



Empowering our children and young people to make safer and healthier choices through education.

Parent Information

For more information, visit our website.

www.lifeeducation.org.au/parents/



The Parent hub provides further information:

- ✓ How Life Education supports your child’s health
- ✓ Explore the Life Education program modules with your child
- ✓ Program modules and their alignment to the Australian Curriculum
- ✓ Healthy eating and being active
- ✓ Social and emotional health
- ✓ Lunch box ideas
- ✓ Plus more...

Parents

Our online parent resources allow parents and carers to continue this learning in the home and outside of the classroom.



Our Modules

Explore the Life Education program modules with your child.



Additional Resources

Information and Resources for Parents.

[VIEW OUR RESOURCES](#)



Latest News

Latest articles for parents

[READ MORE](#)

Resources for Parents

Browse our wide range of articles and modules for parents. You can also filter by topic and year!

I'm looking for for [FILTER](#)



Getting the kids moving together

According to the national guidelines, school-age kids should get at least an hour of exercise every day.

[VIEW RESOURCE](#)



Helping create healthy habits in kids

According to media reports recently, results of the soon to be released NSW Schools Physical Activity and Nutrition Survey indicate more than a fifth of Australian children are overweight or obese

[VIEW RESOURCE](#)



The busy parents' guide to keeping your kids safe online

Parenting in the digital age is definitely not easy. In fact, it can be really hard. So let's make the journey a little easier and share our know-how and experiences.

[VIEW RESOURCE](#)

