

FREE program

Great, bubbly presenters. Very friendly, easy going. Great use of breaks. Easy to understand information.

(Teacher, Grades 8-10, QLD)



mental health
& coping skills



social skills &
conflict resolution



resilience &
wellbeing



Introducing Kids Helpline @ School, the only social and emotional learning program created and delivered by qualified Kids Helpline Counsellors – and it’s 100% FREE.

Run live virtual classroom lessons (‘sessions’) on topics of your choice – from bullying to conflict resolution, to emotional self-regulation and more!

All lessons are curriculum-aligned and evidence-informed providing expert tips, tools, strategies, and exclusive resources.

Our experienced mental health professionals personalise each lesson to the needs of your students. We know students learn best when they’re having fun – which is why each session involves games, videos, interactive scenarios and engaging activities.

The program is also integrated with Kids Helpline’s 24/7 counselling service – so the support doesn’t end when your lesson does.

Flexible delivery options are available! Pick from prescheduled lesson slots or contact us to schedule lessons to suit your school timetable. Don’t miss out – to book, visit our website or send an email to secure your spot!

 **available to primary and high schools nationally**

 schools.kidshelpline.com.au  school@kidshelpline.com.au

primary school topics

most popular

being kind online

FOR GRADES: 4-6

The importance of making positive, respectful decisions online and how to deal with challenges



LEARN MORE

developing resilience

FOR ALL PRIMARY YEAR LEVELS

Resilience strategies to 'bounce back' and be emotionally strong in the face of adversity



LEARN MORE

intro to Kids Helpline

FOR ALL PRIMARY YEAR LEVELS

How your students can get free, 24/7 support in a range of ways, for any reason



LEARN MORE

bullying

FOR ALL PRIMARY YEAR LEVELS

How to recognise and respond to bullying, and where to get help



LEARN MORE

friendship

FOR ALL PRIMARY YEAR LEVELS

Tips to make friends, and how to grow healthy friendships



LEARN MORE

online safety

FOR ALL PRIMARY YEAR LEVELS

What is online safety, how to protect yourself, and what to do if things go wrong online



LEARN MORE

cyberbullying

FOR ALL PRIMARY YEAR LEVELS

Understanding what cyberbullying is (and isn't), and how kids can get help and report it



LEARN MORE

emotions

FOR ALL PRIMARY YEAR LEVELS

How to name and deal with challenging emotions such as worry, anxiety, anger and sadness



LEARN MORE

transition to high school

FOR GRADES: 6

Share and learn normal concerns about starting at high school and get prepared to make the transition



LEARN MORE

primary school topics

...continued

balancing your tech time

FOR GRADES: 3-6

The impacts of digital technology use on students and how to have a tech break

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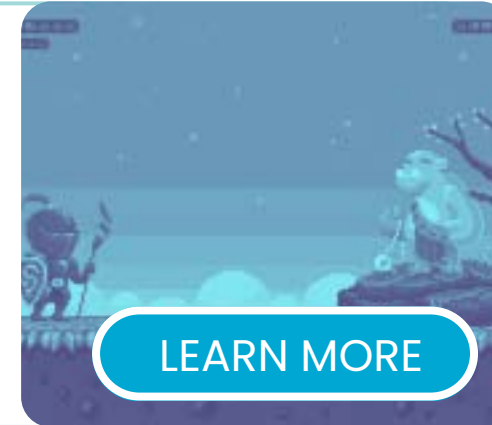


gaming and your brain

FOR GRADES: 4-6

Explore the positive and negative impacts of apps and games, and learn how to balance screen time

LEARN MORE



positive online footprints

FOR GRADES: 3-6

Explore digital footprints and practise strategies for being a good online citizen

LEARN MORE



climate change

FOR ALL PRIMARY YEAR LEVELS

Validate students' feelings about climate change while teaching effective strategies to manage tricky emotions

LEARN MORE



leadership

FOR GRADES: 5-6

Develop leadership qualities through practising confidence, communication and active listening skills

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social media

FOR GRADES: 4-6

How to think critically about what is posted on social media and how to be in control of your social media usage

LEARN MORE



coping with change

FOR ALL PRIMARY YEAR LEVELS

Empower students with strategies to face any challenge life and growing up may throw at them

LEARN MORE



peer pressure

FOR GRADES: 4-6

What is peer pressure, how does it happen and how can you stand up to it?

LEARN MORE



your right to safety

FOR ALL PRIMARY YEAR LEVELS

Essential tips for kids about personal safety at school and home, and getting help

LEARN MORE



high school topics

all topics

Lesson class size, start and finish time and duration are adaptable! Contact us to book a lesson that suits your school timetable.
How other schools use lessons: health classes, wellbeing programs, school events, awareness days, school camps, transition days or other key events.

bullying

Learn what bullying is (and isn't), the impacts, practical, in-the-moment responses and strategies to care for yourself and others



LEARN MORE

eco-anxiety to eco-action

Validate students feelings about climate change and to instil that hope is possible with eco-action



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Kids Helpline & help-seeking

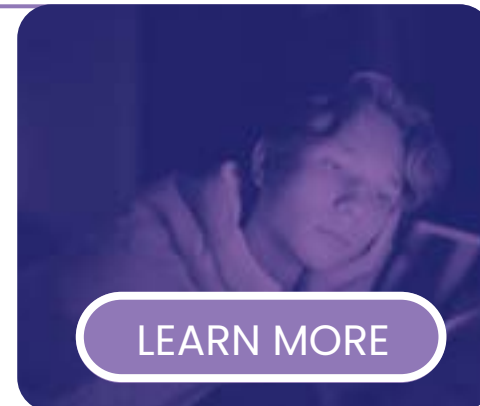
Students learn about Kids Helpline, what they can talk to us about, and how counselling works



LEARN MORE

cyberbullying

Practical tips to identify and challenge cyberbullying, and have positive online interactions



LEARN MORE

emotional intelligence

Learn the purpose of our feelings, how emotions work, and how to self-regulate



LEARN MORE

respectful relationships

Learn how to manage boundaries within relationships and explore respectful communication styles



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coping with changes & transitions

How to cope with changes and transitions in life, school, home and the community



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resilience

Understanding how to be resilient against the setbacks and challenges of school and life



LEARN MORE

online wellbeing

How to contribute positively and stay safe in the online and digital world



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