Harold’s friend Possum holds a party in the park and invites the class and Harold to come along. The students use our realistic props to help Harold pack healthy picnic food, and on their way to the party respond to new situations and dilemmas around health and safety, presented on specially produced videos.

- ways to seek help from trusted adults
- the benefits of physical activity
- how to spot safe and unsafe behaviours and environments
- choosing healthy food options

In this session, the class take a mystery tour with Harold. An animated video magically introduces them to internal body parts such as the heart and lungs. They explore safety at the park and on the beach, and talk about how people feel in different situations.

- identifying the function of vital organs (heart, lungs and brain)
- recognising that a balanced diet and exercise promotes good health
- exploring strategies to manage feelings and emotions
- safety in public places
- recognising the safe use and storage of medicines

Harold’s friend Cocky has gone missing so, with help from the class, Harold starts an investigation. As junior detectives, the class investigate a range of health and wellbeing issues, centred around an interactive video search for Cocky.

- awareness of the basic needs to stay healthy and safe
- identifying safe and unsafe behaviours and environments
- knowledge of safe people and places to turn to for help
- how to help others
- exploring healthy food options

Harold recruits the class as the newest members of his Super-Hero Team. Free from distractions, the class become absorbed in tackling challenges such as exploring the effect of second hand smoke and identifying how to ‘fly to the rescue’ in an emergency.

- recognising safe and unsafe behaviours
- the effects of second hand smoke on the body
- awareness of the safe use and storage of medicines
- emergency procedures such as how to call 000
- healthy food choices

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 and kidneys)
- healthy food choices
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

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

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