

Today, your child participated in Life Ed's module:



Life Ed is Australia's largest and most trusted provider of preventive health education to school children. Along with Healthy Harold, our giraffe mascot, Life Ed has been empowering children to make safer and healthier choices for over 40 years. On average, we reach 700,000 children annually. Our educators reach students across Australia via mobile classrooms, pop-up classrooms, and via virtual and online lessons and resources.

This flyer will tell you what they learned today and how you can help them apply their new knowledge.



Physical
Health



Social &
Emotional
Wellbeing



Safety

What is it about?

Growing Good Friends focuses on Harold and his friends making a veggie garden for his Gran's birthday. It's a fun, interactive learning experience, in which students investigate the importance of respectful friendships and the benefits they have on our wellbeing. This includes recognising the qualities of a good friend, showing care and concern for others, and practising ways to respectfully ask, give or deny consent to keep ourselves safe.

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

Why is this module important?

- School is a time when children start to make independent choices about their lifestyles. It's important to teach young people, including little kids, about consent and their bodies as young as possible¹.
- Children's friendships are closely associated with children's positive well-being. Children who enjoy close friendships are more likely to experience higher levels of happiness, life satisfaction and self-esteem².

1. Carter (2023), University of Sydney; *How do we effectively teach sexual consent?*
2. Holder & Coleman (2015), *Children's Friendships and Positive Well - Being*

What's next?

Your child's teacher has online lessons they will use in the classroom to continue their learning.

You can support this at home by:



Talking:

- What have they done to be a good friend to someone else this week?
- How did someone else demonstrate that they were a good friend?



Doing:

Helper Network Hands: Trace around your child's hand and help them to identify five people in their 'safety network' – the people they can get help from if they are worried or feeling unsafe.



More:

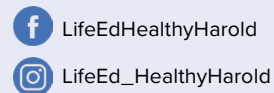
[How to respectfully disagree](#)



What did you learn?

Draw OR write what you learnt below, then share a picture with us!

#lifeed #healthyharold



LifeEdHealthyHarold

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