

Wellbeing: February Newsletter

Year 7 Wellbeing Session: Body Safety and Consent (Elephant Ed)



Recently, our Year 7 students participated in a wellbeing session delivered by Elephant Ed, a respected organisation specialising in age-appropriate, evidence-based education around body safety, consent, and respectful relationships, which is aligned with the Respectful Relationships Curriculum.

The session focused on helping students:

- Understand personal boundaries and that everyone has the right to feel safe in their own body
- Develop knowledge of body parts, including the correct anatomical terms penis and vagina, as part of body safety education
- Learn what consent means in everyday situations (e.g. personal space, physical contact, sharing information)
- Recognise the difference between safe and unsafe situations
- Identify trusted adults and support pathways if they ever feel uncomfortable or unsafe

Content was delivered in a calm, engaging, and inclusive way, using scenarios relevant to early adolescence. Importantly, the session emphasised that students are never at fault if a boundary is crossed and that seeking help is a positive and courageous step.

Elephant Ed's presenters are trained to create a safe environment for questions while maintaining clear boundaries and age-appropriate language. The session aligned with our school's commitment to student wellbeing and respectful relationships education.

Families are encouraged to continue these conversations at home in a way that feels comfortable for them. If you would like more information about the content covered or support resources, please contact the school wellbeing team.

Helpful Referrals

- A trusted teacher or Year Level Coordinator
- The school wellbeing team
- [Elephant Ed](#)
- Kids Helpline (1800 55 1800 or [kidshelpline.com.au](https://www.kidshelpline.com.au)) for confidential, 24/7 support

- **ReachOut** – au.reachout.com (mental health information and peer support for young people)
- **Lifeline** – 13 11 14 | lifeline.org.au (24/7 crisis support; suitable for older students)
- [Headspace](#) – Local support or online chat, call or email support from 3pm-10pm