Cyber Safety in the Health and Physical Education Curriculum

Student Edge offers online learning courses and in-class outreach sessions to help students navigate the challenges of life. We have a decade of experience in delivering life skills to students across the country, and as an accredited provider of online safety courses, per the Office of the eSafety Commissioner, we are uniquely equipped to teach students how to navigate the internet, digital environments and social media responsibly.

Our online and in-class **Cyber Safety** courses are closely aligned to the achievement standards and cross-curriculum priorities of the national **Health and Physical Education** curriculum, with the goal of helping students identify attitudes and values for a healthy lifestyle, as well as the promotion of social justice principles and personal responsibility.

We offer tailored courses for Primary (Lower and Upper) and Secondary cohorts. This document demonstrates how the different areas of our Cyber Safety courses, accompanied by in-class and online activities, have been mapped to the national Health and Physical Education curriculum.

Our courses are divided into five interlinked topics, all closely mapped to the priorities of the curriculum at each year level:

Privacy & Security*	Scams*	Digital Reputation	Cyberbullying	Stranger Danger
Students learn the difference between Privacy and Security, and the significance of each. Students also learn about Malware and Spyware, and how to identify them. *This is not covered in Primary outreach presentations.	Students learn about the different kinds of online scams, including 'phishing' scams and more, to encourage the assessment of online credibility. Students learn how to avoid scams and what precautions they can take to be safe in an online environment. *This is not covered in Primary outreach presentations.	Students learn what defines a digital reputation and the consequences of a 'poor' digital reputation, as well as its impact on relationships. Students learn guidelines about posting in ways that protects their digital reputation, and their relationship with others. Secondary only: Students learn about sexting and its consequences, as well as conducting responsible relationships in an online environment.	Students learn the meaning of cyberbullying, as well as the causes behind it, identifying different types of cyberbullying and encouraging empathy. Students learn how to seek help from cyberbullying and harassment, as well as conflict management and appropriate bystander behaviour.	Students learn the six stages of 'stranger danger', and skills to deal with challenging or unsafe situations. Students learn strategies to avoid 'stranger danger', as well as identifying and managing risky situations.

STUDENT EDGE

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	Being Healthy, Safe and Active	Communicating and Interacting for Health and Wellbeing
Pre-primary	Identify people and demonstrate protective behaviours and other actions that help keep themselves safe and healthy, especially in online environments. (ACPPS003)	Emotional responses individuals may experience in different situations. (ACPPS005)
Years 1 and 2	Identifying and rehearsing strategies they can use when they feel uncomfortable or unsafe in online environments. (ACPPS017)	Positive ways to react to their own emotions in different situations, and ways to interpret the feelings of others in different situations. (ACPPS019, ACPPS020)
Years 3 and 4	Strategies to remain safe in uncomfortable or unsafe situations, such as keeping calm, using appropriate non-verbal communication skills and seeking help, ensuring safety and wellbeing online. (ACPPS035)	Behaviours that show empathy and respect for others, as well as circumstances that can influence the level of emotional response to situations. How to assess accuracy and credibility of online information. (ACPPS037, ACPPS038, ACPPS039)
Years 5 and 6	How personal identities change over time. Strategies to manage change, and minimising and managing conflict. Criteria that can be applied to sources of information to assess credibility, and strategies that promote a healthy lifestyle such as being safe in an online environment. (ACPPS052, ACPPS053)	Skills and strategies to establish and manage relationships over time, assessing the impact of changing relationships on health and wellbeing, and dealing with bullying and harassment. How inappropriate emotional responses impact on relationships. (ACPPS055, ACPPS056)
Years 7 and 8	Developing and evaluating strategies on use of social media, phones and the internet to remain safe and protect and respect the privacy of self and others. Management of emotional and social changes through coping skills, communication skills, problem-solving skills and strategies. Help-seeking strategies for a variety of situations. (ACPPS071, ACPPS072)	The impact bullying and harassment can have on relationships, such as online relationships. Personal, social and cultural factors influencing emotional responses and behaviour. Identifying sources of health information that can support people who are going through a challenging time. (ACPPS074, ACPPS075, ACPPS076)
Years 9 and 10	Factors that shape identities and adolescent health behaviours. Skills to deal with challenging or unsafe situations. Actions and strategies to enhance health and wellbeing in a range of environments, such as identifying and managing risky situations. Impact of external influences on the ability of adolescents to make healthy and safe choices. (ACPPS089, ACPPS090, ACPPS091, ACPPS092)	Characteristics of respectful relationships, and respecting the rights and responsibilities of individuals in the relationship. Respect for personal differences and opinions, and empathy. Strategies for managing emotional responses and resolving conflict in a family, social or online environment. Skills to determine appropriateness and reliability of online health information. (ACPPS093, ACPPS094, ACPPS095)