

LIFE EDUCATION VICTORIA Primary Modules



HEALTHY HAROLD LIVE

Whole School | 15 MIN

This experience is complimentary with an In-Classroom booking

Integrated into your school assembly, a life-sized Healthy Harold visits your students. This is a chance for the whole school to celebrate life skills learning together, with each class sharing its commitment to positive behaviour. Help students make memories – and share the photos with parents too!



MY BODY MATTERS

Foundation | 60 MIN

Harold and his friends want to look their best for photo day at school, but discover that things don't always go to plan. This module focuses on things children can do to keep themselves healthy including:

- the importance of personal hygiene
- choosing foods for a healthy balanced diet
- benefits of physical activity and sleep
- ways to keep safe at home, school and in the community



HAROLD'S FRIEND SHIP

Foundation / Year 1 | 60 MIN

After building a model spaceship at school, Harold and his friends, Boots and Red venture into an imaginary world in outer space. As the adventure unfolds children explore:

- how to build friendships and care for others
- feelings and emotions
- safe and unsafe situations and early warning signs
- safe places and people to turn to for help



READY, STEADY, GO

Year 1 | 60 MIN

Harold and his friends are ready for their big race at the school athletics carnival. Or are they? When one member of their relay team doesn't show up, what will they do? This fun, engaging narrative provides opportunities to discover:

- benefits of physical activity
- safety strategies in different environments
- how our body reacts in new situations
- what our body needs to be healthy including a nutritious diet, water and sleep



SAFETY RULES

Year 1 / Year 2 | 60 MIN

Harold and his friends have gone camping, but when someone gets injured on a hiking expedition, how will they look after each other and make it back to camp? This module helps children to problem solve and focuses on:

- recognising safe and unsafe environments
- how to care for others
- behaviours that maintain friendships
- places and people who we can go to for help



GROWING GOOD FRIENDS

Year 2 | 60 MIN

Harold battles to figure out what to give his grandma for her birthday, until his friends, Boots and Red step in and offer some good ideas. This animated story takes us to familiar surroundings where students can:

- explore what health messages mean
- identify safety signs
- recognise how physical activity and nutrition contribute to a healthy lifestyle
- explore how positive relationships benefit our health and wellbeing





ALL SYSTEMS GO

Years 2 - 4 | 90 MIN

Inside a futuristic machine 'The Venture', the Captain and his crew take the class on a tour of the human body. Travelling through the blood, the class explore and discover how magnificent the human body really is. They learn the functions of various body parts and the actions required to keep these systems working well.

- factors that influence the function of body systems such as exercise and drugs
- exploring ways to manage peer pressure
- the effects of second hand smoke
- the function of vital organs (heart, lungs, brain, kidneys)
- healthy food choices



BCYBERWISE

Years 3 - 5 | 90 MIN

This module focuses on cybersafety, cyber ethics and building positive relationships with friends online and offline. The students explore a range of issues such as password security, risks of sharing personal information, how to communicate respectfully both online and offline, and strategies to handle bullying including cyberbullying.

- responsible and respectful behaviour when using communication technology
- skills for building positive relationships with friends
- keeping personal information safe online
- strategies to deal with bullying and cyberbullying
- exploring the role of bystanders



MIND YOUR MEDICINE

Years 3 - 4 | 90 MIN

Using a friendly game show format Mind Your Medicine develops students' understanding of medicines and their safe use, positive communication, strategies for managing conflict, stress, and bullying and explores how feelings influence the choices that we make.

- factors that influence someone's sense of self-worth
- techniques for effective communication
- identifying the impact of different factors on health and wellbeing
- strategies for managing stressful situations
- medicines as drugs & the consequences of their misuse



ON THE CASE

Years 5 - 6 | 90 MIN

Join Mac McHardy, a time travelling detective, and his sidekick 'Conan' as they gather evidence to persuade McHardy's great, great granddaughter not to take up smoking. Set in a fantasy world of futuristic steam powered machines, students travel through time, collaborate and explore:

- what's in a cigarette
- effects of smoking
- history and laws
- myths and facts
- influences and pressures
- strategies to reduce harm



THINK TWICE

Years 5 - 6 | 90 MIN

Using distinctive animated and vox-pop videos, this module tackles the topic of drinking alcohol in an age appropriate context. Students explore concepts such as the effect that alcohol has on body systems, myths and facts about alcohol, laws relating to its sale and reasons why people choose not to consume alcohol.

- myths and facts surrounding the use of alcohol
- strategies for responding to encouragement or pressure to drink
- physical, social & legal consequences of alcohol use
- strategies to reduce harmful effects of alcohol on self and others



DECISIONS

Years 5 - 6 | 90 MIN

This module offers a choice of content on legal drugs or legal and illegal drugs. Students explore the decision making process and improve decision making skills by looking at choices, consequences, responsibility, facts, and influences.

- what is a drug and how drugs are classified
- effects of drugs on the body
- analysing health messages about drugs in the media
- messages around non-use – normative data – dispelling myths
- influences on decision making – family, peers, media, culture, financial, legal
- strategies and skills to be safe





RELATE RESPECT CONNECT



Years 5 - 6 | 90 MIN

A unique, contemporary module that explores building positive, safe and respectful relationships. Presented via a series of fictitious vlogs that resonate with young people moving through upper primary school and beyond this module focuses on:

- understanding how to respect ourselves and others
- identifying characteristics of positive relationships
- strategies to help maintain positive online and offline relationships
- strategies to respond to unsafe or disrespectful situations online and offline
- the importance of relationships to our own and others wellbeing

Additional Programs

(to be booked separately)

SEXUAL HEALTH (7 modules)

Years 5 - 6 | 60-120 MIN

'Talk About It' helps kids navigate puberty, sexual health and relationships. 'Talk About It' is designed to help support students explore the concept of identity, develop safe and respectful relationships, and understand and manage the physical and emotional changes that occur during puberty.



With strong links to a child's social and emotional wellbeing, understanding the changes happening to them is vital. Providing children with the skills they need to navigate this confusing time and to build respectful relationships, will support their wellbeing both now and into the future.

Talk About It is a sensitive and age-appropriate personal development program for students in primary school that focuses on:

- Identity
- Diversity and inclusivity
- Puberty changes
- Protective behaviours and hygiene
- Consent
- Managing peer pressure
- Building and maintaining healthy relationships

STUDENT AGENCY PROGRAM

Years 5 - 6 | 10 WEEKS

'Healthy Harold Heroes' is a pioneering innovative student agency program. This is a deep engagement term long program (1 hour per week) where students learn how to research, develop and implement a campaign for their school based around a health and wellbeing issue relevant to their school community.

The students develop a challenge-based campaign for their peers and school community with a focus on student driven change. This program is designed to:

- Amplify Students Voice
- Amplify Learner Agency
- Build Teacher Capacity



For more information on all these programs head to:
www.lifeedvic.org.au/schools

