

HEALTH AND PHYSICAL EDUCATION

Help-Seeking, Upstanding & Consent



Lesson Overview:

In this lesson, students explore how online interactions can affect the way people feel and the choices they make. Using the Adventures Online episode, students follow Ava, Noah and Zoe as they navigate unkind online behaviour. Through discussion and reflection, students consider what it means to be an upstander, why someone might choose to seek help, and the difference between seeking help and simply trying to get someone into trouble. Students also explore how strong emotions can influence online responses. They consider strategies such as taking a break, checking in with a friend and speaking with a trusted adult before acting.

Learning Outcomes:

By the end of this lesson, students will be able to:

- identify how different online situations may make people feel
- explain why someone might choose to speak up or seek help
- explain the difference between snitching and help-seeking
- suggest supportive ways to respond when someone is being treated unkindly

Key Words:

Help-seeking, upstander, consent, trusted adult, snitching.

Lesson Resources:

[Lesson Slides](#), student workbook or paper, pencils and drawing materials.

Curriculum Links

Health and Physical Education

- Describe and demonstrate how respect and empathy can be expressed to positively influence relationships (AC9HP4P03)
- Explain how and why emotional responses can vary and practise strategies they can use to regulate their emotions (AC9HP4P05)
- Apply protective behaviours and help-seeking strategies in a range of situations (AC9HP4P06)
- Investigate and apply health-enhancing behaviours that contribute to their own and others' health, safety and wellbeing (AC9HP4P08)

LESSON SLIDES

Introduce:

- Display the feelings chart from Slide 3.
- As students re-watch the episode, encourage them to identify how Ava, Noah and Zoe might be feeling at different points.
- Pause at key moments and ask:
 - What emotion might this character be feeling?
 - What makes you think that?
 - Has their feeling changed?
 - What happened to cause that change?
- Reinforce that different people can experience the same situation differently.

Explore:

Students...

- Watch the clips from the Term 2 episode (slides 4-14)
- Respond to the 'Turn & Talk' questions
 - How might you feel when joining a game that your friends already know how to play?
 - How do you think Zoe feels when she reads the messages?
 - Why does Ava think they should do something?
 - What would you want your friends to do if this were happening to you?
 - What would you say to Noah if he was one of your friends?
 - Do you think they want to get Riley into trouble, or get Noah out of trouble? Why do you think that?
 - How could taking a break help someone manage big feelings?
 - How is Zoe feeling when she starts writing her message?
 - Why does Ava help her rethink her response?

Reflect:

- Display Slide 18 and ask:
"Which character did you relate to the most in this episode?"
- Students write or draw an experience they have had that was similar to something experienced by Ava, Noah or Zoe.

Exit Ticket:

- Before responding when I have big feelings online, I can...