Online safety: Health and Physical Education

Health and Physical Education

The Australian Curriculum: Health and Physical Education (HPE) provides opportunities for students to develop abilities to access, evaluate and synthesise information and take positive action to protect, enhance and advocate for themselves and others. Students are supported to build, engage with, and manage online environments, through the development of personal, behavioural, social and cognitive skills and strategies, to promote a sense of personal identity and wellbeing.

As media continues to transform our lives and change the way we communicate, students will continue to require, acquire and use critical inquiry skills to research, analyse and understand the influences on their own and others' health, safety and wellbeing.

Website links

Be Secure (Lower/middle Primary) https://www.esafety.gov.au/educators/classroom-resources/be-secure

Hector's World Cyberbullying (Lower Primary)
https://www.esafety.gov.au/educators/classroom-resources/hectors-world/cyberbullying

Protective behaviours – Keep it sweet online (Primary)
https://www.esafety.gov.au/sites/default/files/2019-09/Keep%20it%20Sweet%20Online%20-%20dealing%20with%20unwanted%20contact.pdf

YeS Project (Secondary) https://www.esafety.gov.au/educators/classroom-resources/yes-project

Seeking support https://www.esafety.gov.au/key-issues/esafety-guide

No sending nudes https://vimeo.com/264915493

Emily's story (sharing nude photos) https://www.esafety.gov.au/key-issues/image-based-abuse/stories/emily

Kate's story (sharing nude photos) https://www.esafety.gov.au/key-issues/image-based-abuse/stories/kate

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Values, rights and responsibilities

Health and Physical Education - Years 1 and 2

Communicating and interacting for health and wellbeing
Content descriptions with elaborations:
Identify and practise emotional responses that account for own and others' feelings (ACPPS020)
- recognise own emotions and demonstrating positive ways to react in different situations identify the body's reaction to a range of situations, including safe and unsafe situations, and comparing the different emotional responses
- predicting how a person or character might be feeling based on words they use, their facial expressions and body language

understanding how a person's reaction to a situation can affect others' feelings

Wellbeing

Health and Physical Education - Foundation Year

Being healthy, safe and active
Content descriptions with elaborations:
Identify people and demonstrate protective behaviours and other actions that help keep themselves safe and healthy (ACPPS003)
- identifying different relationships, they have with people and which of these relationships make them feel loved, safe and supported
- suggesting safe places at home, at school, while playing or while shopping and identifying what makes those places safe

Communicating and interacting for health and wellbeing
Content descriptions with elaborations:
Identify and describe emotional responses people may experience in different situations (ACPPS005)
- identifying and describing the emotions of people who are happy, sad, excited, tired, angry, scared or confused
learning and using appropriate language and actions to communicate their feelings in different situations
- recalling and sharing emotional responses to different situations and representing this in a variety of ways
talking about connections between feelings, body reactions and body language. • exploring how someone might think and feel during an emergency

Respectful relationships

Health and Physical Education - Foundation Year

Being healthy, safe and active
Content descriptions with elaborations:
Identify people and demonstrate protective behaviours and other actions that help keep themselves safe and healthy (ACPPS003)
- identifying different relationships, they have with people and which of these relationships make them feel loved, safe and supported
- suggesting safe places at home, at school, while playing or while shopping and identifying what makes those places safe

Communicating and interacting for health and wellbeing
Content descriptions with elaborations:
Practise personal and social skills to interact positively with others (ACPPS004)
- discuss how it feels to be included in activities
- accessing stories about characters who have been excluded from a group and discussing how the character could deal with the situation

Identify and describe emotional responses people may experience in different situations (ACPPS005)
- identifying and describing the emotions of people who are happy, sad, excited, tired, angry,

scared or confused
- learning and using appropriate language and actions to communicate their feelings in different situations
- recalling and sharing emotional responses to different situations and representing this in a variety of ways
- talking about connections between feelings, body reactions and body language. • exploring how someone might think and feel during an emergency

Digital media literacy

Health and Physical Education - Years 1 and 2

Being healthy, safe and active
Content descriptions with elaborations:
Practise strategies they can use when they feel uncomfortable, unsafe or need help with a task, problem or situation (ACPPS017)
- identifying and rehearsing strategies they can use when requiring assistance, such as asking an adult, reading basic signs and solving problems with friends
- locating and recording phone numbers of local organisations they can contact in case of emergency and rehearsing phone call to triple zero
- identifying situations that require the help of emergency services
- recognising photos and locations of safe places and a network of people who can help
- describing warning signs (physical, emotional, external) that can help them to know if they are safe or unsafe