

ISV Member Schools' Social Emotional Learning Programs

Independent Schools Victoria does not endorse or guarantee programs or providers and encourages schools to conduct their own due diligence to ensure any program or provider aligns with their needs, values and compliance requirements. This is not a comprehensive list of social emotional resources; it comprises a range of organisations that some member schools have engaged.

You might also like to consult:

- ACER's comprehensive directory of student wellbeing programs designed to assist educators in selecting the most appropriate resources for promoting social, psychological and personal health in their learning community: [Search - Wellbeing Program Guide - ACER](#)
and/or
- the Victorian Government's Schools Mental Health Menu which describes programs and support with the opportunity to filter by cost, audience, location, etc <https://www.schools.vic.gov.au/schools-mental-health-menu-search>

Program	Description
Alannah & Madeline Foundation	<p>The Alannah and Madeline Foundation is an Australian nonprofit organisation dedicated to protecting children from violence and bullying, both online and offline. The Foundation provides a range of resources and supports for children and young people, emphasising prevention, early intervention, and empowerment, aiming to break cycles of violence and bullying. It works with schools, governments, and communities to build resilience in children while advocating for systemic change.</p> <p>Key programs and initiatives include:</p> <ul style="list-style-type: none"> • eSmart Schools: A flagship program helping schools create cyber-safe communities by teaching digital literacy, online safety, and responsible technology use. It provides frameworks for addressing cyberbullying, screen time management, and digital citizenship. • Dolly's Dream: Partnering with Dolly's Dream (established in memory of Dolly Everett, who died by suicide after cyberbullying), the foundation delivers anti-bullying workshops and resources to schools, focusing on kindness, respect, and bullying prevention. • Buddy Bags: Provides backpacks filled with essential items (books, toys, toiletries) to children entering emergency care due to family violence or trauma, offering comfort during crises. • Trauma Care Programs: Supports children recovering from trauma or violence through therapeutic interventions, counselling, and trauma-informed training for caregivers and educators. • Advocacy and Policy: Campaigns for legislative changes to protect children, including stricter online safety laws, anti-bullying policies, and improved support for victims of violence. • Cultural Safety Initiatives: Programs promoting inclusion and respect for First Nations children, ensuring culturally safe environments in schools and communities.
Aristotle EI	<p>Grounded in over a decade of scientific research and global school collaborations, Swinburne University's Emotional Intelligence (EI) program, known as Aristotle EI, is a globally recognised initiative aimed at enhancing emotional intelligence in schools. The Aristotle EI program is a comprehensive effort to create happier, healthier school communities by embedding emotional intelligence into everyday learning environments. The program - designed to build emotional recognition, expression, reasoning, and management skills - is developed and supported by the Centre for Human Psychopharmacology and focuses on fostering emotional competencies among students, teachers, and parents in a whole-school approach. It offers tailored lessons for different year levels. Activities are developmentally appropriate and aligned with students' needs with a view to:</p> <ul style="list-style-type: none"> • improving academic outcomes • enhancing personal resilience and wellbeing • strengthening interpersonal relationships • boosting leadership and sporting capabilities.

	<p>Units like "Teacher Wellbeing, Resilience, and Emotional Intelligence" equip pre-service teachers with strategies to support their own wellbeing and apply EI in educational settings.</p>
<p>Arrive and Thrive</p>	<p>Arrive & Thrive offers a range of career education services tailored for schools across Australia, focusing on helping high school students explore and prepare for their future careers.</p> <p>Designed for students from Year 7 to Year 12, school-based workshops cover topics such as:</p> <ul style="list-style-type: none"> • Career Curiosity • Career Design & Values • Morrisby Profile Understanding • Personal Branding & LinkedIn • Goal Setting & Habits • Resume Writing • Interview Preparation • Elevator Pitch Development <p>Self-paced Online Learning modules support students in:</p> <ul style="list-style-type: none"> • Building resumes • Crafting elevator pitches • Understanding their Morrisby career profiles. [Resources...e & Thrive] <p>Workshops and resources are available to help families support career conversations at home. These include tools like the Career Conversation Dinner Menu to spark meaningful discussions.</p>
<p>Be Good People (also see Life Skills)</p>	<p>Be Good People offers a range of school programs designed to promote positive behaviour, respectful relationships, and personal responsibility among students. These programs aim to foster a culture of kindness, empathy, and accountability within schools, aligning with broader educational goals such as social and emotional learning (SEL) and respectful relationships education.</p> <p>The programs are centred around helping students understand the importance of treating others with respect and empathy. They teach practical strategies for building and maintaining healthy relationships, addressing issues such as bullying, peer pressure, and conflict resolution.</p>

	<p>Be Good People offers workshops that are customised to suit the needs of different age groups and school environments. These workshops are interactive and engaging, using real-life scenarios, role-playing, and group discussions to help students reflect on their behaviour and choices.</p> <p>A key component of the programs is encouraging students to take responsibility for their actions. This includes understanding the impact of their words and behaviours on others and learning how to make ethical decisions in challenging situations. The programs focus on building essential social skills such as communication, teamwork, conflict management, and emotional regulation. These skills help students navigate both personal and academic relationships more effectively.</p> <p>Be Good People's programs align with the Victorian Curriculum, particularly in areas such as Personal and Social Capability, Health and Physical Education, and Respectful Relationships education. The organisation also provides resources and guidance for teachers to help them reinforce the principles taught in the workshops. This ensures that the lessons learned by students are integrated into the broader school environment.</p> <p>Key benefits of the program include:</p> <ul style="list-style-type: none"> • Improved student relationships • Reduction in bullying and negative behaviours • Enhanced emotional intelligence • Greater sense of community within schools • Practical tools for managing challenges in daily life
<p>Be You (also see headspace and Beyond Blue)</p>	<p>Be You is a national mental health and wellbeing initiative for learning communities in Australia, offering free, evidence-informed tools and resources that can be used in educators' everyday practice. They are designed to fit within an early learning service or school's existing framework. Delivered by Beyond Blue in collaboration with Early Childhood Australia and headspace, Be You's goal is to empower and support educators to promote mental health and wellbeing for every child and young person in Australia.</p>
<p>BEAM (the Black Dog Institute) (Building Educators' Skills in</p>	<p>BEAM is an evidence-based online learning program specifically designed to empower secondary teachers with the necessary know-how and confidence to support students and their mental health concerns. BEAM helps teachers to:</p> <ul style="list-style-type: none"> • Gain confidence in recognising, referring and supporting student mental health. • Enhance skills in navigating and managing complex student mental health situations. • Increase knowledge in school support resources, student mental health and managing their own wellbeing. • Connect with an online community of peers for ongoing advice and feedback on mental health topics.

Adolescent Mental Health)	
Berry Street	<p>The Berry Street Educational model is a Victoria-wide therapeutic service that addresses the mental health impacts of trauma on children. It is a comprehensive, trauma-informed approach to teaching and learning, designed to help all students thrive, particularly those with complex, unmet needs. The Five Domains of the BSEM include:</p> <ol style="list-style-type: none"> 1. Body - Focuses on increasing physical regulation of stress response, de-escalation, and focus 2. Relationship - Nurtures on-task learning through relational classroom management strategies 3. Stamina - Creates a culture of academic persistence by nurturing resilience, emotional intelligence, and growth mindset 4. Engagement - Motivates students with strategies to increase willingness to learn 5. Character - Harnesses values and character strengths for learning and future pathways <p>With a focus on building self-regulatory ability and relational capacity alongside a whole-school implementation for consistency across classrooms, the model offers a curriculum with lesson plans, strategies, and "brain breaks" with over 100 classroom strategies and recommendations. It provides professional development and consultation for school leaders, teachers, and support staff to combine trauma-informed practice, positive psychology, and implementation science to create safe, inclusive, and healthy learning environments.</p>
Better Health Network	<p>Better Health Network (BHN) is a not-for-profit organisation that provides primary and allied health care services to the communities across south-eastern Melbourne. BHN provides a wide range of services to support healthy living, general wellbeing and social connection. These include specialist medical services, dental and allied health, nursing and counselling services, as well as aged care social supports and disability services.</p>
Beyond Blue	<p>Beyond Blue supports schools and students by promoting mental health awareness, resilience, and well-being through evidence-based programs and resources. They provide educators with tools to create mentally healthy learning environments, including training for staff to recognise and respond to mental health challenges.</p> <p>Beyond Blue offers curriculum-aligned materials like lesson plans and activities that teach students skills to manage stress, build emotional resilience, and foster positive relationships. Initiatives such as <i>Be You</i>, a mental health framework, empower schools to implement whole-school approaches to well-being, addressing issues like anxiety, depression, and bullying.</p>

	<p>Students can access age-appropriate online resources, including self-help guides and peer support stories, to navigate mental health concerns. Beyond Blue also connects schools with professional development workshops and crisis support services, ensuring educators and families are equipped to support young people’s mental health needs.</p> <p>By reducing stigma and encouraging open conversations, Beyond Blue helps schools cultivate inclusive communities where students feel safe to seek help and thrive emotionally and academically.</p>
<p>Big Kids Table</p>	<p>Big Kids’ Table exists to be an informative, loving perspective and to create safe, honest conversations about Kingdom identity and sexuality for youth and young adults of faith. Big Kids’ Table is a faith-inspired sex education program designed for Christian communities to provide biblically based, age-appropriate sex education and facilitate open conversations about sex and faith. While exploring topics like sexuality, relationships, and God’s design for sex, BKT aims to reduce awkwardness and shame around discussing sex and provides resources like Bible study guides and workshops. It does not champion a specific theological view, but focuses on building skills in active listening, critical thinking, and Biblical literacy. School program workshops are led by experienced professionals in youth ministry, education, and mental health.</p>
<p>Black Dog Institute/Black Dog Mental Health Fitness Challenge (BITE BACK)</p>	<p>Black Dog is a research institute focused on reducing the impact of depression in the community. Their six-week positive psychology program, BITE BACK, is aimed at improving the mental wellbeing, resilience and mental fitness of young people aged 12-18. This mental health fitness challenge is free, self-guided, and accessible online through the BITE BACK website. The program covers several domains of positive psychology, including Gratitude, Mindfulness, Connections, Character Strengths, and Meaning and Purpose</p>
<p>Body Safety Australia</p>	<p>Body Safety Australia is a not-for-profit organisation that focuses on promoting childhoods free from violence and fostering equitable and respectful relationships for children. The organisation delivers programs nationally, including rural and remote areas, and is committed to providing programs throughout regional and rural Victoria, aiming to empower communities with body safety education, focusing on primary prevention of childhood sexual abuse and promoting respectful relationships.</p> <p>In a whole-community approach, engaging children, educators, and parents/carers, Body Safety Australia offers the Body Safety Superstars program for children aged 3–6. These consist of two 45-minute sessions delivered over two weeks, along with professional development workshops for educators and staff.</p> <p>Their Early Childhood, Primary and Secondary school programs cover topics such as gender equity, inclusivity, and child safety, and online courses and webinars for educators, parents, and students. Additionally, it provides parent/carer workshops with strategies for creating safe digital environments at home.</p>

	<p>Body Safety Australia is committed to diversity and inclusion, catering to all socio-economic statuses, religions, abilities, sexualities, genders, cultures, and family structures. Programs can be delivered face-to-face or online via a platform of choice, ensuring accessibility for various communities.</p> <p>The program has been developed in consultation with Aboriginal and Torres Strait Islander people, people with disabilities, culturally and linguistically diverse communities, and the LGBTIQ+ community. BSA's programs are trauma-informed and healing in their approach, considering the needs of various communities.</p> <p>BSA is listed on the Victorian Schools Mental Health Menu and School Readiness Funding Menu and provides various resources including posters, worksheets, and booklets on body safety, consent, and protective behaviours. Body Safety Australia has published a book titled <i>"Teaching Consent"</i> addressing sex education, consent, and related topics.</p>
<p>Bounce Back</p>	<p>For students in F–Year 6, Bounce Back! is an evidence-informed Positive Education program built on Positive Psychology, Cognitive Behaviour Theory and social-emotional learning.</p> <p>It offers 10 curriculum units with teaching strategies and practical resources and is typically delivered in one-hour fortnightly sessions or two 30-minute sessions, covering topics such as relaxation training, cognitive restructuring, social problem-solving, and emotional regulation.</p> <p>The program uses literature to teach key wellbeing and resilience concepts, incorporating activities like circle time, educational games, art, and technology. It can be integrated into various subjects, including Performing Arts and Physical Education.</p> <p>The program provides professional development for teachers and school staff and offers both print and digital resources.</p>
<p>Brainstorm Productions</p>	<p>Brainstorm Productions is an educational theatre company that delivers live, curriculum-aligned performances, focusing on issues such as bullying, cyber safety, mental health, resilience, and respectful relationships.</p> <p>Their interactive performances (50-minute live shows followed by a 10-minute Q&A session) explore topics that include anti-bullying, online safety, mental health, diversity, inclusion, and bystander intervention.</p> <p>Brainstorm Productions also provides pre- and post-performance teacher resources aligned with the Australian curriculum. It is endorsed by the eSafety Commissioner and listed on the Victorian Schools Mental Health Menu.</p> <p>Their programs aim to inspire positive behaviour change and build resilience in students through engaging theatre experiences.</p>
<p>Bully Stoppers</p>	<p>Bully Stoppers is an initiative by the Victorian Department of Education and Training in Australia designed to address bullying in schools by fostering safe and inclusive environments. It provides resources, strategies, and support for students, parents, and educators to prevent and respond to bullying effectively.</p>

The program emphasises building a positive school culture through education on empathy, respect, and bystander intervention, encouraging students to safely challenge bullying behaviours.

Bully Stoppers offers practical tools such as lesson plans, videos, and guidelines to help schools implement anti-bullying policies and practices. It also focuses on empowering students to speak up, promoting collaboration between families and schools, and addressing both traditional and cyberbullying.

By raising awareness and equipping communities with evidence-based approaches, Bully Stoppers aims to reduce bullying incidents and create supportive spaces where all students feel valued and protected.

Bully Zero

Bully Zero is an Australian not-for-profit organisation dedicated to preventing bullying and cyberbullying while supporting individuals and communities affected by these issues. Bully Zero is driven by the belief that every individual deserves to feel safe, valued, and respected in their environment—whether at school, work, or online.

The organisation strives to create safe and inclusive environments through education, advocacy, and support services, and to empower individuals with the skills needed to create a culture of kindness and inclusion. Bully Zero is recognised for its proactive approach to bullying prevention and its commitment to empowering individuals with the tools to foster respect, empathy, and resilience.

Bully Zero aims to reduce bullying in schools, workplaces, and online spaces by educating individuals about the impact of bullying and promoting positive behaviours. The organisation addresses the growing issue of cyberbullying by teaching safe online practices, digital etiquette, and strategies for managing negative online interactions.

Bully Zero provides support and resources for individuals who have experienced bullying or cyberbullying, helping them navigate their recovery and build resilience. The organisation advocates for systemic changes to address bullying at a societal level, including policy development and community engagement.

Bully Zero delivers workshops tailored for students, teachers, and parents. These programs focus on:

- Understanding bullying and its effects
- Building respectful relationships
- Developing resilience and empathy
- Promoting safe online behaviours
- Empowering bystanders to take action

The organisation provides resources and workshops for parents to understand the challenges their children face regarding bullying and cyberbullying. Parents are taught strategies to support their children and promote open communication.

Bullying. No Way!

Bullying. No Way! is an Australian government initiative designed to help schools, students, parents, and communities address bullying and create safe, inclusive environments. It provides resources, tools, and information to prevent and respond to bullying in schools and other settings.

The initiative is managed by the Safe and Supportive School Communities (SSSC) Working Group, which includes representatives from all Australian states and territories as well as the Catholic and independent school sectors.

Bullying. No Way! offers a wide range of free resources for schools to help them implement anti-bullying strategies. These include lesson plans, activities, posters, and guides designed to promote respectful relationships and positive school culture.

One of the flagship events of Bullying. No Way! is the National Day of Action Against Bullying and Violence, held annually in March. This day encourages schools to take a stand against bullying through awareness campaigns, events, and classroom activities.

Bullying. No Way! provides age-appropriate information for students to help them understand what bullying is, how to recognise it, and what they can do if they or someone they know is being bullied. It emphasises the importance of being an active bystander.

The initiative also offers guidance for parents on how to support their children if they experience or witness bullying. This includes advice on how to communicate with schools and strategies for fostering resilience in children.

Teachers and school staff can access training materials and resources to help them identify bullying behaviours, intervene effectively, and create a positive school culture.

With the rise of cyberbullying, Bullying. No Way! provides specific resources on managing online interactions, promoting digital citizenship, and addressing cyberbullying incidents.

The initiative encourages schools to adopt a whole-school approach to bullying prevention by embedding anti-bullying policies into their culture, curriculum, and practices.

Key messages:

- Bullying is never acceptable.
- Everyone has a role to play in preventing bullying.
- Promoting respect, inclusion, and kindness can help reduce bullying behaviours.
- Early intervention is critical in addressing bullying effectively.

Butterfly Foundation

The Butterfly Foundation represents all people affected by eating disorders and negative body image—a person with the illness, their family, and their friends.

The Butterfly Foundation's prevention programs, e.g. *Body Bright / Body Kind*, focus on risk factors (such as poor body image, internalisation of appearance ideals, bullying, and appearance talk) and strengthen protective factors (including positive self-esteem, coping skills, and a balanced approach to nutrition and physical activity) to reduce the impact of body dissatisfaction.

The Butterfly Foundation's School Programs focus on Body Image and Mental Health, aiming to empower young people to develop a positive relationship with their bodies, recognise the impact of societal pressures, and build resilience against harmful influences like unrealistic beauty standards.

The school programs are tailored for different age groups, ensuring that the content is relevant and engaging for students at various developmental stages. They are suitable for both primary and secondary school students.

The workshops are interactive and grounded in research, incorporating discussions, activities, and multimedia resources to engage students effectively.

Topics covered include:

- Understanding body image
- Media literacy (e.g., analysing social media and advertising)
- Building self-esteem
- Recognizing early signs of eating disorders
- Promoting healthy behaviours

The Butterfly Foundation provides professional development sessions for educators to help them understand body image issues and eating disorders. Teachers are equipped with strategies to support students and foster a positive school environment.

Programs for parents focus on raising awareness about body image challenges faced by young people today. Parents are given tools to support their children in developing healthy attitudes toward food, exercise, and self-image.

The Butterfly Foundation encourages schools to adopt a whole-school approach to promoting positive body image by integrating these principles into their policies, curriculum, and culture.

Benefits of the program include:

- Increased awareness about body image issues
- Improved self-esteem among students
- Early identification of eating disorder risk factors
- Empowerment of teachers and parents to support young people effectively

- Creation of a more supportive and inclusive school environment

Schools can book workshops or training sessions directly through the Butterfly Foundation. Programs can be customised to address specific needs or concerns within the school community.

CASEL

CASEL (Collaborative for Academic, Social, and Emotional Learning) is an organisation that provides resources and frameworks for social and emotional learning (SEL) in schools. CASEL's approach emphasises the importance of developmentally appropriate SEL interventions, recognizing that social and emotional skills evolve as students grow.

The CASEL Framework (*CASEL Wheel*) outlines five core competencies: self-awareness, self-management, social awareness, relationship skills, and responsible decision-making. It provides a foundation for implementing SEL strategies in various contexts.

CASEL's resources and recommended programs are designed to support students' social, emotional, and academic development across various age groups and educational settings.

The CASEL Program Guide is a comprehensive tool for educators to select evidence-based SEL programs. It includes 99 programs that have been rigorously evaluated. The programs are designated as 'SElect', 'Promising', or 'SEL-Supportive'. Users can filter programs by grade level, school characteristics, and student characteristics.

CAV – Centre Against Violence

The Centre Against Violence (CAV) is a regional organisation based in Victoria dedicated to providing support and services to individuals and families affected by family violence, sexual assault, and gender-based violence. CAV primarily serves communities in North East Victoria, including areas such as Wangaratta, Wodonga, Benalla, and surrounding regions.

CAV operates with a strong commitment to promoting safety, respect, and equality within the community. CAV delivers programs specifically designed to support children who have been exposed to or affected by family violence, helping them process trauma and build resilience.

CAV runs community education initiatives aimed at raising awareness about family violence, promoting respectful relationships, and preventing gender-based violence. CAV offers programs aimed at schools as part of its commitment to preventing family violence and promoting respectful relationships.

These programs are typically designed to educate young people about topics such as respectful relationships, consent, gender equality, and the prevention of violence. CAV works in alignment with frameworks like the Victorian Government's Respectful Relationships initiative, which integrates education on consent and respectful relationships into school curriculums.

Their school programs are tailored to be age-appropriate and aim to equip students with the knowledge and skills needed to foster healthy and respectful relationships in their lives. In addition to working directly with students, CAV may also provide training for teachers and school staff to help them identify signs of family violence or abuse, support affected students and create a safe and inclusive school environment.

Christian Consent
(Choicez Media)

Christian Consent provides a comprehensive Relationship and Sexuality Education (RSE) program designed specifically for Christian schools. Aligned with the National Curriculum and grounded in authentic Christian and biblical teaching, this program offers ready-to-use lessons, engaging videos, and classroom activities.

It includes in-depth teacher formation modules, parent engagement resources, and complimentary Zoom support for educators. Designed to involve the entire school community, the program empowers parents as primary educators through parent evenings and online events.

Age-appropriate for grades K–12, it equips students with the strengths, skills, and knowledge needed to navigate challenging situations and make life-giving choices, all while upholding the school's Christian ethos.

This program gives Christian teachers the confidence and language they need to teach and meet curriculum guidelines within a Christian context.

Features:

- Ready-to use lessons
- Age-appropriate K-Year 12
- Whole school community approach
- Parent evenings and on-line events

Chrysalis Group

The Chrysalis Group offers specialised programs designed to enhance student learning by providing tailored support for children with diverse learning needs. Their programs focus on fostering academic, social, and emotional growth in students while addressing specific challenges associated with conditions such as Autism Spectrum Disorder (ASD), Attention Deficit Disorder (ADD), Attention Deficit Hyperactivity Disorder (ADHD), Dyslexia, and Global Development Delay (GDD).

Chrysalis Group's programs are structured to create individualised learning experiences that cater to each child's unique abilities and potential. They deliver academic programs spanning Grade 1 to Grade 10, ensuring that students receive personalised attention and guidance from trained professionals.

The Chrysalis Group engages with students' schools through a collaborative and supportive approach designed to complement and enhance the educational experience of children with diverse learning needs. They work closely with schools to ensure alignment between their specialised programs and the mainstream or individualised education plans provided by the school.

This collaboration often involves sharing insights about the student's strengths, challenges, and progress, allowing for a coordinated strategy that supports the child's academic and social-emotional development. Chrysalis may also provide training or resources to school staff to help them better understand and address the unique needs of students with conditions such as Autism Spectrum Disorder (ASD), ADHD, or Dyslexia.

	<p>By fostering open communication between their team, educators, and families, Chrysalis helps create a consistent and supportive learning environment across both settings. This partnership ensures that strategies used in their programs are reinforced at school and at home, promoting holistic growth and continuity in the student’s educational journey.</p>
<p>Click Against Hate</p>	<p>Click Against Hate is a free program for students in Years 5–6 and Years 7–10 which focusses on the development of an inclusive culture and respectful school environment and online dangers, racism, anti-Semitism, Islamophobia, homophobia, freedom of speech, cyberbullying, and more.</p> <p>The initiative is designed to combat online hate speech, discrimination, and cyberbullying by promoting digital citizenship and fostering inclusive online communities. It focuses on educating young people and the broader public about the impact of harmful online behaviour, encouraging critical thinking and empathy in digital interactions.</p> <p>The program provides resources, workshops, and campaigns to help individuals recognise and challenge hate speech, while promoting respectful communication and allyship. By empowering users to report harmful content and engage positively online, Click Against Hate aims to create safer digital spaces where diversity is respected, and hate is actively countered.</p> <p>Specific details about the initiative’s scope or organisational backing are limited, but it aligns with global efforts to address online toxicity through education and proactive community engagement.</p>
<p>Compassionate Systems</p>	<p>The Compassionate Systems Framework is an innovative approach to education that integrates systems thinking with social-emotional learning (SEL) to create compassionate and collaborative school environments. Developed by Dr. Peter Senge (renowned systems thinker) and Mona Møller Andersen in collaboration with the Massachusetts Institute of Technology (MIT) and the Center for Systems Awareness, this framework is designed to help schools address complex challenges while fostering emotional intelligence, empathy, and a sense of interconnectedness among students and educators.</p> <p>The program teaches students and educators to view problems holistically by understanding how different parts of a system interact and influence one another. It encourages critical thinking about complex global and local issues, such as climate change, inequality, or mental health.</p> <p>Compassionate Systems emphasises the development of emotional intelligence, including self-awareness, empathy, and interpersonal skills. It helps students and teachers build emotional resilience and manage stress effectively.</p> <p>The framework incorporates mindfulness and compassion-based practices to foster a sense of care for oneself, others, and the broader community. These practices aim to reduce anxiety, improve focus, and enhance well-being. Students develop greater self-awareness and emotional regulation skills, reducing stress and anxiety.</p> <p>They are encouraged to work together on real-world challenges using systems thinking tools. This collaborative approach promotes teamwork, communication, and a shared sense of responsibility.</p>

The program helps students understand their role as global citizens by exploring how their actions impact others and the environment. It inspires a sense of agency and responsibility for creating positive change in the world. Students gain tools to think critically about global challenges and take meaningful action.

By integrating SEL with systems thinking, students become more engaged in their learning and better equipped to tackle complex problems.

Educators are trained in the Compassionate Systems Framework to integrate its principles into their teaching practices. Teachers learn how to model compassion and systems thinking for their students and report feeling more connected to their students and colleagues through shared practices of mindfulness and compassion.

The focus on compassion fosters positive relationships among students, teachers, and the broader school community.

Goals of the Compassionate Systems Framework:

- To create compassionate school cultures where students feel valued, supported, and connected.
- To equip students with the skills needed to navigate complexity and uncertainty in the 21st century.
- To foster a deep sense of empathy and care for others, both locally and globally.
- To empower educators to lead with compassion while addressing systemic challenges within schools.

Schools interested in adopting the Compassionate Systems Framework can access training programs, workshops, and resources provided by organisations like the Center for Systems Awareness or affiliated partners. The framework can be integrated into existing curricula or used as part of whole-school approaches to well-being.

Consent Labs

Consent Labs is a youth-led not-for-profit organisation that empowers school communities with evidence-based and quality-assured consent and respectful relationship education. To date, Consent Labs has worked with over 100,000 people across Australia. Taking a whole-of-school approach, Consent Labs provides tailorable programs for students, parents/carers, and educators to ensure best-practice learning. Their programs are age-appropriate, designed for secondary schools, and aligned with PDPHPE/HPE curriculums in Victoria and across Australia.

Features:

- Program offerings for Year 7 to 12, with suggested Scope & Sequence to assist with curriculum implementation
- Tailorable programs to suit each school's ethos, culture, and needs
- Augments existing CRRE programs in schools
- Offers workshops (~50 students) and/or lectures (~150 students)
- Student & educator programs are best delivered in face-to-face format; Parents & Carer program best delivered as an online webinar, Victoria-wide.

Cyber Safety Project

The Cyber Safety Project is a youth-led project designed to educate and support young people and their parents/carers/guardians on the risks involved with internet use. The project offers a range of resources and programs tailored to different age groups within this spectrum, including classroom resources, family workshops, and surveys for secondary students.

Their goal is to provide comprehensive cyber safety education and support for children, adolescents, and their families throughout the developmental stages.

The Cyber Safety Project delivers its program through multiple channels including digital resources (over 250 annually updated digital resources for Foundation to Year 8 students, accessible year-round); student sessions (face-to-face or live online sessions for students from Foundation to Year 12); interactive workshops delivered by qualified educators.

An online lesson library provides structured lessons for different year levels (Foundation, Level 1–2, Level 3–4). Each lesson focuses on specific themes such as Responsibility, Safety, Integrity, and Empathy.

Classroom resources offer downloadable materials like certificates to celebrate student development, and family resources provide easy-to-follow strategies and tips for families to implement at home.

The Cyber Safety Project takes a whole school and community engagement approach with the aim of improving online safety and digital wellbeing in the broader community.

Daniel Morcombe Foundation Child Safety Curriculum (via Scootle) P-10 1

The Daniel Morcombe Child Safety Curriculum is an educational initiative developed by the Queensland Department of Education in partnership with the Daniel Morcombe Foundation, seeking to empower children with lifelong skills to navigate unsafe situations confidently while promoting overall well-being.

It aims to teach children and young people essential safety skills to protect themselves from harm, both in physical and online environments. The curriculum is aligned with the Australian Curriculum: Health and Physical Education and focuses on three core safety messages: Recognise, React, and Report.

The curriculum targets three age groups across three phases:

- Prep to Year 2
- Years 3 to 6
- Years 7 to 9

Lessons are age-appropriate and tailored to different developmental stages to cover:

- Personal safety, including boundaries and consent

	<ul style="list-style-type: none"> • Cybersafety and phone safety • Recognising unsafe situations, reacting appropriately, and reporting concerns <p>Teachers are offered comprehensive lesson plans, teacher guides, activity resources and interactive tools like videos, worksheets, and games (e.g., <i>"Morky's Safety Mission"</i>). Taking a whole-school approach, the curriculum is designed to be integrated into a school-wide safety education strategy.</p> <p>Activities encourage collaboration between educators, parents, and students, and parents are provided guides to reinforce safety messages at home. The resources are accessible via platforms like QLearn (state schools) and Scootle (non-state schools).</p> <p>Specialised programs like <i>Australia's Biggest Child Safety Lesson (ABC SL)</i> are livestreamed annually to reach a broader audience.</p> <p>The Daniel Morcombe Foundation also supports young victims of crime through counselling services like <i>"Walk Tall"</i> and organises awareness events such as <i>"Day for Daniel,"</i> which engages millions across Australia annually.</p>
<p>Dolly's Dream</p>	<p>Dolly's Dream is an Australian initiative established by Kate and Tick Everett in memory of their daughter, Dolly Everett, who tragically took her own life in 2018 at the age of 14 after enduring relentless cyberbullying. The program, now part of The Alannah and Madeline Foundation, focuses on preventing bullying and cyberbullying by promoting kindness, respect, and open communication in schools and communities.</p> <p>Dolly's Dream delivers workshops, educational resources, and awareness campaigns to empower young people, parents, and educators to recognise and address bullying behaviour. It emphasises the importance of fostering supportive environments where children feel safe to speak up about their experiences.</p> <p>The initiative also advocates for cultural change around bullying through events like <i>"Do It For Dolly Day,"</i> which encourages communities to wear blue and unite against bullying.</p> <p>By combining education, advocacy, and community engagement, Dolly's Dream aims to reduce the stigma associated with bullying, provide tools for intervention, and ultimately prevent further tragedies linked to bullying and cyberbullying.</p>
<p>ECASA</p>	<p>Eastern Centre Against Sexual Assault (ECASA) is part of the SECASA (South Eastern Centre Against Sexual Assault and Family Violence) Schools Program. It covers the following specific topics:</p> <ul style="list-style-type: none"> • Rights, Responsibilities, and Privileges • Feelings, Emotions, and Expressions • Early Warning Signs • Safety Network of Trusted Adults • Consent

- Body Parts
- Online Safety Awareness
- Safe Relationships

The program aims to create a culture of respect, consent, and healthy relationships in schools. It focuses on empowering young people through education and awareness, providing them with the language and skills to enhance their personal safety.

ECASA's body safety programs, which are part of the SECASA Schools Program, target a wide range of age groups:

- Early Learning Centres: The Feeling Safe Together program is designed for children as young as 3 years old.
- Primary School
- Secondary School
- Special Schools: A tailored program is available for students of all ages attending specialist school settings

The SECASA Schools Program is delivered through multiple methods, including face-to-face sessions (F-Y12); live online sessions; and tailored programs, customised to meet specific school needs. The program takes a whole-school approach whereby resources and programs are provided for students, staff, and parents to create a comprehensive education on online safety. SECASA provides two-hour workshops for school staff on child safety and abuse prevention and parent information sessions (online business hours or in-person during business hours).

Elephant Ed

Elephant Ed's consent and respectful relationships program centres around a whole-community approach to primary prevention through education.

We send highly trained, youthful and relatable facilitators to more than 500 schools across Australia (including 100+ Independent schools in Victoria) to deliver interactive and discussion-based workshops on consent, respectful relationships and sexuality to young people primarily in Years 4–12.

Our student curriculum spans 24 workshops, designed to be delivered for between 60–90 minutes for classroom-sized groups. This is complemented by seminars for parents, carers and educators—ensuring communities are empowered with tools and language to role model and reinforce positive messages to their young people.

Features:

- Whole school approach targeting students, parents & carers and staff
- Year 4 – Year 12
- Up to 4 workshops recommended per year level, delivered onsite and integrated into the school's existing wellbeing/HPE to minimise timetable disruptions

	<ul style="list-style-type: none"> • Student workshops complemented by pre and post lesson plans • Schools may choose from a menu of workshops available across a range of topics including puberty, body safety, respectful relationships, consent, online safety and sexual health • Aligned to each school's values, culture and needs • Diverse facilitators cater to diverse environments (religious, cultural, etc) • Partner schools access termly webinars and wrap-around resources to support and upskill educators as part of a thriving educators' Community of Practice
Elevate Education	<p>Elevate Education is an organisation that provides study skills programs and workshops to help students improve their academic performance. Elevate Education targets secondary school students, specifically middle school students (approximately ages 11-14) and secondary school students (approximately ages 14-18).</p>
Enlighten Education	<p>Enlighten Education provides evidence-based workshops for teenage girls aged 10–18, with a focus on empowering young women by addressing issues such as self-esteem, body image, societal influences, and mental well-being. Enlighten offers half- and full-day workshops tailored to the needs of schools.</p> <p>These programs are designed to be engaging, inclusive, and transformative, helping girls develop confidence and critical thinking skills. The workshops are LGBTQI-friendly and challenge gender stereotypes while promoting diversity and inclusion.</p> <p>Enlighten Education's programs are tailored to be age-appropriate and aim to create a safe and supportive environment where girls can openly discuss their experiences and feelings. The workshops are designed to complement school curriculums and support the personal development of students.</p> <p>In addition to workshops for students, Enlighten Education also provides resources for parents and educators to help them better understand the challenges faced by young women today and support their growth.</p> <p>The organisation is highly regarded for its positive impact on young women's lives and its commitment to fostering a generation of confident, empowered individuals.</p>
eSafety Commissioner	<p>The eSafety Commissioner actively supports schools and students by providing tailored resources, education, and tools to promote online safety and digital resilience. They offer free curriculum-aligned lesson plans and classroom activities for teachers to address cyberbullying, online privacy, and responsible digital citizenship.</p> <p>Programs like <i>Be Connected</i> and <i>Digital Thumbprint</i> deliver age-appropriate workshops and modules on topics such as managing screen time, avoiding scams, and navigating social media safely.</p>

	<p>For students facing online harms, the eSafety Commissioner provides direct assistance through reporting mechanisms to remove harmful content, including cyberbullying targeting children under 18. They also equip schools with practical guides for handling incidents, fostering positive online behaviour, and engaging parents in digital safety conversations.</p> <p>Through initiatives like <i>Online Safety Classroom Posters</i> and webinars, the agency empowers educators to create safer digital environments while helping students develop critical thinking skills to navigate online risks confidently.</p>
<p>eSmart</p>	<p>The eSmart initiative, run by The Alannah and Madeline Foundation, is a comprehensive program designed to help schools, libraries, and communities navigate the digital world safely and responsibly. It focuses on fostering cyber safety, digital literacy, and respectful online behaviour through a whole-of-organisation approach.</p> <p>eSmart provides evidence-based frameworks and resources, including lesson plans, professional development for educators, and guides for managing cyberbullying or online risks. The program emphasises cyberbullying prevention, critical thinking about online content, and balancing screen time, while aligning with the Australian Curriculum and National Safe Schools Framework.</p> <p>Schools and libraries work toward certification by integrating eSmart’s principles into policies, culture, and daily practices over several years, with ongoing support from the foundation. Over 2,600 Australian schools participate in eSmart Schools, which aims to reduce cyber risks, empower responsible digital citizenship, and strengthen collaboration among students, families, and educators.</p> <p>The initiative also includes the eSmart Media Literacy Lab, an online platform teaching media literacy skills like detecting misinformation to students aged 12–16. Through these efforts, eSmart promotes safer digital environments and equips individuals to use technology thoughtfully and ethically.</p>
<p>Everyday Speech</p>	<p>Everyday Speech is a comprehensive social-emotional learning and social communication platform designed to support educators, students, and specialists in developing critical social skills. It provides interactive curricula for special and general education settings and offers video-based social-emotional learning resources.</p> <p>Everyday Speech supports students with social communication challenges, including those with autism spectrum disorder. The platform targets a wide range of age groups, K–Year 12, and offers resources and curricula tailored to each of these age groups, ensuring that the content is developmentally appropriate and relevant to students' needs at different stages.</p> <p>Additionally, Everyday Speech provides resources for educators and therapists working with these age groups, and parents supporting their children's social and emotional development.</p>
<p>Flourish</p>	<p>Flourish Education specialises in supporting young people with diverse learning needs by offering educational consultation and professional tuition services (individual and group), along with homeschool support and flexible enrolment solutions and disability support services.</p>

	<p>Flourish Online (Proton Foundation) is an 8-week online e-learning program focused on developing: healthy self-esteem, mental and emotional well-being, positive self-talk, and growth mindset. It is designed for children and young people, particularly in Years 5 and 6 / aged 11-14.</p>
<p>Friendly Schools</p>	<p>Friendly Schools is an evidence-based initiative developed in Australia to support schools in fostering positive social environments and reducing bullying through a whole-school approach. It focuses on building respectful relationships, enhancing student well-being, and promoting inclusivity by engaging students, teachers, parents, and the broader school community.</p> <p>The program provides practical strategies and resources for addressing bullying, teaching social-emotional skills, and creating a culture of kindness and cooperation. Friendly Schools emphasises proactive measures such as peer support systems, conflict resolution training, and explicit teaching of empathy and resilience.</p> <p>By integrating research-backed practices into daily school life, it aims to empower students to navigate social challenges effectively while equipping educators with tools to manage bullying incidents and reinforce positive behaviour.</p> <p>The initiative also offers tailored guidance for schools to assess their current climate, implement targeted interventions, and sustain long-term improvements in student safety and well-being.</p>
<p>Friendology 101</p>	<p>Friendology 101 is a skills-based social and emotional learning program designed to help children develop healthy friendships and relationships. The program targets students in Years 1–6 (ages approximately 6–12) and Years 7–8 (ages approximately 12–14).</p> <p>The Friendology program offers 8 sessions (45–60 minutes each) for Years 5–8 and 4 sessions for Years 1–2 (<i>Friendology 101 Junior</i>), focusing on topics such as self-worth, conflict resolution, and healthy relationships, and incorporating reflection questions, scenarios, and real-life application opportunities with child-friendly language and practical, step-by-step approaches.</p> <p>The program aims to empower students with skills, language, and self-confidence to foster better friendships and develop healthier relationships. It can be delivered by trained educators within schools and is often integrated into health and wellness curricula or offered as after-school or lunch clubs.</p> <p>Friendology 101 also extends its support to parents, through workshops and resources, and teachers, through professional development and curriculum materials.</p> <p>Friendology 101 can be delivered both online (using videos in URSTRONG's Educator Resource Centre, where the founder, Dana, teaches the content) and in-person by educators within the school (using slideshows and teaching notes as a guide).</p>
<p>Girls on Board</p>	<p>Girls on Board is a UK-based schools program designed to help girls aged 8 to 18 navigate the often complex dynamics of friendships and social relationships. The program was developed by Andrew Hampton, an experienced school leader, in response to the challenges many girls face with</p>

peer relationships, which can significantly impact their emotional well-being and academic performance. Girls on Board is widely used in schools across the UK and internationally.

The program recognises that girls' friendships can be intense, emotional, and sometimes fraught with conflict. It aims to empower girls to resolve friendship issues independently, reducing reliance on adults to mediate.

Girls on Board encourages empathy by helping participants understand the perspectives and feelings of others within their friendship groups, fostering mutual respect and understanding among peers.

The program provides structured workshops and resources for schools to deliver sessions that address common friendship challenges. These sessions are designed to be age-appropriate and adaptable for different year groups.

Teachers are trained to use the Girls on Board methodology, equipping them with tools to support students effectively. The training helps educators facilitate discussions and guide students in resolving conflicts constructively.

Girls on Board includes resources for parents, helping them understand the dynamics of their daughters' friendships. Parents are encouraged to support their children without intervening directly in friendship issues.

By addressing friendship dynamics, the program contributes to a positive school culture where girls feel more confident, supported, and emotionally secure.

Goals of Girls on Board:

- To reduce anxiety and distress caused by friendship issues.
- To build resilience and independence in managing social relationships.
- To create a supportive environment where girls feel understood and valued.

Benefits of the Program:

- Improved emotional well-being for students.
- Reduced teacher intervention in friendship disputes.
- Stronger relationships between students, teachers, and parents.
- A more inclusive and empathetic school community.

<p>Grey Horse Growth and Learning</p>	<p>Located in Smith's Gully, Victoria, Grey Horse offers equine assisted therapy for mental health to young people and adults, individuals and groups through learning experiences, counselling and therapy, working with horses to help them solve problems or overcome emotional distress and dissatisfaction with life. Children are offered targeted sessions to explore concepts of boundaries, communication and relationships through handling activities with horses (as opposed to riding activities).</p>
<p>Grow Your Mind</p>	<p>Grow Your Mind is a social and emotional wellbeing program designed for pre-primary and primary school children. The program aims to enhance resilience and wellbeing through a comprehensive, curriculum-aligned approach based on four pillars: positive psychology, social and emotional learning, public health, and neuroscience.</p> <p>Time-flexible resources can be embedded into daily routines, from 5-minute activities to full lessons. Learning materials include video lessons, slideshows, podcasts, animations, and reflection journals.</p> <p>Grow Your Mind is curriculum aligned with a focus on five themes: <i>The Brain, Resilience, Joy & Gratitude, Emotional Regulation, and Friendship & Belonging</i>.</p> <p>Professional development courses are available for educators to implement the program effectively, and there are resources for parent involvement.</p> <p>Grow Your Mind places emphasis on developing the five social and emotional learning competencies: self-awareness, social awareness, self-management, responsible decision-making, and relationship skills.</p> <p>The program offers a whole-school approach and resources for students, teachers, and families to foster a positive mental health culture within the educational community.</p>
<p>headspace (see also Be You)</p>	<p>The headspace programs aim to support mental health literacy, provide direct support to students, and equip educators with tools to promote positive mental health in school communities. headspace offers several programs and services directly to schools, including:</p> <ul style="list-style-type: none"> • Mental Health Education Program (which involves mental health education workshops for students in Years 6-12 through interactive sessions covering topics like mental health awareness, peer support, and transitions) • Parent and carer workshops. These can be delivered onsite or online • Professional development for school staff which includes SAFEMinds in-practice training; Suicide Risk Continuum Training and Skills-based Training on Suicide Risk Management (STORM®). <p>Educator resources include suicide prevention and response resources; fact sheets and case studies; free access to the headspace meditation app; and meditation guides and classroom posters.</p>

<p>Health Education Victoria/Mental Health Education Victoria</p>	<p>Health Education Victoria tailors mental health education for schools and provides accredited courses (Mental Health First Aid (MHFA) training) that empower staff with necessary skills and tools to effectively support young people's mental health and wellbeing with a focus on creating a supportive environment for students' mental health.</p>
<p>Inclusion Works</p>	<p>Inclusion Works is a school-based consultancy program developed by Learning for Life Autism Centre (L4Life) to strengthen inclusive education practices in early childhood and primary school settings. The program embeds experienced consultants—psychologists, educators, and behaviour specialists—within schools to provide hands-on coaching, strategy development, and professional learning tailored to each school's unique context. Over a six-month (early years) to twelve-month (primary school) period, educators receive ongoing support to implement evidence-based strategies that promote inclusion for students with diverse learning needs. The program includes weekly classroom sessions, educator coaching, customised tools and resources, and regular data collection to monitor progress and impact. Inclusion Works also engages school leadership to embed inclusive practices across the whole school, ensuring sustainability beyond the program's duration. Backed by a multi-year research project, the initiative has shown measurable improvements in educator confidence and independent application of inclusive strategies. In 2026, the program will expand to offer flexible support models and targeted student interventions, reinforcing its commitment to building inclusive school communities where all students can thrive.</p>
<p>Inform and Empower</p>	<p>The Inform and Empower Program is an Australian initiative focused on promoting cyber safety, digital wellbeing, and responsible technology use among primary school communities. It offers a comprehensive approach to educating students, parents, and teachers about navigating the digital world safely and effectively.</p> <p>Through interactive, live-streamed sessions delivered each term, children are equipped with the skills to develop healthy relationships with technology through education that fosters safe online behaviour, with learning that focuses on cyber safety, digital citizenship, and managing risks online.</p> <p>Students learn strategies to prevent and respond to cyberbullying while encouraging "upstander" behaviour and are supported in developing critical thinking about online content, social media, gaming, and screen time.</p> <p>Inform and Empower offer student incursions, covering topics that include:</p> <ul style="list-style-type: none"> • Healthy Digital Habits • Critical Thinking • Digital Citizenship • Cyberbullying

- Digital Literacy
- Online Safety & Security
- Consent
- Upstander Behaviour (encouraging students to intervene positively in bullying situations)

Comprehensive educator training looks at trends, risks, and opportunities in cyber safety and digital wellbeing. Educators professional learning includes:

- Social Media & Gaming Trends
- Effective Conversations with Students
- Teaching Resources for Incorporating Digital Safety into Lessons
- Tips for discussing distressing online content with children.
- Strategies like the "Three Tech Check Steps" (Study, Seek, Switch) to help children build healthier relationships with technology.
- Writing-focused resources for integrating digital safety into classroom activities.

Communities are empowered with support for parents, carers, and educators in understanding the challenges of the digital world and providing effective guidance. The "Raising Kids in a Digital World" parent seminar is led by experts Marty (educator) and Carley (psychologist) who explore:

- Social Media Impacts
- Screen Time Management
- Online Gaming Risks
- Cyberbullying Prevention
- Managing Conflict and Family Communication
- Addressing Explicit/Adult Content

Interrelate

Interrelate supports schools and students through a variety of evidence-based, curriculum-aligned programs that focus on relationships, sexuality education, and personal development. These programs are designed to empower students, parents, and educators while promoting safety, respect, and inclusivity. Primary School Programs include:

- Cybersmart & Safe (Years 4-6) - Teaches students about online safety, social networking, cyberbullying, and protecting private information. A parent edition is also available to support families in navigating the digital world.
- Managing Menstruation (Years 3-6) - Helps girls understand puberty, menstruation, and ways to manage these changes.

- Me and the Big, Wide World (Years 3-4) - Focuses on family diversity, foetal development, body awareness, and protective behaviours with an emphasis on consent.
- Moving into the Teen Years (Years 5-6) - Comprehensive puberty and relationship education addressing self-esteem, decision-making skills, identity, respect, and transitioning to high school.

Tricky Talks® offers sessions like *"Where Did I Come From?"* (Years 3–4) and *"Preparing for Puberty"* (Years 5–6). These involve parents and children to discuss reproductive health and puberty changes in an age-appropriate manner. Interrelate also provides Parent Information Sessions, designed to familiarise parents with program content and strategies for supporting their children through these topics.

Interrelate offers Consent Education as a recurring theme across all programs for Years 3–6. It is integrated into discussions about safety, respect, and communication through both in-person and online formats.

Programs are available both face-to-face and online to ensure accessibility for all schools. Interrelate uses inclusive language and imagery to reflect gender diversity and ensure all students feel represented.

Interrelate also offers resources such as books on puberty, relationships, bullying prevention, and family diversity to complement its programs. These resources are available for purchase or provided during sessions.

inyourskin

inyourskin is an external service provider that delivers factual and comprehensive Relationships and Sexuality Education (RSE) services designed to educate, support and empower young people to understand and navigate relationships and sexuality in a healthy, informed manner, to develop healthy relationship skills, and to improve sexual health and safety.

The approach is evidence-based, sex-positive and harm reduction focused, with an emphasis on consent and respectful relationships.

Content is age-appropriate and covers topics such as effective communication, gender and sexuality, consent, media literacy (including the impacts of online pornography), and image-based abuse, in a pragmatic and non-judgmental manner.

Features:

- Year 5 – Year 12
- Tailored to each school's ethos, culture and needs; complements schools' own human sexuality programs
- 90-minute whole-school staff professional learning
- Pre-program parent information evenings
- External service delivery of 4+ x 50-minute student workshops focusing on healthy relationship skills and consent
- Professional development for educators with a specific focus on developing practical skills to facilitate and manage difficult conversations
- Train-the-trainer model for educators (1 or 2 day options available)

IVET RSE

IVET offers a Relationship and Sexuality Education (RSE) program that includes content on consent education. The program covers:

- The Evidence Base for Comprehensive RSE
- Best Practice Consent Education: Responding to Youth Sexual Consent Culture
- Porn, Parties, and other related topics

The RSE program is one of IVET's complementary offerings alongside their vocational education courses. It provides educators with up-to-date information and strategies for teaching consent and related topics to students.

Kids Helpline

Kids Helpline provides vital support to schools and students by offering free, confidential counselling and mental health resources tailored to young people. Available 24/7 via phone, webchat, or email, the service helps students navigate issues such as bullying, anxiety, family conflicts, and academic stress.

Schools can access educational resources and workshops designed to teach students coping strategies, emotional resilience, and online safety. Kids Helpline collaborates with educators to deliver classroom programs that promote mental health awareness and suicide prevention, fostering a supportive environment where students feel empowered to seek help.

The service also provides guidance for teachers and parents on recognizing signs of distress and connecting young people to professional support.

By offering immediate crisis intervention and ongoing counselling, Kids Helpline ensures students have a safe, non-judgmental space to discuss their concerns, ultimately contributing to healthier school communities and improved student well-being.

Life Skills (also see Be Good People)

The "Be Good People" curriculum is a flexible, teacher-friendly life skills program designed to foster social and emotional learning (SEL) in students from Pre-K to Year 12 by explicitly teaching labelled skills such as empathy, self-discipline, leadership, and conflict resolution—life skills essential for personal growth and community engagement.

It emphasises inclusivity and respect for diverse perspectives and aligns with CASEL's SAFE framework (Sequenced, Active, Focused, Explicit), targeting specific SEL skills such as managing emotions, stress, and interpersonal relationships.

Lessons include activities like role-playing, multimedia reflections, worksheets, and fine arts. The program is teacher-friendly, self-driving, and adaptable, allowing educators to customise lesson sequences based on their classroom needs. It includes detailed resources for planning, training, and implementation.

Skills are taught step-by-step and applied in real-life scenarios. Extension Activities include informal activities like videos, discussion questions, or worksheets.

	<p>Versions are tailored for different age groups (e.g., <i>K–3 Core Edition</i>) with age-appropriate activities such as comic strip worksheets for younger students.</p>
<p>LifeChanger</p>	<p>The LifeChanger program is an intervention aimed at helping teenagers aged 10-16 maximise their potential through developing a positive self-identity. The program is typically delivered through interactive workshops in schools, community clubs, and other settings for youth aged 10-17 in six 90-minute sessions delivered by trained facilitators, either in-person or online via Zoom or Teams over a 10-week period.</p> <p>LifeChanger employs a Five Pillar Framework to create awareness among teenagers about their mental and physical health, values, strengths, and purpose, while building skills for goal setting, problem-solving, resilience, and connecting with others:</p> <ol style="list-style-type: none"> 1. Health - Mental and physical wellbeing 2. Skills - Goal setting, problem-solving, and resilience 3. Self - Values, beliefs, and strengths 4. Purpose - Passions and life direction 5. Tribe - Connecting with friends, family, and community <p>It is student-centred and interactive and incorporates Bronfenbrenner's ecological model, using community volunteers or senior students as mentors to develop teenagers' positive self-identity, empower participants to take control of their lives, and reduce risk of mental health issues.</p>
<p>Lifeline</p>	<p>Lifeline supports schools and students by providing crisis intervention, mental health resources, and education to promote emotional well-being and suicide prevention.</p> <p>Schools can access training programs like <i>Accidental Counsellor</i>, equipping teachers and staff with skills to identify and respond to students in distress. Lifeline offers workshops and educational materials that address mental health awareness, stress management, and coping strategies, helping students build resilience and navigate challenges.</p> <p>The 24/7 crisis support line and text service provide immediate assistance to students experiencing emotional turmoil, suicidal thoughts, or personal crises. Lifeline also collaborates with schools to deliver community-based suicide prevention initiatives and reduce stigma around seeking help.</p> <p>Through resources tailored for educators, students, and families, Lifeline fosters a supportive school environment where mental health is prioritised, and individuals feel empowered to reach out during difficult times.</p>
<p>Living Ripples</p>	<p>Living Ripples is a three-year process to empower, support and connect Australian primary and secondary schools to build resilience and wellbeing.</p>

Schools complete an 'Ask & Offer' form through the Living Ripples website, which is funded by philanthropic group, The Phillips Foundation (ex-teachers Anthony and Liz Phillips are the founders of Camp Australia). The process enables primary and secondary schools to survey students, staff, parents and carers and act on comprehensive findings.

Resilient Youth Australia, along with the University of Adelaide's WiLDlab (*Wellbeing in Learning Development*), write a *Student Wellbeing Action Plan*, which focuses on goals identified in the wellbeing data. Once goals have been created, schools may engage wellbeing organisations who can help work towards achieving these.

Schools may apply for a *Student Wellbeing Action Grant (SWAG)*, a helping hand grant, to engage the services of these organisations.

Participating individual school communities are supported to implement the process with resources, which include 'how to' guides to deliver Living Ripples within a school, sharing stories of Living Ripples schools, research, and hands-on assistance to grow cooperation, collaboration and action.

Mahana Culture

Mahana Culture is an organisation based in Australia that specialises in delivering cultural education programs aimed at fostering understanding, respect, and inclusion of Aboriginal and Torres Strait Islander cultures. Through its work in schools, workplaces, and communities, Mahana Culture contributes to building a more inclusive society where Aboriginal and Torres Strait Islander cultures are recognised, valued, and celebrated.

Mahana Culture is driven by a commitment to reconciliation, respect, and the celebration of Australia's rich Indigenous heritage. Its programs aim to create meaningful connections between Indigenous and non-Indigenous Australians by fostering mutual understanding and shared learning.

The organisation works with schools, businesses, and communities to promote cultural awareness, reconciliation, and the celebration of Indigenous heritage. Mahana Culture offers workshops and programs designed to educate participants about Aboriginal and Torres Strait Islander histories, cultures, and contemporary issues. These programs aim to build understanding and respect for Indigenous peoples and their contributions to Australian society.

The organisation works closely with schools to deliver engaging and interactive workshops for students. These workshops often include storytelling, art, music, dance, and discussions about Indigenous history and traditions. They are tailored to align with the Australian Curriculum's cross-curriculum priority of Aboriginal and Torres Strait Islander histories and cultures.

Mahana Culture also provides training for businesses, educators, and community groups to help them develop cultural competency. This training focuses on understanding the significance of Indigenous culture, addressing unconscious biases, and fostering inclusive practices.

The organisation supports schools and organisations in developing *Reconciliation Action Plans (RAPs)*, which are frameworks for embedding reconciliation initiatives into their operations.

	<p>A key aspect of Mahana Culture’s programs is the use of traditional art forms and storytelling to convey cultural knowledge and values. These creative approaches help participants connect with Indigenous culture on a deeper level.</p> <p>Mahana Culture works in collaboration with local Indigenous communities to ensure that their programs are authentic, respectful, and reflective of the diversity within Aboriginal and Torres Strait Islander cultures.</p>
Man Cave	<p>The Man Cave is a preventative mental health and emotional literacy charity aiming for a world in which every man has healthy relationships, contributes to his community, and reaches his full potential.</p> <p>The Man Cave’s in-school programs for teenage boys are designed to create long-term, positive shifts in attitudes and behaviours by creating psychologically safe spaces and challenging problematic gender stereotypes.</p> <p>Student workshops are three-part, whole-day immersive experiences during which students explore masculinity, emotional literacy, and mental health with a view towards self-discovery and emotional literacy, relationship building, and defining personal values and community contribution.</p>
Mental Health Education Victoria	<p>(see Health Education Victoria)</p>
MeSafe	<p>MeSafe is an Australian educational initiative designed to empower young people with the knowledge and skills needed to navigate relationships, personal safety, and consent.</p> <p>The program focuses on providing age-appropriate, engaging, and interactive workshops that aim to build awareness around respectful relationships, boundaries, and communication.</p> <p>Key areas covered by MeSafe include teaching young people about consent, understanding personal boundaries, managing peer pressure, and fostering respect in all types of relationships. The program emphasises practical strategies for recognizing unsafe situations, responding to them effectively, and seeking help when needed.</p> <p>MeSafe is often delivered in schools and community settings, aligning with broader efforts to promote respectful relationships education as part of the curriculum.</p> <p>By equipping students with these essential life skills, MeSafe contributes to creating safer communities and empowering individuals to make informed decisions in their personal lives.</p>
Minus 18	<p>Minus18 is an Australian charity dedicated to improving the lives of LGBTQIA+ young people. Key aspects of their work include:</p>

	<ul style="list-style-type: none"> • Social Inclusion: Creating spaces for LGBTQIA+ youth to belong, celebrate, and make friends • Education & Advocacy: Providing LGBTQIA+ training, resources, and digital campaigns to combat discrimination • Youth Empowerment: Equipping young people with skills and opportunities to drive change • Resources: Offering information on topics like coming out, sexuality, gender, identity, school, family, and wellbeing • Workshops & Training: Delivering LGBTQIA+ inclusion training and workshops for schools and workplaces
National Centre Against Bullying (NCAB)	<p>The National Centre Against Bullying (NCAB) is an Australian organisation dedicated to preventing and addressing bullying through research, education, and advocacy. Established to provide evidence-based guidance, NCAB collaborates with schools, communities, and policymakers to develop strategies that promote safe and inclusive environments.</p> <p>It focuses on understanding the root causes of bullying, including cyberbullying, and offers practical resources for educators, parents, and students to effectively respond to and prevent bullying behaviours.</p> <p>NCAB emphasises the importance of early intervention, social-emotional learning, and fostering empathy and respect among young people. Through workshops, conferences, and publications, the organisation shares the latest research and best practices, empowering stakeholders to create systemic change.</p> <p>NCAB also advocates for policies and programs that prioritise student well-being, aiming to reduce bullying's impact and build resilient communities where all individuals can thrive.</p>
OurFutures	<p>OurFutures is an evidence-based, curriculum-aligned prevention program for secondary school students that focuses on drug, alcohol, vaping, and mental health education.</p> <p>The program is delivered online, typically over 4–6 lessons of 40 minutes each, through interactive cartoon storylines. Program modules cover <i>Alcohol, Cannabis, Psychostimulants, MDMA, Emerging Drugs, Vaping, and Mental Health</i>.</p> <p>OurFutures employs a social influence and harm minimisation approach and incorporates interactive activities, quizzes, and class discussions in the program. It is designed to be universal, suitable for all students regardless of risk category, with a view to reducing alcohol consumption and binge drinking, decreasing cannabis and MDMA use, improving mental health outcomes, increasing knowledge about substance use harms, and reducing intentions to use substances.</p> <p>OurFutures is available for Years 7–11 and includes teacher resources and implementation support.</p>
Outside the Locker Room (OTLR)	<p>OTLR aims to address mental health issues, particularly among young people, through a combination of education and welfare support. OTLR's approach is rooted in the understanding that mental health issues often emerge before age 25, and that sporting clubs can serve as effective platforms for education and support.</p>

	<p>The program aims to create a positive impact on mental health outcomes, particularly in reducing suicide rates among young Australians. The target audience is young Australians, particularly those involved in sports and community groups.</p> <p>The program involves interactive mental health education sessions, delivered by trained program facilitators and registered mental health professionals, with a focus on mental health awareness, suicide prevention, and building skills like empathy and bystander intervention.</p> <p>The OTLR schools' program is designed for students aged 15–30, with a focus on addressing mental health challenges that often emerge before the age of 25. OTLR aims to provide mental health education and support to this age group through interactive sessions and ongoing welfare support via their mobile app.</p>
<p>Pat Cronin Foundation</p>	<p>The Pat Cronin Foundation offers several educational programs for schools aimed at preventing social violence and ending the “coward punch”:</p> <ul style="list-style-type: none"> • Be Wise Presentations are designed for secondary school students and offer two presentations: "Violence is Never OK" and "Rethinking Anger". These are delivered by foundation presenters, including Pat's parents, Matt and Robyn Cronin, and aim to change students' perceptions of social violence. • Violence Prevention e-Learning involves a five-module online course for Years 7-12, covering consequences of violence, anger management, and decision-making. This can be integrated into schools' wellbeing curricula. • Primary School Programs aligns with Victorian and Australian Curriculum and include e-books, lesson plans, and activity sheets. <p>Be Wise School Accreditation requires the completion of a 5-step process for schools to demonstrate commitment to violence prevention.</p>
<p>PeaceWise</p>	<p>PeaceWise is a Christian, cross-denominational, not-for-profit ministry focused on promoting peace and reconciliation through biblical principles. In schools, PeaceWise provides Christian-based programs that teach students how to handle conflict and build healthy relationships using biblical principles. As they discover peacemaking as a life skill, students are equipped with practical skills for resolving conflict, building friendships, and fostering a culture of peace within their school communities.</p> <p>PeaceWiseKids (Primary School) offers age-appropriate courses for Years 1–6, focusing on equipping children with tools to address relational challenges like bullying, teasing, and exclusion. These are delivered through classroom teaching, scripture classes, or homeschool settings and include interactive lessons, workbooks, and optional online content for Years 3–6. It may be integrated into curriculum outcomes and is adaptable for various educational contexts.</p> <p>PeaceWiseYouth (High School) offers courses designed for Years 7–10 and a specialised program for Years 11–12 titled <i>"Being a Peacemaker in a Complex World."</i> This program covers conflict resolution, worldview thinking, and engagement with challenging topics and is delivered in classrooms, scripture classes, or homeschool settings.</p> <p>Programs can be delivered in-person or online to suit school needs. Courses are designed to meet Australian curriculum outcomes, and teachers use provided materials, including lesson plans, videos, and activities.</p>

	<p>Schools can host “<i>Everyday Peacemaking for Schools</i>” training days to familiarise staff with peacemaking principles before teaching students. PeaceWise has collaborated with GodSpace to include a four-topic peacemaking unit in the <i>GodSpace Purple</i> curriculum (NSW and QLD).</p>
<p>Playing IT Safe</p>	<p>Playing IT Safe is an Australian educational initiative developed to teach young children aged four to seven about online safety and digital citizenship in an age-appropriate, engaging way. It is a collaborative program created by the Australian Federal Police (AFP), the Australian Government’s Office of the eSafety Commissioner, and the ThinkUKnow program.</p> <p>The initiative uses interactive stories, games, and activities to introduce foundational concepts such as protecting personal information, recognizing unsafe online situations, and seeking help from trusted adults. Through playful scenarios and relatable characters, children learn how to navigate digital environments responsibly, understand the difference between offline and online risks, and build confidence in making safe choices.</p> <p>The program also provides resources for parents and educators to reinforce these lessons, ensuring a consistent approach to early digital literacy. Playing IT Safe focuses on prevention and empowerment, equipping children with the skills to interact safely online while fostering open communication about digital experiences.</p>
<p>Project Rokit</p>	<p>Project Rokit is a youth-driven movement against bullying, hate, and prejudice that aims to create a world where kindness and respect thrive over bullying.</p> <p>Offering workshops for students in Years 3–12, Project Rokit uses a youth-led, evidence-based approach to empower students and elevate young people as leaders on issues that impact them most.</p> <p>Digital resources are available through the “<i>PROJECT ROCKIT Plus</i>” platform, which uses interactive activities, role-plays, and discussions instead of lectures, along with a “show not tell” approach to break through stigmatised issues—avoiding labels like “bully” and “victim”—to focus on behaviour change.</p>
<p>Purple Playspace by Hart & Seek</p>	<p>Purple Playspace is an F-6 SEL Program that uses movement and drama to explore and embody the Zones of Regulation, the importance of shared empathy, and help students navigate challenging social conflicts that arise at school. Facilitated by performing arts teachers and therapists, and created by a speech and play therapist, Purple Playspace involves three 60-minute sessions (or one-half day) delivered to each class group. Optional professional development is offered to staff to lead Zone Scenes post program.</p> <ul style="list-style-type: none"> • Session 1: Listen to our bodies and name feelings <p>Students dive into a foundational understanding of interoception by embodying the Zones of Regulation. Through drama and movement, students discover that their bodies hold information about how they are feeling.</p> <ul style="list-style-type: none"> • Session 2: Navigate Zones and understand empathy

	<p>Students explore the art of transitioning between emotional zones and delve into the essence of empathy. The focus is on peer connection and discovering tools to 'Stop, Notice and Name Feelings', then have tools necessary to return to the Green Zone when they are ready.</p> <ul style="list-style-type: none"> • Session 3: Act out Zone Scenes and emotional regulation ideas <p>Students take centre stage by sharing real-life examples of recent challenging social situations at school. They act out these scenes, initiating group discussions, problem solving and re-enactments.</p>
<p>Racism No Way</p>	<p>Racism No Way is an Australian initiative dedicated to combating racism and promoting cultural diversity and inclusion within schools and communities. It provides educators, students, and families with resources to address racial discrimination, foster intercultural understanding, and celebrate multiculturalism.</p> <p>The program offers lesson plans, activities, and guidelines to help schools create inclusive environments where students learn to challenge stereotypes, respect differences, and stand against racism. Racism No Way emphasises education as a tool for change, encouraging open discussions about race, identity, and social justice.</p> <p>By equipping teachers with practical strategies and raising awareness about the impacts of racism, the initiative aims to empower young people to become advocates for equality and contribute to a society that values and respects diversity.</p>
<p>REACH</p>	<p>REACH is a youth-focused organisation that targets young people aged 10 to 18 years old. Their various programs, workshops, and initiatives are specifically designed for this age range, focusing on enhancing the wellbeing and development of adolescents and teenagers.</p> <p>This age group aligns with REACH's mission to support young people in navigating the challenges of growing up, building emotional intelligence, resilience, and confidence, and realizing their potential. REACH uses workshops and camps to connect with young people and equip them with tools to set goals and deal with life's challenges.</p> <p>REACH trains young facilitators aged 15–25 to deliver workshops in schools, communities, and businesses. Workshops involve 90-minute sessions, available both online and face-to-face, that are designed for primary and secondary school students with a focus on building social and emotional skills, resilience, and self-belief through the structure of <i>"The Hero's Journey."</i></p> <p>Topics covered in workshops include self-worth and understanding; competence and autonomy; goal setting and achievement; empathy and connectedness; and healthy relationships.</p> <p>REACH facilitators make use of interactive activities, role-plays, and discussions to focus on behaviour change and the creation of brave spaces. They avoid labels like "bully" and "victim" and enhance young people's wellbeing by increasing their sense of engagement, self-awareness, and self-efficacy through the youth-designed and delivered workshops.</p>

<p>Reach Out</p>	<p>Reach Out (<i>ReachOut.com</i>) is Australia’s leading online mental health platform designed specifically for young people, offering free, anonymous, and accessible support. It provides practical tools, resources, and peer-driven content to help individuals aged 14–25 navigate challenges such as anxiety, depression, bullying, relationships, academic stress, and identity issues.</p> <p>The platform features self-help guides, forums moderated by mental health professionals, and real-life stories from young people sharing their experiences. <i>ReachOut.com</i> emphasises early intervention, empowering users to build resilience and coping strategies through evidence-based advice and interactive tools like mood-tracking apps and goal-setting planners.</p> <p>Reach Out supports schools by providing free, evidence-based mental health resources tailored to educators, students, and parents. For schools, it offers lesson plans, classroom activities, and professional development tools aligned with the curriculum to help teachers address topics like stress management, resilience, bullying, and emotional well-being. These resources are designed to foster open discussions about mental health in a safe, age-appropriate way.</p> <p><i>ReachOut.com</i> also provides student-specific content, including self-help guides, interactive tools, and peer-support forums, empowering young people to navigate challenges like anxiety, academic pressure, or social conflicts independently or with guidance.</p> <p>For parents, the platform shares practical advice on supporting their child’s mental health, which schools can distribute to families. Additionally, <i>ReachOut.com</i> collaborates with educators to deliver mental health workshops and webinars, helping schools create inclusive environments that prioritise student well-being.</p> <p>By integrating these resources into school systems, <i>ReachOut.com</i> aims to reduce stigma, promote early intervention, and equip the entire school community with strategies to support mental health proactively.</p>
<p>Real Schools (RP) partnership program</p>	<p>Real Schools offers a three-year partnership program designed to transform school culture through the implementation of Restorative Practices. They aim to build a strong, relational, and trust-based environment for students, teachers, and the community.</p> <p>It’s a multi-year commitment, not just a one-off professional development day. Schools receive unlimited support from an experienced Expert Facilitator (a former school Principal) throughout the three years.</p> <p>The partnership includes whole-school professional learning (in person or online), in-class support for teachers, parent engagement sessions, 1:1 school leader mentoring and teacher coaching, unlimited email and phone support for school leaders, practical resources (readings, videos, podcasts), and measurement tools to track the partnership's impact.</p>
<p>Respect Collective</p>	<p>Respect Collective is an online community and educational platform focused on Relationships and Sexuality Education (RSE) for high school educators. It offers a comprehensive curriculum with over 70 lessons aligned with the Australian Curriculum, covering topics like relationships, consent, diversity, and more, and makes use of digital resources, including a user-friendly lesson player with evidence-informed content, interactive activities, quizzes, and multimedia resources.</p>

Educators can deliver content when and where it works best for them and their students. Content is informed by research with young people, with youth-led, relevant topics developed for Years 7–12, considering diverse values, experiences, and identities with a trauma-informed approach that promotes help-seeking behaviours.

Respect Collective aims to empower educators to create safe, engaging spaces for students to explore and develop healthy attitudes towards relationships and sexuality.

It provides a collaborative environment in a virtual staffroom for educators to connect and build a Community of Practice, along with professional development that includes four live webinars per year and pre-recorded sessions as well as email and phone support during school hours, including referral pathways.

Features:

- Year 7 - Year 12
- Educators' resource: digital plug-and-play lessons, mapped to the Australian HPE Curriculum and UN's guidelines for best practice human sexuality education
- 12 lesson plans for each year level (with extension activities, can be as many as 25)
- Content delivery can be shared between faculties as appropriate – Legal, Science, HPE, pastoral, etc
- Emphasis on help-seeking and knowledge of who to approach for help when needed
- Pre-recorded webinar train-the-trainer professional development for educators
- Technical support and 'Ask an Expert' support available
- Virtual staffroom/Community of Practice for educators to network and share best practice

Respectful Relationships / Resilience Rights & Respectful Relationships (RRRR)

The Resilience, Rights and Respectful Relationships (RRRR) program is an evidence-based, comprehensive social and emotional learning curriculum designed for schools as a whole-school approach, covering Foundation (Prep) to Year 12.

The program covers eight key topics:

1. Emotional Literacy
2. Personal Strengths
3. Positive Coping
4. Problem-Solving
5. Stress Management

- 6. Help-Seeking
- 7. Gender and Identity
- 8. Positive Gender Relations

The program seeks to promote respect, positive attitudes, and behaviours and to prevent gender-based violence, while developing students' social and emotional capabilities and building healthy relationships, resilience, and confidence.

The whole school approach influences school policies, culture, and ethos. Lessons and materials are age-appropriate and mapped to Victorian Curriculum standards. They involve interactive activities, role-plays, and discussions.

Professional development is offered to teachers and early childhood educators, and a regional workforce supports implementation.

There is also funding available for partner schools (\$4,000 in 2025) and lead schools (\$10,000 in 2025).

Reword

Reword, developed by Headspace, is a free online tool designed to help children and young people challenge and reduce cyberbullying behaviour. It focuses on preventing harmful language by encouraging users to reconsider hurtful or offensive messages before they are sent.

When someone types a potentially harmful word or phrase, Reword detects it and prompts the user with a gentle warning, suggesting alternative, kinder language. The tool aims to foster empathy and respectful communication by making users pause and reflect on the impact of their words.

It is integrated into social media platforms and messaging apps, providing real-time guidance to promote positive online interactions. Reword also educates young people about the consequences of cyberbullying and empowers them to create safer, more inclusive digital spaces.

By addressing harmful behaviour at its source, the tool supports mental well-being and helps build a culture of kindness and accountability in online communities.

RULER

RULER is an evidence-based approach to social and emotional learning (SEL) developed by the Yale Center for Emotional Intelligence. It focuses on cultivating emotional intelligence skills in students, educators, and broader school communities to enhance learning environments and personal well-being.

RULER stands for Recognising, Understanding, Labelling, Expressing, and Regulating emotions. These five skills form the foundation of emotional intelligence taught through the program.

The program emphasises the importance of emotions in decision-making, creativity, relationships, and overall health. RULER aims to improve emotional awareness, foster positive school climates, and enhance academic performance.

It also helps reduce issues like bullying, teacher burnout, and classroom conflicts while promoting healthier relationships among students and educators.

The approach integrates two main components:

- The Anchors of Emotional Intelligence - Tools like the Charter, Mood Meter, Meta-Moment, and Blueprint help develop emotional intelligence in practical ways.
- The Feeling Words Curriculum - This curriculum expands emotional vocabulary to improve communication and empathy.

RULER aims to improve student engagement, academic achievement, and social skills while fostering supportive classroom environments in which teachers experience reduced stress and better relationships with students.

Safe on Social

Safe on Social is an Australian organisation that specialises in providing education, resources, and training to help individuals, schools, and organisations navigate the challenges of online safety and social media use.

Founded by cyber safety expert Kirra Pendergast, Safe on Social aims to empower people with the knowledge and tools to stay safe, make informed decisions, and foster respectful online behaviour.

Safe on Social delivers workshops and presentations for students, teachers, and parents in schools.

These sessions cover a wide range of topics, including:

- Social media safety
- Cyberbullying prevention
- Managing digital footprints
- Online privacy and security
- Understanding the risks of oversharing

The organisation provides resources and training for parents to better understand the online world their children are navigating. This includes practical advice on setting boundaries, monitoring online activity, and fostering open communication about technology use.

Safe on Social equips educators with the knowledge and skills to address cyber safety issues in schools. This includes recognizing warning signs of online harm, supporting students, and integrating online safety into the curriculum.

The organisation provides a range of digital resources, including e-learning modules, guides, and blog posts that cover emerging trends in social media and technology.

	<p>Safe on Social focuses on a proactive approach to online safety by educating individuals about the risks while also promoting positive behaviour in digital spaces. Their programs emphasise empowerment rather than fear, helping people make informed choices about their online interactions.</p>
<p>Safe Schools</p>	<p>Safe Schools is an Australian initiative originally developed to support LGBTQIA+ students by fostering inclusive, respectful, and safe school environments.</p> <p>The program provides resources, training, and guidance to help schools address discrimination, bullying, and mental health challenges faced by LGBTQIA+ youth. It equips educators with lesson plans, policies, and professional development materials to teach diversity, gender identity, and allyship in an age-appropriate manner.</p> <p>Safe Schools emphasises creating a culture where all students feel accepted, regardless of their sexual orientation, gender identity, or intersex status. The program's core goal is to reduce stigma, promote understanding, and ensure schools comply with anti-discrimination laws.</p> <p>Many schools adopt its principles, focusing on student well-being and inclusivity through tailored support for LGBTQIA+ students and their peers. The initiative also collaborates with mental health organisations to address the unique challenges marginalised students face, aiming to build resilience and a sense of belonging.</p>
<p>SafeTALK</p>	<p>SafeTALK is a suicide prevention training program that aims to increase suicide alertness in communities, overcome tendencies to miss, dismiss, or avoid suicide, and provide practical skills to approach and support those at risk.</p> <p>It is designed to create suicide-alert helpers, equipping them to identify people who may have thoughts of suicide, ask directly about the possibility of suicide, and connect individuals to life-saving resources.</p> <p>The program is delivered through a 4-hour workshop and is appropriate for anyone 15 years or older, regardless of prior experience.</p> <p>The program uses the TALK steps:</p> <ul style="list-style-type: none"> • Tell - Recognise signs of suicide • Ask - Inquire directly about suicide • Listen - Hear the person's story • KeepSafe - Connect to further help <p>Participants receive hands-on skill practice, a TALK wallet card, and "You can TALK to Me" stickers. The training is delivered face-to-face by certified trainers and often includes a mix of presentations, audiovisuals, interactive discussions, and practice sessions.</p>

Salvation Army Schools Program

The Salvation Army Schools Program aims to equip students with relevant skills, knowledge, and understanding to achieve their full potential while fostering a sense of social responsibility and community engagement. The program offers educational workshops and opportunities for students to engage, learn, and make a difference in their local communities.

- For primary school students (Years 4-6), the Community and Caring workshops involves 45-minute sessions introducing The Salvation Army and exploring concepts of caring and community impact. These are available in-person or as a 30–40-minute virtual classroom session.
- For secondary school students (Years 8+), the 55-minute Solving Struggles workshop introduces the Doorways service and discusses emergency relief and holistic case management.
- In addition, for secondary school students (Year 8 and above), there is a 60–90-minute immersive workshop on homelessness, Nowhere to Live. This can also be run for teachers on development days.
- The Hope Internship Program is a year-long program for students passionate about social justice that includes workshops on various topics and community projects, culminating in an end-of-year celebration and certificate.

All programs are aligned with school curricula and are offered in various locations including schools, local Salvation Army centres, and online. They promote social justice education and introduce service-learning opportunities to develop compassionate individuals with integrity and character with a focus on providing quality, holistic, faith-based education. Vulnerable and marginalised children are prioritised.

School TV

School TV is a digital wellbeing platform designed to support parents in raising happy, healthy, and resilient young people. Parents can access School TV's resources at their convenience, allowing them to engage with the material in their own time.

It addresses various student wellbeing topics that affect families, providing credible information and practical support strategies from experts in their respective fields. The platform features recommendations and strategies from specialists, ensuring that the information provided is evidence-based.

School TV covers a wide range of topics, including content on consent and respectful relationships, such as "*A Conversation on Consent*." The platform provides resources that align with recent mandates for consent education in schools, empowering parents with information and strategies to discuss sensitive topics like consent and respectful relationships with their children.

Further topics include *Mental Health, Cybersafety, School Survival, Healthy Body, Positive Parenting, Sleep, Body Image, School Transitions, Exam Jitters, Social Media and Digital Reputation, Diet and Nutrition, Diversity and Inclusion, Mindfulness, Surviving Final Year, and Internet Addiction*.

The platform regularly updates its content and may include special reports on timely and trending topics.

<p>Seasons for Growth</p>	<p>Seasons for Growth is an evidence-based education program designed to support children and young people aged 6–18 who have experienced significant change, loss, or grief, including death, family separation, relocation, and impacts of disasters.</p> <p>The program is delivered in school and community settings by trained adult "companions" (e.g., teachers, social workers, counsellors) to small groups of 4–7 participants over 8 sessions of 40–50 minutes each, plus a celebration session and optional reconstructor session. It uses the metaphor of seasons to illustrate the grief process.</p> <p>Content is age-appropriate, and groups are divided according to age: 6–8 years, 9–10 years, 11–12 years, and 13–18 years. The focus is on building resilience, emotional literacy, and coping skills through discussions, stories, drawing, role-play, and guided meditation. Participants' social and support networks are strengthened. Facilitators attend a 2-day training workshop.</p> <p>Seasons for Growth also offers a modified version called Stormbirds, specifically designed to help children cope with change, loss, and grief resulting from natural disasters.</p>
<p>Sex Education Australia (SEA)</p>	<p>Sex Education Australia (SEA) was established in 2011 to provide quality, age-appropriate sexuality and relationships education to Australian students. The program content aligns with the Victorian Curriculum, is inclusive, and acknowledges diversity.</p> <p>SEA's school presenters are skilled at putting students at ease to help them feel comfortable with the material in a relaxed, inclusive, and non-judgemental environment.</p> <p>The school-based primary programs are tailored to the year level, and cover not just anatomy, puberty, and reproduction but also body safety ('protective education'), consent, respect, friendships, and staying safe online. The programs are run by specially trained and experienced educators, with expert knowledge, sensitivity, and humour.</p> <p>SEA's secondary programs give students the opportunity to learn in a relaxed and non-judgemental environment and provide clear messaging and strategies to support young people's developing knowledge base and decision-making skills.</p> <p>SEA also works directly with families, supporting them to have real, helpful, and informed conversations.</p>
<p>Sexual Health Victoria</p>	<p>Sexual Health Victoria (SHV) aims to provide comprehensive, age-appropriate sexuality education that promotes healthy relationships, informed decision-making, and overall sexual health literacy by offering comprehensive Relationships & Sexuality Education programs for schools.</p> <p>The Primary School Programs involve:</p> <ul style="list-style-type: none"> • Protective Behaviours (Level 3) - 3 x 1-hour sessions covering body knowledge, safety, and protective behaviours • Me & My Body (Levels 3 & 4) - 3 x 1-hour sessions on human development, puberty, and protective behaviours • Programs for Levels 5-6 - Age-appropriate content aligned with the Victorian Curriculum

	<p>Secondary School Programs are curriculum-aligned, covering various aspects of relationships and sexuality education.</p> <p>SHV provides specialised programs that focus on consent and respectful relationships within a whole-school approach to teaching consent.</p> <p>The programs are typically held in classrooms and delivered by experienced, trained SHV educators and include information, interactive activities, worksheets, values clarification, and Q&A opportunities, along with an anonymous question box for students.</p> <p>Extension activities, online resources and tools are made available for classroom teachers, as well as staff professional development and parent/carer information sessions.</p> <p>Specific training courses for the disability sector and youth/community workers are also available.</p>
<p>Smack Talk</p>	<p>SmackTalk, founded by Wayne Holdsworth, is an Australian charity established in memory of his son Mac, who tragically took his own life following an incident of sexual extortion and struggles with mental health after the loss of his mother.</p> <p>The organisation's primary goal is to prevent suicide and promote mental health awareness by educating people on the importance of active listening and raising awareness about cyberbullying and sexual extortion.</p> <p>SmackTalk provides free 40-minute sessions to various groups (schools, businesses, sporting clubs) where Wayne or trained facilitators share their story and provide tools for active listening.</p> <p>An annual campaign, Unplug24, is held on October 24th, challenging individuals to stay off social media for 24 hours to raise awareness and funds for suicide prevention and combating sexual extortion.</p> <p>Wayne Holdsworth advocates for landmark legislation changes around social media age restrictions.</p>
<p>Smiling Mind</p>	<p>Smiling Mind is an evidence-based mindfulness program designed for primary and secondary schools. The program takes a whole-school approach, providing resources for students, teachers, and parents and offering a comprehensive, year-long curriculum with weekly lessons and activities, mapped to the Australian Curriculum.</p> <p>Teachers can conduct one 30–45-minute active teaching lesson per week, supported by at least 3 short (5–10 minute) meditation exercises throughout the week. The program provides digital resources, including an app with guided meditations, lesson plans, and student journals.</p> <p>Teachers receive professional development to effectively implement the program.</p> <p>Smiling Mind may be helpful to students in several ways including:</p> <ul style="list-style-type: none"> • Improved mental health and wellbeing - The program aims to develop social and emotional skills, supporting good mental health.

	<ul style="list-style-type: none"> • Enhanced learning - It can improve student engagement, attention, and concentration. • Emotional regulation - Students learn to better manage their emotions and develop self-regulation skills. • Resilience - The program helps build resilience in students. • Social skills - It promotes the development of empathy and positive relationships. <p>By integrating mindfulness into the school day, Smiling Mind provides students with practical tools to support their mental wellbeing and academic performance.</p>
Social Stencil	<p>Social Stencil is an evidence-based social-emotional learning program designed for students in Years 3–8 (ages 8–15) to address issues such as behaviour and attendance, confidence and problem-solving skills, peer relationships and acceptance, and mental health and wellbeing.</p> <p>The program is aligned with Australian Curriculum standards, offering a 16–19-week curriculum with weekly 50–60-minute sessions that are delivered by trained facilitators, typically classroom teachers. An online portal provides lesson plans, resources, and training materials.</p> <p>Social Stencil focuses on developing practical social and communication skills, covering topics like emotions, friendship, conflict management, and group work, and using games, discussions, and activities to engage students. It promises student-centred, teacher-guided pedagogy influenced by arts education with an aim to create a shared language and concepts around social skills.</p> <p>It is designed to be inclusive and neurodiversity-affirming with a whole-school approach and resources for students, teachers, and parents.</p>
South Eastern Centre Against Sexual Assault and Family Violence	<p>See ECASA</p>
St John Ambulance Party Safe Program	<p>As part of their community initiatives, St. John Ambulance offers a program called <i>"Party Ready"</i> for Year 9 and 10 students, aged 14–16, to help them prepare for social situations they may encounter.</p> <p>It is delivered in schools and specifically addresses party safety, aiming to reduce risks and promote responsible behaviour among young people, and help and equip them with knowledge, resources, and education on party safety to keep themselves and peers safe.</p> <p>Topics covered include:</p>

	<ul style="list-style-type: none"> • Planning ahead for parties • Staying safe during parties • Ending parties safely • The effects of drugs on the body • Decision-making
<p>STRIDE</p>	<p>STRIDE is a comprehensive student wellbeing program designed to support mental health and physical activity in schools. The program aims to provide a holistic approach to student wellbeing by combining physical activity with mental health support, addressing the growing need for targeted interventions in school settings.</p> <p>It is a 12-week referral-based exercise program that is delivered by trained facilitators, typically in school settings, to students aged 14–16 (Years 9 and 10) who are experiencing mental distress or illness. The program offers tailored support for individual student needs and comprises structured physical activity sessions with social and emotional learning elements.</p> <p>In addition to improving the mental health and wellbeing of participating students with increased physical activity levels, it enhances social connections and support networks. STRIDE takes a collaborative approach, involving schools, mental health professionals, and exercise specialists, and aligns with existing school wellbeing initiatives.</p> <p>Stride Wellbeing Officers typically work in schools 1–2 days per week, collaborating with existing Welfare and Learning Support teams to enhance and complement the school's wellbeing initiatives. It offers professional development for teachers and staff.</p> <p>The Stride Wellbeing Officers conduct several specific activities in schools as part of the National Student Wellbeing Program.</p> <p>These include:</p> <ul style="list-style-type: none"> • Small group work focusing on social skills and managing emotions • Lunchtime social groups and activities • Breakfast clubs • Parent and Carer workshops • Individual wellbeing support for identified students and their families • Licensed mental health or wellbeing programs (subject to available funding)
<p>Student Wellbeing Hub</p>	<p>The Student Wellbeing Hub is an Australian online platform designed to support the mental health, well-being, and safety of students, educators, and families. It provides a centralised repository of resources, tools, and strategies to help schools create positive, inclusive environments where students can thrive emotionally and socially.</p>

	<p>The hub offers practical guidance on topics such as bullying prevention, cyber safety, resilience-building, and mental health support, with materials tailored for different age groups and educational contexts.</p> <p>Educators can access lesson plans, professional development modules, and policy templates to address well-being challenges effectively, while parents receive advice on fostering healthy habits and supporting their children’s social-emotional development.</p> <p>The hub emphasises collaboration between schools, families, and communities, promoting evidence-based practices to enhance student safety, reduce stigma around mental health, and empower young people to navigate challenges confidently.</p> <p>By integrating well-being into everyday school life, the Student Wellbeing Hub aims to cultivate resilient, respectful, and supportive learning environments for all students.</p>
<p>Success Integrated</p>	<p>Success Integrated is a leading provider of youth motivational speaking, life coaching, and evidence-based school programs in Australia and New Zealand. They offer engaging student, staff, and parent programs focused on raising resilience and achievement.</p> <p>Tailored programs for junior, middle, and senior school students involve developing organisational skills, study techniques, exam strategies, career planning, resilience building, and mental health support and wellbeing strategies.</p> <p>Various online tools and resources support their programs.</p>
<p>TalkNOW!</p>	<p>TalkNOW! is an innovative, fully online respectful relationships and consent education program designed to empower students and educators with evidence-based, trauma-informed learning. Delivered through facilitator-led peer-to-peer videos, the program ensures consistent messaging across classrooms while reducing teacher workload and increasing student engagement.</p> <p>Covering key topics like inclusivity, identity, gender, stereotypes, consent, rejection, diversity, and vaping, TalkNOW! sparks honest, relatable conversations that help students navigate complex social landscapes.</p> <p>With a strong commitment to co-design and inclusivity, TalkNOW! creates tailored educational materials that reflect the experiences of diverse communities, including First Nations students, culturally and linguistically diverse (CALD) communities, LGBTQIA+ youth, students with disabilities, and those in rural or remote areas.</p> <p>A recent collaboration with Queensland Health led to the development of an inclusive puberty education guide for Years 5–6, ensuring content is representative, engaging, and accessible for all learners.</p> <p>With its plug-and-play format, TalkNOW! provides schools with a scalable, cost-effective solution for delivering high-quality respectful relationships education, while allowing educators to focus on supporting students, rather than creating lesson content from scratch.</p> <p>Features:</p>

- Year 3 - Year 8 curriculum (early intervention)
- Fully digital, facilitator-led peer-to-peer video lessons (ensuring consistent delivery across schools)
- Plug-and-play format (minimises teacher workload; lessons ready to deliver)
- Includes real student voices and diverse representation (making content relatable and engaging)
- Designed for use by educators with no prior training needed (seamless integration into classrooms)
- Aligned with the Australian Curriculum and best-practice respectful relationships education
- Focuses on key issues such as consent, digital safety, gender norms, boundaries, and communication skills
- Co-designed with experts and diverse community stakeholders (ensuring inclusivity and cultural responsiveness)
- Supports teachers with training videos and implementation guides
- Available Australia-wide with flexible delivery options

Teacher Taskforce

The Teacher Taskforce (TTF) offers an ongoing online dual certification course that combines social and emotional learning for classrooms and SEL for teachers.

The objective of the certification is to enhance personal well-being and build the professional capacity of teachers for SEL.

TTF was created in 2008 to address the global teacher gap and achieve Education for All (EFA) goals. Initially focused on policy, capacity, and financing related to teachers, the TTF evolved through three phases, advocating for teachers and supporting countries in addressing teacher-related challenges.

Now in its fourth phase (2022-2025), the TTF continues to advocate for qualified teachers, influence global discussions, and promote regional and national policy learning, acting as a champion of change within the education sector.

The Big Sister Experience

The Big Sister Experience is a heart-centred, evidence-based wellbeing and life education program designed to empower female-identifying and gender-diverse students from Year 4 to Year 12. It focuses on building self-love, resilience, and mental health awareness through engaging workshops and resources for students, families, and educators.

- **Primary & Secondary School Programs:**
Age-appropriate sessions that cover topics like self-image, social inclusion, female health, boundaries, and consent.
- **The Complete Big Sister Experience:**
A series of three full-day workshops delivered over 12–18 months to the same cohort, promoting continuity and deeper impact.
- **Ongoing Weekly Programs:**
Smaller group sessions focusing on specific wellbeing topics, fostering safe spaces for open discussion

<p>The Resilience Doughnut</p>	<p>The Resilience Doughnut offers a suite of evidence-based programs, workshops, and online courses aimed at building resilience in children, adolescents, adults, and communities. Services include training for educators and professionals, wellbeing and resilience programs for schools and workplaces, and resources for families. Central to their approach is a practical, strengths-based model that helps individuals identify internal and external factors supporting their resilience, with interventions tailored to diverse community or organisational needs. The Resilience Doughnut framework is applied in schools, mental health settings, and corporate environments to foster wellbeing, adaptability, and personal growth through targeted, research-supported strategies.</p>
<p>The Resilience Lab</p>	<p>The Resilience Lab is a science-based wellbeing and performance training organisation that helps individuals and groups build functional resilience through nervous system regulation, breathwork, and movement-based practices. Their approach is grounded in the S.E.A. Method—Science, Environment, and Activity—which integrates evidence-based techniques with immersive experiences in nature to promote calm, clarity, and focus. Programs are designed to be non-confrontational and supportive.</p> <p>The Resilience Lab offers youth resilience programs that teach self-regulation and emotional control through engaging, game-based activities suitable for students aged five and up.</p> <p>Educators can also benefit from targeted workshops aimed at reducing burnout and enhancing personal resilience.</p>
<p>The Resilience Project</p>	<p>The Resilience Project (TRP) is a comprehensive mental health and wellbeing program designed for early years, primary, and secondary students with a whole-school approach, involving students, staff, and parents/carers.</p> <p>It aims to build resilience, promote positive emotions, and foster mental health through the program’s core principles which focus on Gratitude, Empathy, and Mindfulness (GEM), alongside Emotional Literacy.</p> <p>It offers a comprehensive student curriculum through digital content and presentations with age-specific lessons and activities; teacher resources and professional development; and parent/carer engagement through presentations and resources.</p> <p>The content is customisable to align with individual school values and ethos.</p>
<p>The Rite Journey</p>	<p>The Rite Journey is an educational program designed to support the social, emotional, and spiritual development of young people as they transition from childhood to adulthood. Founded by Australian educator Andrew Lines, the program is widely implemented in schools across Australia and internationally.</p> <p>It is particularly focused on addressing the lack of traditional rites of passage in modern society and providing a structured framework for guiding young people through this critical stage of life.</p> <p>The program is built around the concept of a contemporary rite of passage, helping students reflect on their personal growth, identity, and responsibilities as they move toward adulthood. It draws inspiration from traditional rites of passage found in various cultures.</p>

Typically delivered to students in Year 9 (or equivalent), The Rite Journey spans an entire school year. It encourages students to explore their values, develop respectful relationships, and take responsibility for their actions as they prepare for adulthood, fostering self-awareness, resilience, and maturity in young people.

It helps students navigate the complexities of adolescence while building stronger connections with their peers, families, and communities.

The Rite Journey includes weekly sessions facilitated by trained teachers who guide students through discussions, activities, and challenges.

The program focuses on seven key themes:

- Who am I?
- How do I get along with others?
- What is my purpose?
- How do I take responsibility?
- What do I believe?
- How do I celebrate becoming an adult?
- How can I contribute to the world?

Students are often grouped by gender to allow for deeper discussions about topics such as masculinity, femininity, relationships, and societal expectations.

A unique aspect of The Rite Journey is its emphasis on involving parents or mentors in the process. This includes special ceremonies at the beginning and end of the program to mark key moments in the students' journey. The program incorporates physical and emotional challenges, such as outdoor adventures, reflective exercises, and community service projects, to help students build resilience and confidence.

The Safety Pact

The Safety Pact is a Victorian-based training organisation specializing in trauma-informed safety and de-escalation education for Foundation to Year 12 Schools, workplaces, and community groups.

The Safety Pact delivers practical, reality-based programs that go far beyond traditional self-defence, promoting life skills that are learned, not through fear, but through confidence, awareness, and practical knowledge.

The approach is built on five core pillars:

- Situational awareness
- Manipulation and psychological safety
- De-escalation
- Physical self-protection, and

- Technology-facilitated abuse awareness

For educators: specialised programs addressing the unique challenges teachers face: managing aggressive student behavior, de-escalating confrontational parents and maintaining personal wellbeing in high-stress environments.

For students: age-appropriate safety education to students across Physical, Emotional and Digital Wellbeing - embedding these critical safety skills across the curriculum.

All workshops are inclusive, accessible to diverse abilities, and delivered using multi-sensory, scenario-based learning methods.

The Safety Pact holds current SAFE International certification, MARAM accreditation, CTRI de-escalation training, and qualifications in responding to sexual violence. We're committed to creating safer school communities across Victoria.

Tomorrow Man/Woman

Tomorrow Man/Tomorrow Woman (ages 14+) offers programs designed to challenge gender stereotypes and promote emotional growth, gender equity and healthy relationships.

Tomorrow Man and Tomorrow Woman are complementary programs designed to address gender-specific issues and promote positive change in schools and communities by fostering empathy and understanding between genders and creating a supportive environment for open discussions, utilising highly skilled facilitators who specialise in creating deep connection amongst students, cultivating a safe space where they feel comfortable to open up and leave ready to author their own tomorrow.

Through workshops for schools, sporting clubs, and communities, Tomorrow Man specifically focuses on reinventing masculinity and disrupting male stereotypes, and helps young men build emotional literacy and resilience. The program emphasises gratitude, empathy, and mindfulness (GEM).

Tomorrow Woman empowers girls and women to express their needs and opinions confidently. The program challenges unrealistic expectations placed on women and encourages women to "take up space" and live unapologetically.

Features:

- Tomorrow Man/Tomorrow Woman student programs offer 4 modules/workshops (2 hours - up to 35 students) for Year 9-Year 12, aligned with the Australian Curriculum Respectful Relationships and ACARA Learning areas
- Parent/Carer Night and Teacher Training workshops (2 hours - 20 to 80 participants in each) provide parents/carers and teachers with a greater understanding of what their young people experience, as well as provide them with a toolkit to continue deeper conversations beyond the room improving communication, connection and overall support networks within the school community
- Specific workshops include: "Breaking the Man Code" for boys in Year 10 and up; "In Her Shoes" to help young men understand women's experiences; "Middle Ground" brings together Tomorrow Men and Women to build understanding between gender experiences. The "Connection Code" for Year 9 students is a foundational workshop

Toolbox Education	<p>Toolbox Education is an organisation that provides preventative mental health programs in schools which include student workshops for Years 1-6; Years 7-9; Years 10-12, along with parent and staff programs, and follow-up activities and lesson plans developed by teachers and clinical psychologists to reinforce workshop learning.</p> <p>The programs are designed to be engaging, relatable, and practical, teaching students how to apply psychological tools from Cognitive Behavioural Therapy (CBT), Dialectical Behaviour Therapy (DBT), and Acceptance and Commitment Therapy (ACT) to their own lives.</p> <p>Their goal is to equip young people with essential mental health skills and create a supportive environment both at school and at home.</p>
Totally Random	<p>Totally Random is a personal development program that provides puberty education for students aged 10-12 (Years 4-6). It was established 14 years ago by Kimberley Thomas and is based in Geelong.</p> <p>Totally Random offers a range of programs to suit young people, from afternoon teas to extensive courses run over 4 weeks. These include interactive programs where students are encouraged to ask questions, covering the physical, emotional, and social implications of going through puberty in a modern world to provide students with greater awareness, confidence, and knowledge of their changing bodies.</p> <p>The interactive approach helps students become knowledgeable about their own bodies, provide opportunities to ask questions, take home information, and access resources for support.</p> <p>Their website includes a section with information, FAQs, and other resources related to puberty.</p>
VCAA's Personal Development Skills (PDS) curriculum	<p>VCAA's Personal Development Skills (PDS) curriculum covers a range of topics aimed at developing students' personal and social capabilities. The key areas include:</p> <ol style="list-style-type: none"> 1. <i>VCE Vocational Major PDS</i> <p>Unit 1: Healthy Individuals</p> <ul style="list-style-type: none"> • Personal identity and emotional intelligence • Community health and wellbeing • Promoting a healthy life <p>Unit 2: Connecting with Community</p> <ul style="list-style-type: none"> • Understanding community concepts • Community cohesion

- Engaging and supporting community

Unit 3: Leadership and Teamwork

- Social awareness and interpersonal skills
- Effective leadership
- Effective teamwork

Unit 4: Community Project

- Planning a community project
- Implementing a community project
- Evaluating a community project

2. *Victorian Pathways Certificate PDS*

Unit 1: Understanding and Developing Self

- Self-reflection and self-care
- Personal strengths, abilities, and goal setting
- Health and wellbeing principles
- Teamwork, communication, time management, and problem-solving skills

Unit 2: Community Connection

- Rights and responsibilities in a democracy
- Community support systems
- Participation in team and community-based activities

The curriculum emphasises applied learning approaches, focusing on real-life experiences and practical skill development. It aims to empower students to navigate their future in work, education, and personal relationships through experiential learning and authentic experiences

VICPOL

Youth Resource Officers (YROs) are sworn members of Victoria Police who focus on engaging with young people to promote their safety, wellbeing, and positive development. They play a proactive role in fostering relationships between police, schools, families, and communities.

<p>Youth Resource Officers; Schools Engagement Model (SEM)</p>	<p>YROs work closely with schools to build trust and confidence in police while addressing safety concerns. They often participate in school programs to educate students on safety issues and provide guidance through the Schools Engagement Model (SEM), which ensures interactions are purposeful, planned, and beneficial for both schools and the community.</p> <p>SEM aims to build positive relationships between police and students; support schools in promoting safety messages; and partner with educators to address underlying factors that may lead to harm or criminal behaviour.</p> <p>YROs collaborate with families, youth services, and other police officers to address challenges faced by young people. This includes early intervention strategies to prevent harm or criminal behaviour. They help educate students about justice processes and their rights, using resources designed to improve understanding of the legal system. This helps build trust between young people and law enforcement. YROs are part of various youth-focused initiatives such as:</p> <ul style="list-style-type: none"> • Blue EDGE Program - A mentoring and life-skills program aimed at at-risk youth. • Embedded Youth Outreach Program (EYOP) - A partnership where police officers work alongside youth workers to provide after-hours support for at-risk young people.
<p>Wayfinder</p>	<p>Wayfinder is a comprehensive social-emotional learning and future-ready skills curriculum designed for K–12 students that aims to help them develop resilience, emotional regulation, and a sense of purpose while cultivating critical skills for success in today's world.</p> <p>The program offers a curriculum that aligns with Australian Curriculum standards and is customisable to meet specific school needs. It is flexible in that it can be integrated into existing schedules and is suitable for in-school and out-of-schooltime programs.</p> <p>Students acquire cognitive, emotional, and social skills while they explore values, perspectives, and self-development across a structured program of 26 lessons per grade level, typically 25–30 minutes each, that have the following foci:</p> <ul style="list-style-type: none"> • Foundations (F-6) - developing empathy, compassion, and self-awareness • Belonging (Years 7-9) - creating belonging and community • Purpose (Years 10-12) - leading purposeful lives <p>The core curriculum is available in print and digital formats and there is an Activity Library for additional resources, as well as a Waypoints assessment tool to track students' progress.</p>
<p>We Thinkers! (Social Thinking)</p>	<p>Social Thinking's We Thinkers! is a comprehensive curriculum series designed to help young verbal learners develop social thinking and problem-solving skills. The series is aimed at children aged 4-7+ years and is based on the Social Thinking Methodology developed by Michelle Garcia Winner.</p> <p>The We Thinkers! series consists of:</p>

- We Thinkers! Volume 1: Social Explorers curriculum
- We Thinkers! Volume 2: Social Problem Solvers curriculum
- We Thinkers! GPS (Group Collaboration, Play and Problem Solving Scale)

The curriculum includes social storybooks, curricula for professionals and parents, an interactive assessment, and optional music to support the concepts.

Each storybook introduces a specific Social Thinking concept through the adventures of four main characters: Evan, Ellie, Jesse, and Molly, teaching abstract social concepts using concrete vocabulary and examples, and focusing on self-awareness, social and emotional competencies, self-regulation, executive functions, and metacognition.

Lessons are structured with opening routines, activities, dramatic play, and closing routines, and rubrics and implementation checklists are provided for consistency.

The social-emotional concepts covered, include:

- Understanding thoughts and feelings
- Thinking with your eyes
- Whole body listening
- Hidden rules and expected behaviours
- Flexible thinking
- Size of the problem

Through this curriculum, children learn about the social mind, social expectations, and how to make better decisions in social interactions with the aim of becoming flexible social thinkers and problem solvers and setting a foundation for more advanced social skills as they grow.

Wellio

Wellio is a comprehensive digital platform designed to improve Y7–Y12 student wellbeing and mental health in schools. It offers a personalised PSHE (Personal, Social, Health and Economic education) curriculum whereby schools can build custom scope and sequences using Wellio's library of lessons to align with their specific values and ethos.

The lesson library covers topics such as proactive wellbeing strategies, anxiety management, healthy relationships, and emotional regulation. Wellio's staff and parent training equips the entire school community with a common language around wellbeing.

Lesson delivery is interactive: the platform offers features like live polls, competitive quizzes, and live progress monitoring. It also offers progress tracking features through dashboards that allow school leaders to monitor class progress and student engagement in real-time.

	<p>Additionally, Wellio provides reports and dashboards to identify content areas where students struggle and to measure the impact of the program.</p>
<p>Westmead Feelings Program (WFP)</p>	<p>The Westmead Feelings Program (WFP) is a comprehensive 15-month intervention program designed for children with autism spectrum disorder (ASD) and mild intellectual disability that aims to equip them with essential emotional and social skills, while also providing parents and teachers with strategies to support their development.</p> <p>To support children’s emotional understanding, problem-solving skills, and emotion management in everyday settings, the program comprises three modules—<i>Understanding Emotions</i>, <i>Problem Solving and Perspective Taking</i>, and <i>Managing Emotions</i>—that are delivered in 16 sessions of approximately 60 minutes each over two school terms.</p> <p>The program is adaptable for individual or group sessions, and available in two versions: WFP 1 (for ages 6–8) and WFP 2 (for ages 8–14). It focuses on developing emotional competence, social skills, and mental health, using evidence-based strategies tailored to ASD learning styles, including visual aids, structured worksheets, and video models.</p> <p>Parents and teachers are involved as "emotion coaches". WFP can be delivered in clinical settings, schools, or through NDIS funding. It is facilitated by trained professionals such as psychologists, school counsellors, and special educators.</p> <p>An online version to reach rural and regional areas is also available.</p>
<p>Whole New World</p>	<p>Whole New World is an organisation founded by professional speaker, Sonya Karras, focusing on youth education and safe partying with the aim of educating and empowering young people, parents, and educators on safe partying practices and youth wellbeing.</p> <p>It offers safe partying seminars for students, covering alcohol, drugs, and responsible behaviour; parent sessions on communicating with children about party safety; and vaping seminars addressing health concerns and legal issues.</p> <p>Sonya’s approach is non-preachy and engaging. She makes use of humour and anecdotes to present tailored content and evidence-based information on safe partying, drugs, and alcohol.</p>
<p>You Can Do It</p>	<p>You Can Do It! Education (YCDI) is a comprehensive social-emotional learning program designed to support students' social, emotional, and academic outcomes. Its focus is on developing five core social-emotional capabilities:</p> <ul style="list-style-type: none"> • Confidence (academic and social) • Persistence • Organisation • Getting Along • Resilience

	<p>YCDI teaches 12 Habits of the Mind that support the five foundations, including: Accepting Myself, Taking Risks, and Social Responsibility. It offers a curriculum for different age groups – an Early Childhood Program (ages 4–6); Program Achieve for primary and secondary students.</p> <p>The programs incorporate cognitive behavioural approaches, growth mindset, and interpersonal cognitive problem-solving. The program structure involves 32 sessions (30 minutes weekly) for each year level from Years 7 to 10.</p> <p>YCDI offers a whole-school approach, involving teachers, staff, and parents in implementation with an online delivery platform for ease of access and implementation.</p>
<p>Young Luv</p>	<p>Young Luv is an early intervention and prevention program against violence against women and girls, developed by Djirra (formerly FVPLS Victoria), that focuses on social and emotional learning for young Aboriginal girls and women (specifically girls aged 13–18).</p> <p>Young Luv aims to address the need for age-appropriate awareness-building as young Aboriginal women approach their first intimate relationships, with a focus on promoting healthy relationships and preventing violence against women.</p> <p>During a 2-hour workshop, which may be conducted in communities, schools, workplaces, or regular places of social engagement, Aboriginal teenagers are provided with a culturally safe environment to discuss relationship issues.</p> <p>They are supported in building resilient attitudes through recognising cultural strength and the importance of culturally strong identity, along with an awareness of gender equality.</p>
<p>Zones of Regulation</p>	<p>The Zones of Regulation is a comprehensive social-emotional learning curriculum designed to teach children self-regulation and emotional control. The program offers teaching strategies and tools to help children recognise their emotional state, develop self-awareness, learn to regulate their emotions, and improve problem-solving skills.</p> <p>Zones integrates cognitive behavioural approaches and concepts from Social Thinking. Resources for implementation in schools include professional development for educators, curriculum materials and lesson plans, and strategies for schoolwide implementation.</p> <p>Zones of Regulation aims to empower children with the skills to recognise and manage their emotions, ultimately supporting their overall well-being and academic success.</p>