



# kids**helpline** @School

kidshelpline.com.au/school | 07 3867 1284 | school@kidshelpline.com.au

**FREE  
PROGRAM**

## For all primary schools Australia-wide

Kids Helpline @ School is a free program that connects a counsellor with your classroom via video link or phone.



Our sessions cover a wide range of topics such as managing emotions, resilience, friendship, cybersafety and more!

It's educational, fun and a free service for all primary schools Australia-wide!

# 97%

of teachers reported sessions were likely to have improved students' understanding of the topic discussed

"The sessions were excellent, all of the presenters tailored the material to the different age groups that we had timetabled. We loved the parts of the session that were interactive and the way that the presenters would give the kids breaks from just sitting and watching by walking around the room doing mini activities. Many students recited the Kids Helpline phone number to me spontaneously throughout the week following our sessions which I think is an excellent indicator of their engagement with the sessions and their ability to educate children in help seeking options." — Primary School Teacher

**In 2017,**  
Kids Helpline @ School had:

**24,221**  
primary school  
participants

**810**  
sessions

**220**  
schools

**Optus Digital  
Thumbprint**

with **kids**helpline****  
Anytime Any Reason



## Wellbeing

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# KIDS HELPLINE @ SCHOOL FAQs



## How are sessions run?

1. Book your session/s
2. Preparation meeting – content tailoring and test the technology
3. Session – facilitated by a Kids Helpline counsellor, as per the session plan and content discussed in the preparation meeting
4. Post session – feedback welcome and promo materials sent to school

## What are the benefits for teachers/schools?

- Access to externally run sessions designed to empower young people by recognising and developing their strengths/skills
- Building a safe relationship with counsellors to support student help-seeking
- Promote accessibility to Kids Helpline which is available to support students at any time (24/7) for any reason (via telephone/online services)
- Sessions can be tailored/personalised to better suit your school/class/students
- Topics are aligned with the Australian Curriculum and relevant to the current school environment
- Access to free, professional and educational/informational resources

## What are the benefits for students?

- Improving mental health literacy and emotional intelligence
- Promoting positive health and wellbeing
- Assisting students to develop greater resilience and self-efficacy
- Normalising and encouraging help-seeking behaviours
- Enhancing students' communication skills within interpersonal relationships
- Encouraging positive digital citizenship

## How much does it cost?

All sessions are FREE and you can book as many sessions as you like.

## What is the recommended session size?

Sessions are designed to accommodate up to 35 students.

## How long is a session?

Session duration is between 30 to 60 minutes, depending on the topic, student age group and class timetable.

## What technology is used to run sessions?

We will assist you to select, setup, learn and troubleshoot the technology available to your school prior to your session/s.

- Skype for Business
- Google Hangouts
- FaceTime
- Jabber/Movi Video Conferencing Software (available for SA Department of Education Schools)
- Cisco (Tandberg)/Polycom Video Conferencing Equipment
- eLearn (available for QLD Department of Education schools)
- Connected Classrooms (via Dart Connections available for NSW Public Schools)
- Centra (available for WA Department of Education schools)
- Zoom Video Conferencing

# KIDS HELPLINE @ SCHOOL

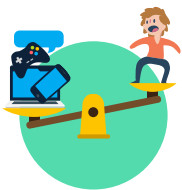
## Digital Topic Synopsis

Sessions are designed for class-size groups and are all evidence-based, contain fun, interactive components and may also include scenarios or videos to engage students in problem solving.  
**All of our sessions are aligned with the Australian curriculum and can be tailored to suit your class.**

## Optus Digital Thumbprint



with **kidshelpline**  
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### Balancing Life and Technology

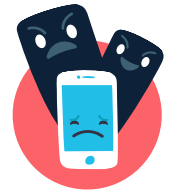
Understand the impacts of technology overuse  
on your body and mind

#### Learning intentions for students:

- Understand the impacts of technology overuse on your body and mind
- Understand technology addiction
- Know the warning signs of technology overuse
- Learn strategies to have a technology break

**Recommended for all primary school year levels**

### Cyberbullying



Be an online upstander and help make  
cyberspace a better place

#### Learning intentions for students:

- Understand what cyberbullying is (and isn't)
- Know what to do if you are being cyberbullied
- Learn to report cyberbullying and access help
- Know what to do if you are a cyberbullying bystander
- Understand why kids sometimes cyberbully

**Recommended for Grades 3 - 6**



### Digital Media Literacy

Critical thinking about online media messages

#### Learning intentions for students:

- Understand what the media is
- Explore intentions behind media messages
- Discuss the positives and negatives of the media
- Understand how to think critically about media messages

**Recommended for Grades 4 - 6**

### Digital Identity



Digital footprint and living up to your values online

#### Learning intentions for students:

- Explore your online identity
- Cultivate a positive digital footprint
- Critically explore how other people present themselves online
- Understand your online values
- Be a positive role model

**Recommended for Grades 4 - 6**

# KIDS HELPLINE @ SCHOOL

## Digital Topic Synopsis continued

### Optus Digital Thumbprint



with **kidshelpline**  
Anytime | Any Reason



#### Introduction to Kids Helpline

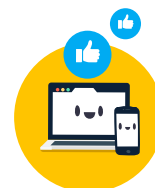
Help-seeking and accessing supports

##### Learning intentions for students:

- Meet a Kids Helpline counsellor
- Understand how to contact Kids Helpline for support
- Understand the role of Kids Helpline and counsellors
- Overcome barriers to help-seeking
- Normalise help-seeking

**Recommended for all primary school year levels**

#### Positive Use of Technology



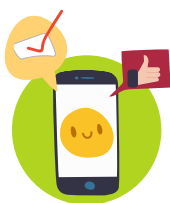
Appropriate internet use: online respect,  
responsibility and reputation

##### Learning intentions for students:

- Understand appropriate/sensible internet usage
- Learn the importance of making good choices online
- Strategies to be respectful and responsible online
- Understand your online reputation/digital footprint

**This session is ideal for classes who are being given  
laptops/iPads or are new to using technology at school.**

**Recommended for all primary school year levels**



#### Respectful Relationships Online

Respecting others and managing online  
boundaries

##### Learning intentions for students:

- Learn how to make good social decisions
- Understand how to create and maintain respectful friendships/relationships
- Manage online boundaries
- Improve assertive communication skills
- Be a positive role model

**Recommended for Grades 4 - 6**

#### Staying Safe Online



Digital literacy: protect your safety,  
privacy and security

##### Learning intentions for students:

- Understand online dangers and strategies to stay safe online
- Learn how to protect your online privacy by securing your games, apps, social media sites and passwords
- Know what to do when things go wrong
- Know who else can help

**Recommended for all primary school year levels**

# KIDS HELPLINE @ SCHOOL

## Wellbeing Topic Synopsis

Sessions are designed for class-size groups and are all evidence-based, contain fun, interactive components and may also include scenarios or videos to engage students in problem solving.

**All of our sessions are aligned with the Australian curriculum and can be tailored to suit your class.**



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### Being a School Leader

Role modelling leadership skills

#### Learning intentions for students:

- Understand the qualities of a good leader
- Know the difference between a good leader vs. being popular
- Know how to be a good role model to others
- Learn the importance of being a good follower and supporting your leader

**Recommended for Grades 5 - 6**



### Bullying

Bullying prevention and upstander promotion

#### Learning intentions for students:

- Understand what bullying is (and isn't)
- Understand different types of bullying
- Explore why children may bully others
- Know how to respond to bullying
- Know how to be an upstander
- Know where and how to access support

**Recommended for all primary school year levels**



### Developing Resilience

Bounce back and be emotionally strong

#### Learning intentions for students:

- Understand resilience and why it's valuable
- Practice resilience strategies - positive, perspective, problem solve and persevere
- Recognise personal qualities and achievements

**Recommended for all primary school year levels**



### Friendship

Healthy friendships and conflict resolution skills

#### Learning intentions for students:

- Learn how to make friends
- Know how to be a good friend
- Understand the difference between healthy/unhealthy friendships
- Practice conflict resolution strategies

**Recommended for all primary school year levels**

# KIDS HELPLINE @ SCHOOL

## Wellbeing Topic Synopsis continued



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#### Managing Emotions

**Mental health literacy and emotional self-regulation**

**Learning intentions for students:**

- Learn emotional self-regulation skills
- Learn “brain-basics” (psycho-education)
- Improve mental health literacy and wellbeing
- Know how to manage challenging emotions including sadness, anxiety and anger

**Recommended for all primary school year levels**



#### Safety

**Protective behaviours and help seeking**

**Learning intentions for students:**

- Understand your body’s “warning signs”
- Understand basic stranger safety
- Learn about safe and respectful touching
- Know when, where and how to get help

**Recommended for all primary school year levels**



#### Peer Pressure

**Assertive peer refusal skills and living up to values**

**Learning intentions for students:**

- Understand peer pressure
- Learn peer pressure management strategies
- Develop and practice peer refusal skills
- Develop and practice assertive language

**Recommended for Grades 3 - 6**



#### Transition to High School

**Coping with change and strengthening essential skills**

**Learning intentions for students:**

- Share and normalise common worries/concerns
- Know how to prepare for high school
- Review and rehearse strategies for making friends
- Know what to expect on your first day

**Recommended for Grade 6**