

**Inquiry into improving the delivery of respectful relationships and sex education relevant to use of technology in Queensland State Schools (August 2017)**

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Life Education, a not for profit organisation, has been providing schools throughout Australia with health education programs for over 35 years. In the 2016/17 financial year we delivered to in excess of 215, 400 students across Queensland in our health and drug modules, of which there are 13 in the primary school (Appendix A), four at secondary school level (Appendix B) and three in Early Learning (Appendix C). These figures included 32, 235 in our sexual health program Talk About It (Appendix D). The demand for our services is growing with a 12.6% rise on the previous year. This highlights the call for increased health education from all school age sectors.

The Talk About It program was developed in 2014 with funding from Queensland Health, in response to the growing need for education in reproductive health, relationships and identity. Currently sessions are facilitated throughout South East and Far North Queensland from Years 5 to 12. Requests for our services have increased since the program's inception as schools acknowledge their deficiency in:

- Breadth of teacher knowledge
- Comfort level of subject delivery
- Difficulties engaging students in this often sensitive and controversial subject area
- Time availability

Our most requested sessions are puberty in the primary and lower secondary, relationships over all year groups and reproductive health incorporating consent and contraception.

Life Education educators have the necessary background skills and are comprehensively trained to deliver the program in a safe, non-threatening environment which is conducive to student involvement and optimal learning outcomes. Our modules are aligned to the Australian Health and Physical Education curriculum, allowing schools to recognise when they have met the relevant content descriptors. The in class facilitation is complimented by teacher and student resources, recognising the need for ongoing education. Additionally we provide parent sessions allowing an understanding of the session content and assistance to continue their child's education in this area.

For most young people, relationships are viewed as connections or interactions between two people, namely a male and a female, overlooking the more comprehensive definition. Understanding the qualities that encompass any relationship, respect, equality, communication, trust and freedom, is fundamental to any interactions students have and enables critical and respectful use of technology.

When booking our program, schools indicate their concerns regarding the:

- Internet, being the first point of call for students, and often providing inaccurate information
- general use of technology as methods of developing relationships and/or student perceived self-worth
- inability to differentiate between reliable and unreliable online sources of information
- emphasis on physical appearance and meeting the unrealistic images portrayed in the media and online
- lack of knowledge surrounding laws related to online use

In response to these concerns Talk About It incorporates the utilisation of technology in the following contexts:

- Public vs private identities: How do we allow others to see us? The difference between an online and face to face relationship.
- Consent: The importance of giving permission in any situation.
- Digital footprint: The permanency of uploaded images and information.
- Laws
- Sexting
- Pornography
- Links with societal expectations and body image, highlighting the importance placed on physical appearance and its role in developing relationships

In addition to the Talk About It program and as a registered provider with the eSafety Commission, <https://www.esafety.gov.au/education-resources/voluntary-certification-scheme/find-an-online-safety-program/queensland>, we deliver programs in cybersafety to primary schools throughout Australia. Life Education recognises that early intervention in this space is critical to responsible use of technology. Education in the younger age groups will ensure more responsible and respectful use of technology in the ensuing years. In response to requests from schools, we are currently developing a new respectful relationships module to service the upper primary years from 2018.

When looking forward, delivery in sexual health education and respectful relationships must be seen as an integral part of personal development for children. It is important to move past the discomfort felt when dealing in this realm and address the needs of young people so they move through puberty and the ensuing stages of their lives informed and comfortable to communicate their needs and concerns.

Delivery must be in the context of:

- A whole school approach
- Current knowledge
- A developmental program progressing from the Early Years
- Having access to knowledge prior to being faced with life changes and decisions
- The suitability of the facilitator to impart knowledge and provide a non-threatening learning environment
- Incorporation of parental involvement

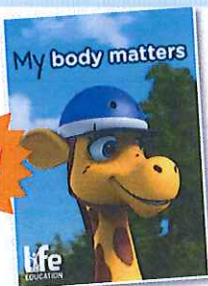
As sex education has been such a contentious issue for many years it will be a slow process to ensure students are armed with the skills to navigate their way through the stages of their lives. The aspects of respectful relationships and the use of technology are fundamental concepts in providing a holistic approach, and must be included throughout the curriculum, starting in the early years.

Life Education is committed to empower young people to make safer and healthier choices through education, and in so doing prepare them for their future lives. With this in mind our program is regularly updated to meet the needs of our progressive society.





# LIFE EDUCATION PRIMARY MODULES



## MY BODY MATTERS

Foundation

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

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
- how nutrition and physical activity affects how we think and feel
- safe and unsafe situations and early warning signs
- safe places and people to turn to for help



## READY, STEADY, GO

Year 1

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

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
- how good nutrition and physical activity contribute to social and emotional health
- behaviours that maintain friendships
- places and people who we can go to for help

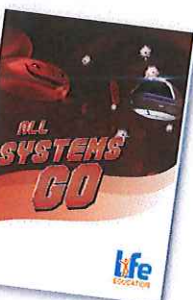


## GROWING GOOD FRIENDS

Year 2

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



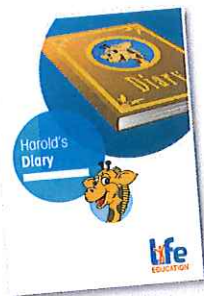
## ALL SYSTEMS GO

Years 2 - 4

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



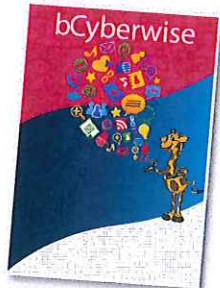


## HAROLD'S DIARY

YEARS 3 - 4

Harold offers to share with the class his diary entries about one week at school. This platform provides the opportunity to explore relationships and friendships, influences on food choices, benefits of physical activity and the definition of a drug.

- emotions connected with new situations and change
- importance of friendships and support networks
- exploring legal drugs such as medicines and caffeine
- strategies to manage peer pressure and bullying
- benefits of an active life-style and healthy diet



## BCYBERWISE

Years 3 - 5

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 - 5

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

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

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



## IT'S YOUR CALL

Years 5 - 6

This session focuses on improving students' decision making skills by looking at choices, consequences, responsibility, facts, information and influences. Peer influence, cyber safety and cyber ethics are themes used to explore decision making.

- exploring the decision making process
- safe and appropriate use of communication technology
- short term and long term consequences of a range of legal drugs
- factors that influence decisions such as friends, family, media, and laws



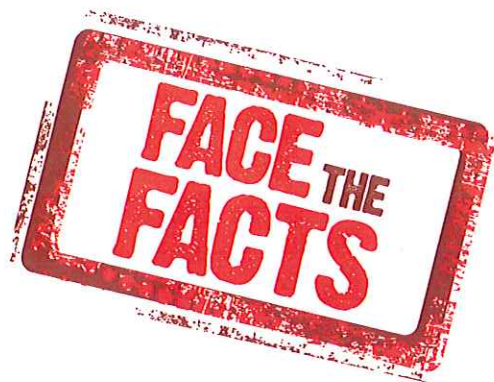
## DECISIONS

Years 5 - 6

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





# DRUG EDUCATION FOR SECONDARY STUDENTS

Drug education that impacts decision making and attitudes and empowers young people to make safer and healthier choices.

Face the Facts: **Alcohol, Tobacco, Cannabis and other Illegal Drugs**

## Covers

- Influences
- Myths and facts
- Short term and long term consequences
- Ways to stay safe
- Skills in problem solving and decision making
- Laws

## FTF offers schools

- A highly educational and interactive student centred learning experience
- Educators experienced in the delivery of drug education
- Flexible delivery
- On-line teacher resources
- Pre/post visit activities
- Australian Curriculum aligned content

**Contact us to assist in building workshops  
that meet the needs of your school.**

**"The Year 9's were thrilled to have another presenter who had expert knowledge. This allowed them to ask questions knowing the information they were receiving was accurate. One of the things I liked about the sessions was the interactive activities with the students. I would recommend Life Education to schools as the lessons are enjoyable and the messages are strongly delivered."**

Townsville State High School



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

[www.lifeeducation.org.au](http://www.lifeeducation.org.au)

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# Healthy Harold, Healthy Me

Life Education is the largest independent health education provider in Australia, offering quality education to preschool, primary and secondary school aged children.

Life Education believes that it is never too early to educate children about safe healthy lifestyles and wellbeing. Our vision is to have generations of healthy young Australians living to their full potential and is proud to offer a new program featuring Healthy Harold, our lovable giraffe mascot, to preschool children around the nation.



BEING SAFE



Life Education supports children's learning and development for a healthy lifestyle through the opportunity to engage in *Healthy Harold, Healthy Me*, a play-based, experiential and interactive learning experience related to health, safety and building relationships in their everyday lives.

BECOMING HEALTHY



### 3 Modules Delivered in your Centre in 2 Flexible Formats:

- Cyclical basis (1 module per year over 3 years)
- Your choice of preferred module
- Sessions run for 45-60 minutes
- Recommended 15-20 children per session
- Option to run 2 or more sessions in 1 visit
- Affordable program cost

BELONGING & CONNECTING



This one-of-a-kind, innovative program embeds key components of all the Early Years Learning Framework Outcomes and Principles, and also incorporates the requirements of the National Quality Framework and National Quality Standards.

## Our Program

Each module in the program offers a variety of engaging learning experiences, catering for the interests and learning styles of all children.

### Our Program Includes:

- Sessions delivered by trained Life Education Educators
- Puppetry with Healthy Harold
- Activity Display Board
- Engaging Banner Scene Backdrop
- *Healthy Harold, Healthy Me* App download
- Storytelling
- Animations / Big Book
- Music & Movement
- Interactive Play / Games
- Questions & Discussions

Life Education will also provide you with Pre, Post and Take Home Activities as supporting resources, ensuring ongoing growth and education will be shared between educators, parents and students in both the classroom and home environments.

*To invite Life Education & Healthy Harold to your centre,*  
please contact us at [www.lifeeducation.org.au/preschool](http://www.lifeeducation.org.au/preschool)





PUBERTY

CULTURE

## Compelling Content

At Life Education, we understand the need for sexuality education to be delivered appropriately. We also understand that schools may need support with some topics more than others. Our program will offer a diverse range of content from which schools can choose.

This includes:

## Breaking New Ground

For 35 years, Life Education has partnered with schools in the delivery of health and drug education.

We are now excited to announce the launch of a new, innovative **Sexual Health and Relationships program** called 'Talk About It'. This initiative is in response to a strong demand from Queensland schools for support in the delivery of sexuality education, a significant focus in the new national curriculum.

'Talk About It' has been developed to support the new Australian Curriculum. The strength-based activities are designed to explore contextual factors influencing sexual and social health and provide an appropriate learning environment to 'Talk About It'!

Delivered separately to our existing health education modules, this program will be facilitated by specialist sexual health educators, working in partnership with your classroom teachers.

**Developed with the support of Queensland Health, this ground-breaking program is:**

- aligned to the new Australian Curriculum
- age appropriate
- flexible to meet student needs
- tailored to the schools' ethos
- delivered in your classroom, not in the Mobile Learning Centre
- a model of evidence-based best practice.

## A Whole School Approach

We know that the Life Education program is most effective when it is integrated into a **whole school approach to health education**. That's why we're offering your school a comprehensive support system to help your students make informed choices for a safer, healthier life.

**Our support can include:**

- pre-visit with a Life Education sexual health educator
- presentations to staff or P&C
- the option of one session or multiple sessions delivered by Life Education in the classroom
- pre and post visit activities for classroom teachers to implement
- parent information session
- online teacher, student and parent resources.



## PUBERTY

social, emotional and physical changes associated with puberty  
coping with change and accessing support

## HEALTHY RELATIONSHIPS

discuss factors that influence how people interact  
explore healthy ways of interacting and working together

## VALUING DIVERSITY

explore the influences on personal and cultural identity

investigate and reflect on valuing individual and cultural diversity

"We live in an increasingly sexualised society and sex education in schools is increasingly important to help young people make sense of this."

Professor Anthony Smith - La Trobe University