



### LIFE ED TAUGHT US:

- The importance of respectful relationships
- Respecting ourselves and each other
- Maintaining positive relationships
- How to recognise, react and report unwanted contact, bullying or predatory behaviours



### FAMILY ACTIVITIES



### SET BOUNDARIES

Set safe boundaries for devices to ensure visibility. (no phones or iPads/tablets in bedrooms, or behind closed doors).

### SAFE, SECURE SETTINGS

Revisit safety and security settings on your families' laptops, PC's, iPads/tablets, and phones to ensure your children are using/viewing apps, websites, videos and content that is safe and age appropriate for their development.



PLEASE  
SHARE!

#lifeed #healthyharold

ACCESS  
FREE  
RESOURCES

