognising safe and unsafe environments.
- How to care for others.
- Places and people who we can go to for help.

60 mins



YEAR 1 - 2

Harold's Online World.

- Discuss the concept of digital wellbeing and balancing online and offline activities.
- Identify safe and unsafe situations online.
- Recognise harmful content and how to report this.

60 mins



YEAR 1 - 2

Growing good friends.

- The role of relationships including friendships.
- The importance of kindness and showing care to others.
- The benefits of having positive relationships.
- Ways to make new friends and maintain friendships.
- How positive relationships benefit our health & wellbeing.

60 mins



FOUNDATION

Safe Kids, Safe Bodies

- Personal safety.
- Consent.
- Early warning signs.
- Trusted adults and strategies to keep safe.

60 mins



YEAR 1 - 2

Safe Kids, Safe Bodies

- Body rights and consent.
- Early warning signs.
- Safe and unsafe touch.
- Identify trusted adults.

60 mins

Year 3 - 4



YEAR 3-4

the Inside story.

- The impact food choices have on health and energy levels.
- Function of the body systems; digestive, respiratory, circulatory and others.
- Factors that influence physical health, such as nutrition, exercise and medicines.

90 mins



YEAR 3-4

bCyberWise.

- Keeping personal information safe online.
- Responsible and respectful behaviour online.
- How to report inappropriate behaviour and how to get support.
- Safe/unsafe people to engage with online.
- Ways to manage bullying and cyberbullying.

90 mins



YEAR 3-4

Friends & Feelings.

- Broadening and developing emotional literacy.
- Identifying and practising assertive communications skills.
- Practising emotional regulation skills such as mindful breathing.

90 mins



YEAR 3-4

Body Safety

- Body awareness.
- Body safety.
- Trusted adults.
- Consent.

60 mins



YEAR 4

COMING SOON

Body Safety, Body Changes

- Define puberty and identify the changes that can occur during puberty.
- Physical responses to feeling unsafe or uncomfortable.
- Understand the difference between safe and unsafe touch, and secrets and surprises.
- Practise protective behaviours.

75 mins



Contact us if you need any help selecting your modules!

Year 5 - 6



YEAR 5-6

Decisions.

- What drugs are and how they are classified.
- The effects of drugs on the body.
- Influences on decision making.
- Strategies to manage peer pressure.

90 mins



YEAR 5-6

Relate Respect Connect.

- Understanding how to respect ourselves and others.
- Strategies to help maintain positive online and offline relationships.
- Identifying characteristics of positive relationships.
- Explore how positive relationships benefit our health and wellbeing.

90 mins



YEAR 5-6

Think twice.

- Strategies to reduce the harmful effects of alcohol on themselves and others.
- Myths and facts surrounding the use of alcohol.
- Physical, social & legal consequences of alcohol use.
- Strategies for responding to peer pressure.

90 mins



YEAR 5-6

take a Breath

- What's in a cigarette or vape.
- The effects of nicotine on the body and brain.
- Drawing comparisons and connections between e-cigarettes/vaping and the history of tobacco smoking.
- Strategies and responses that model assertiveness and resilience in challenging situations.

90 mins



YEAR 5

Who am I?

- Components of identity.
- Celebrating uniqueness and diversity.
- How to recognise character strengths in themselves and others.
- What influences and shapes personal identity.
- The importance of self-talk.
- How stereotypes can be harmful.

60 mins



YEAR 5

Evolving Friendships

- To recognise emotions in themselves and others.
- Celebrating uniqueness and diversity.
- Characteristics of healthy friendships.
- Warning signs and unhealthy behaviour in friendships.
- Practice assertive communication strategies.

90 mins



YEAR 5

Welcome to Puberty

- The definition of puberty as an important change.
- Names of male and female external private parts.
- Basic male and female reproductive anatomy.
- Physical, social and emotional changes that occur during puberty.
- The importance of communication and hygiene.
- Sanitary product demonstration (pads and tampons).

105 mins

Year 5 - 6 cont...



YEAR 6

Discovering Identity

60 mins

- How and why a person's identity changes during puberty.
- What influences and shapes personal identity.
- How to recognise their personal values and strengths.
- Emerging concepts about body image, gender and attraction.
- The importance of self-care.



YEAR 6

Navigating Relationships

90 mins

- Positive characteristics of relationships and the nature of changing relationships (including intimate relationships).
- Strategies for dealing with unhealthy behaviours.
- Recognise impact of relationships on personal wellbeing.
- Practice self-regulation strategies.
- Role-play conflict resolution strategies.
- Explore personal rights and responsibilities.



YEAR 6

Thriving in Puberty

120 mins

- The definition of puberty in terms of lifespan.
- Basic female and male reproductive anatomy.
- Physical, social and emotional changes that occur during puberty.
- Strategies to deal with puberty changes.
- Where to seek help and find information.
- The importance of respecting personal boundaries and consent.
- Sanitary product demonstration (pads, tampons).



YEAR 6

The Journey of Human Reproduction

90 mins

- The social, emotional and legal consequences of intercourse, including the legal age of consent.
- The process of conception, foetal development and birth.
- That intercourse may result in pregnancy.

“I know more about consent. My goal is to ask for consent more often, when touching, high fiving and handshaking. Even when asking to give people a nickname.”

Student
St Albans Primary School

Program Pricing

Body & Health
Digital Safety
SEL

\$17.50 / student

Max 28 students / session

Minimum session prices apply

Learn more



Make a booking



Relationships &
Sexual Health

Prices per student

1 module : \$20

2 modules : \$36

3 modules : \$42

4 modules : \$48

Max 28 students / session

Minimum session prices apply

Learn more



Make a booking



Student & Teacher Feedback

“

The cyber-safety session re-iterated the students' understanding of how to be safe online and provided a safe space for students to talk about issues surrounding their personal cyber-safety.

”

Grade 6 Teacher
Westgrove Primary School



“

I learnt what the proper names of the male and female body parts are called and learnt about puberty.

”

Student
Pascoe Vale Primary School



“

I think for me it was important to learn how to say no to smoking / vaping and the dangers of it.

”

Student
Eltham North Primary School



Foundation

my Body matters.

Main Idea: Everything your body needs for a healthy day.

Learning Intention: Learning about how and why to keep our bodies clean and healthy.

Student Success Criteria: Students can name ways to keep the body clean, such as brushing teeth and washing hands. They can explain why staying clean and healthy is important. They can also describe healthy habits, including eating well, getting enough sleep, and being active.

Curriculum Links: VC2HPFP01, VC2HPFP02, VC2HPFP03, VC2HPFP07, VC2HPFM01, VC2HPFM03.

Foundation & Year 1

Harold's friend ship.

Main Idea: Friendships, feelings and body clues.

Learning Intention: Learning about how to build and keep strong friendships.

Student Success Criteria: Students can explain what makes a good friend. They can describe how to be kind and helpful to others. Students can also talk about how to work through problems in friendships and identify and understand different emotions.

Curriculum Links: VC2HPFP01, VC2HPFP03, VC2HPFP04, VC2HPFP07, VC2GPF01, VC2GPF02, VC2GPF03, VC2GPF04, VC2HP2P03, VC2HP2P04, VC2HP2P06, VC2CP2S01, VC2CP2S02, VC2CP2O02, VC2CP2O03, VC2CP2O04.

Year 1

Ready steady go!

Main Idea: Be your social, emotional and physical best.

Learning Intention: Learning about the importance of being active and looking after their health.

Student Success Criteria: Students can explain why being active is important for their body. They can name different activities that keep them moving and healthy. Students can also talk about how staying active makes them feel good.

Curriculum Links: VC2HP2P01, VC2HP2P04, VC2HP2M03, VC2CP2S01.

Years 5 & 6

take a Breath.

Main Idea: Smoking and vaping - your voice, your choice.

Learning Intention: Learning to understand what cigarettes and e-cigarettes are, along with the consequences associated with both tobacco smoking and vaping.

Student Success Criteria: Students can list some of the chemicals found in cigarettes and vapes, describe the consequences of smoking and vaping, discuss strategies for dealing with peer pressure and other influences, identify how attitudes and laws around smoking and vaping have changed over time and challenge common myths and facts.

Curriculum Links: VC2HP6P07, VC2HP6P08, VC2HP6P09, VC2HP6P10.

Years 1 & 2

Safety rules!

Main Idea: Staying safe and seeking help.

Learning Intention: Learning about the safety rules they need to follow at school and in the community.

Student Success Criteria: Students can identify people who can help in unsafe situations, explain what an emergency is and when to call 000. Students can confidently re-enact how to call 000 in an emergency.

Curriculum Links: VC2HP2P04, VC2HP2P05, VC2HP2P06, VC2HP2P07, VC2CP2S01, VC2CP2S02.

Years 1 & 2

Harold's Online World.

Main Idea: Practising digital safety and wellbeing.

Learning Intention: Learning about safe a respectful ways to be online.

Student Success Criteria: Students can explain why it's important to stay safe online. They can name ways to protect their personal information. Students can also describe how to be kind and respectful when talking to others online.

Curriculum Links: VC2HP2P03, VC2HP2P05, VC2HP2P06, VC2HP2P07, VC2TDI2S02, VC2TDI2D03, VC2TDI2D04.

Years 1 & 2

Growing good friends.

Main Idea: Nurturing our bodies and friendships.

Learning Intention: Learning how to build positive friendships and understanding how one's actions can affect others.

Student Success Criteria: Students can say what makes a good friend. They can describe ways to show kindness, include others, and solve problems calmly. Students can also explain how their words and actions can make others feel.

Curriculum Links: VC2HP2P02, VC2HP2P03, VC2HP2P04, VC2CP2S02, VC2CP2O03, VC2CP2O05.

Years 5 & 6

Think twice.

Main Idea: Alcohol and its effects.

Learning Intention: Learning about the effects of alcohol on the body and how to make responsible decisions.

Student Success Criteria: Students can explain how alcohol is digested, absorbed, and removed from the body, discuss the effects and potential harms of alcohol, and demonstrate strategies for resisting peer pressure in alcohol-related situations.

Curriculum Links: VC2HP6P07, VC2HP6P08, VC2HP6P09, VC2HP6P10.

Years 3 & 4

the inside story.

Main Idea: Discovering a healthy, active you.

Learning Intention: Learning about the structure of the body and understand ways to keep it healthy.

Student Success Criteria: Students can identify and label key body parts, accurately draw and label them with their functions, and explain how sleep, food, water, mindfulness, and movement contribute to the body's overall health and wellbeing.

Curriculum Links: VC2HP4P09, VC2HP4P10, VC2HP4M05, VC2HP4M07.

Years 3 & 4

Friends & Feelings

Main Idea: Social and emotional wellbeing.

Learning Intention: Learning to use their character strengths to support themselves and others.

Student Success Criteria: Students can identify their own character strengths and how to use them, recognise their own and others' feelings, discuss ways to solve problems with friends and manage difficult situations.

Curriculum Links: VC2HP4P02, VC2HP4P04, VC2HP4P06, VC2CP4S02, VC2CP4S03.

Years 3 - 6

everybody Cyber Wise.

Main Idea: Digital literacy and staying safe.

Learning Intention: Learning how to stay safe and be respectful digital citizens.

Student Success Criteria: Students can discuss ways to keep their personal information safe, understand which games and apps are appropriate for their age group, recognise and respond to unsafe or disrespectful online behaviours, and explain strategies to keep themselves and others safe online.

Curriculum Links: VC2HP4P02, VC2HP4P04, VC2HP4P05, VC2HP4P07, VC2HP4P08, VC2HP4P10, VC2TDI4S03, VC2TDI4D04, VC2TDI4D05, VC2HP6P07, VC2HP6P08, VC2TDI6S03, VC2TDI6D05, VC2TDI6D06.

Years 5 & 6

Decisions.

Main Idea: Supporting you to make informed and safe decisions.

Learning Intention: Learning to understand what a drug is and the effects of drugs on the body. They are also learning to make informed decisions to maintain their health, safety, and wellbeing.

Student Success Criteria: Students can define the term 'drug', classify and compare different drugs, and list the impacts that legal and illegal drugs have on the body and a person's life. They can identify key influences on behavior and choices, as well as ways to keep themselves and others safe.

Curriculum Links: VC2HP6P07, VC2HP6P08, VC2HP6P09, VC2HP6P10.

Years 3 & 4

Relate Respect Connect.

Main Idea: Respectful relationships and wellbeing.

Learning Intention: Learning to explore respect and develop an understanding of how to act respectfully to support healthy relationships with themselves and others.

Student Success Criteria: Students can identify signs of healthy and unhealthy friendships, brainstorm behaviors that are above the line and below the line, identify avenues of support available and create a respect campaign.

Curriculum Links: VC2HP6P04, VC2HP6P06, VC2HP6P08, VC2HP6P10, VC2CP6S02, VC2CP6S03.

Years 3 & 4

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Years 5 & 6

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Curriculum Links: VC2HP6P04, VC2HP6P06, VC2HP6P08, VC2HP6P10, VC2CP6S02, VC2CP6S03.

Relationships & Sexuality Education

Foundation

Safe Kids, Safe Bodies

Main Idea: Body safety and consent.

Learning Intention: Learning about body safety, including understanding personal space, private body parts, early warning signs, and knowing who to talk to for help.

Student Success Criteria: Students can explain what personal space is. They can name the private parts of the body using correct terms. Students can identify early warning signs and name trusted adults they can go to for help.

Curriculum Links: VC2HPFP02, VC2HPFP04, VC2HPFP05, VC2HPFP06, VC2CPFS01, VC2CPFS02.

Years 1 & 2

Safe Kids, Safe Bodies

Main Idea: Body safety, consent and responding to unsafe situations.

Learning Intention: Learning about body safety, consent, and how to stay safe.

Student Success Criteria: Students can talk about their personal space and how to keep it safe. They can name private body parts, notice how their body feels when they feel unsafe, and name trusted adults they can go to for help. Students also understand the difference between safe and unsafe touches and can practise what to do in unsafe situations.

Curriculum Links: VC2HP2P02, VC2HP2P03, VC2HP2P04, VC2HP2P05, VC2HP2P06, VC2CP2S01, VC2CP2S02.

Years 3 & 4

Body Safety

Main Idea: Staying safe, body boundaries and protective behaviours.

Learning Intention: Learning about body safety and how to recognise when something doesn't feel right.

Student Success Criteria: Students can name some early warning signs of danger. They can identify the private parts of the body and name trusted adults they can go to for help.

Curriculum Links: VC2HP4P02, VC2HP4P07, VC2HP4P08, VC2CP4S02.

Year 5

Evolving Friendships

Main Idea: Building healthy friendships.

Learning Intention: Learning about friendships and feelings, and how to use assertive communication to express ourselves and solve problems respectfully.

Student Success Criteria: Students can recognise feelings in themselves and others. They can name strategies to help cope with difficult emotions. Students understand what healthy friendships look like and can practise using assertive communication to solve problems.

Curriculum Links: VC2HP6P04, VC2HP6P06, VC2CP6S01, VC2CP6S02, VC2CP6S03.

Year 5

Who am I?

Main Idea: Identity, build self-worth, and appreciate diversity and resilience.

Learning Intention: Learning about identity, what impacts our sense of self, and what makes us similar to or different from others.

Student Success Criteria: Students can describe factors that influence their identity and understand that their identity is unique. They can also recognise their negative inner voice and name some strategies to manage it.

Curriculum Links: VC2HP6P01, VC2HP6P03.

Year 5

Welcome to Puberty

Main Idea: Puberty, body changes, and personal safety.

Learning Intention: Learning about puberty and the changes that occur during this important stage of human development.

Student Success Criteria: Students understand puberty as an important stage of human development. They can identify parts of the male and female reproductive systems and name some of the physical, social, and emotional changes that occur during puberty. Students can recognise early warning signs that alert them to potential danger and can identify trusted adults to go to for help.

Curriculum Links: VC2HP6P02, VC2HP6P06, VC2HP6P07, VC2CP6S01.

Year 6

Discovering Identity

Main Idea: Identity evolves through self-expression, culture, and diversity, body image, and belonging.

Learning Intention: Learning about what shapes a person's identity and how it can change over time.

Student Success Criteria: Students understand that identity is unique to each person and can change over time. They can explain what influences and shapes their identity.

Curriculum Links: VC2HP6P01, VC2HP6P03, VC2HP6P05, VC2CP6O01, VC2CP6O02.

Year 6

Thriving in Puberty

Main Idea: Puberty, personal boundaries, and managing changes with confidence and support.

Learning Intention: Learning about the social, emotional, and physical changes that happen during puberty and how these changes can affect our daily lives and relationships.

Student Success Criteria: Students can explain what puberty is and name the male and female reproductive systems. They can describe some changes that happen during puberty, notice when they feel unsafe, and know their personal rights. Students can also explain what to do and who to go to if they feel unsafe.

Curriculum Links: VC2HP6P02, VC2HP6P06, VC2HP6P07, VC2CP6S01.

Year 6

Navigating Relationships

Main Idea: Understanding relationships, identify healthy and unhealthy traits, and resolving conflicts respectfully.

Learning Intention: Learning about the nature of changing relationships, including romantic relationships, and how they can affect us.

Student Success Criteria: Students understand that relationships can change and affect their feelings. They know their personal rights and responsibilities within relationships and can identify strategies for dealing with unhealthy behaviours.

Curriculum Links: VC2HP6P04, VC2HP6P06, VC2CP6O03.

Year 6

The Journey of Human Reproduction

Main Idea: Human reproduction, from conception to childbirth, and the responsibilities of caring for a newborn.

Learning Intention: Learning about how a baby can be created and the process involved.

Student Success Criteria: Students understand that a sperm and egg must meet to create a baby. They can explain that a developing baby grows inside the mother's uterus and can name the different ways a baby can be born.

Curriculum Links: VC2HP6P02, VC2HP6P07.

Book now



Life Ed!
Victoria



More support for you.
More life skills for them.

Early Years Learning



SCAN TO BOOK

Primary School Program



SCAN TO BOOK

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