INFORM&EMPOWER
Digital Safety & Wellbeing

Trusted
eSafetyProvider
esafety.gov.au

How to use devices safely and respectfully

Digital Technologies

Data and information
Independently and with others create and organise ideas and information using information systems, and share these with known people in safe online environments (VCDTDI016)

Creating digital solutions
Explore how people safely use common information systems to meet information, communication and recreation needs (VCDTCD018)

Health and Physical Education

Personal, Social and Community Health
Communicating and interacting for health and wellbeing
Practise personal and social skills to interact with others (VCHPEP060)

Contributing to healthy and active communities
Identify actions that promote health, safety and wellbeing (VCHPEP062)

Getting started on the internet

Digital Technologies

Data and information

Independently and with others create and organise ideas and information using information systems, and share these with known people in safe online environments (VCDTDI016)

Creating digital solutions

Explore how people safely use common information systems to meet information, communication and recreation needs (VCDTCD018)

Balancing screen time

Digital Technologies

Creating digital solutions
Explore how people safely use common information systems to meet information, communication and recreation needs (VCDTCD018)

Health and Physical Education

Movement and Physical Activity
Understanding movement
Explore how regular physical activity keeps individuals healthy and well (VCHPEM066)

Personal and Social Capability

Self-awareness and management
Recognition and expression of emotions
Develop a vocabulary and practise the expression of emotions to describe how they feel in different familiar situations (VCPSCSE001)

Social awareness and management
Collaboration
Use appropriate language to describe what happens and how they feel when experiencing positive interactions or conflict (VCPSCSO007)

Trusted Adults

Digital Technologies

Data and information
Independently and with others create and organise ideas and information using information systems, and share these with known people in safe online environments (VCDTDI016)

Creating digital solutions
Explore how people safely use common information systems to meet information, communication and recreation needs (VCDTCD018)

Health and Physical Education

Personal, social and community health
Being healthy, safe and active
Identify people and actions that help keep themselves safe and healthy (VCHPEP059)
Identify and describe emotional responses people may experience in different situations (VCHPEP061)

Contributing to healthy and active communities
Identify actions that promote health, safety and wellbeing (VCHPEP062)

Personal and Social Capability

Social awareness and management
Collaboration
Use appropriate language to describe what happens and how they feel when experiencing positive interactions or conflict (VCPSCSO007)