

SCHOOL HEALTH & WELLBEING

RESOURCES

Head to Health | headtohealth.gov.au

An online platform to help find digital mental health resources from trusted service providers.

Emerging Minds | emergingminds.com.au

Access a range of e-learning course, programs and resources that support the mental health of children for families and professionals working with children.

Be You | beyou.edu.au

Access to professional learning, tools and resources to support the mental health of children as well as families and educators.

e-Mental Health in Practice | emhprac.org.au

An online directory of evidence-based, free (or low cost) digital mental health programs and resources.

Stronger Communities | stronger-communities.com.au

A Kingston initiative increasing community education around local supports for positive mental health.

Student Wellbeing Hub | studentwellbeinghub.edu

A range of wellbeing resources for [Students](#) | [Parents](#) | [School staff](#)

KidSafe | kidsafe.com.au

Access to information sheets, resources and programs to prevent and reduce childhood injury and help keep children safe.

Narragunnawali | narragunnawali.org.au

Supporting schools to foster knowledge and pride in Aboriginal and Torres Strait Islander histories, cultures and contributions through providing access to professional learning, curriculum resources and actions.

eSafety Commissioner | esafety.gov.au

Access to online programs, resources and training to support online safety.

PRESENTERS

Eating Disorders Victoria | eatingdisorders.org.au

Resources, support, and workshops for staff, students and families

The Butterfly Foundation | butterfly.org.au

Resources, support, and workshops for staff, students and families

Headspace Schools | headspace.org.au/schools/

Available programs include [Food for Thought](#) (Eating disorders program), and [Mental Health Education Workshops](#) for schools

Happy Being Me | nedc.com.au/

An online three-session classroom prevention intervention for girls aged 11 to 14 years, to address body dissatisfaction and disordered eating

Safe Schools | education.vic.gov.au/

Workshops for staff and students on LGBTQIA+ inclusive schools

Kingston Youth Services | kingstonyouth.org.au

Personal development and curriculum programs on diversity and inclusion.

Minus 18 | minus18.org.au/

Workshops on creating LGBTQIA+ inclusive classrooms, teacher training, and supporting Trans and Gender Diverse Students.

MENTAL HEALTH

SAFETY & INCLUSION

SCHOOL HEALTH & WELLBEING

RESOURCES

TOBACCO, ALCOHOL & DRUGS

QUIT Victoria | quit.org.au

Advice, resources and tools to smoke-free habits.

Alcohol & Drug Foundation | adf.org.au

Resources and supports to prevent and minimise the harm caused by alcohol and other drugs.

Smarter than Smoking | smarterthansmoking.org.au

Curriculum resources, factsheets, and posters to teach youth about smoking-related issues.

Climate Schools | climateschools.com.au

The Climate Schools programs are designed to prevent substance use and related harms among secondary school students

PRESENTERS

Positive Choices (online) | positivechoices.org.au/

Accurate, up-to-date evidence-based alcohol and other drug education resources.

Life Education | lifeeducation.org.au

Interactive online modules, and fact sheets for parents, students, and teachers on tobacco, alcohol, cannabis, and legal/illegal drugs. Face-to-face workshops available.

Talking Tactics Parent Drug Education |

PHYSICAL ACTIVITY

Get Active Victoria | getactive.vic.gov.au

Access a range of resources, tips and tools to get more physically active.

This Girl Can | thisgirlcan.com.au

A campaign that supports Victorian women to embrace physical activity by inspiring women to get active, however, wherever and whenever they choose.

Exercise Right | exerciseright.com.au

A campaign that encourages all Australians to be healthier and more active by understanding how to "exercise right" for their specific needs.

My Community Life | mycommunitylife.com.au

Kingston City Council's online hub for local events and activities.

Active for Life (VicHealth) | vichealth.vic.gov.au

A resource to help inspire better practice to integrate more movement into children's daily lives.

VicRoads Bike Ed | vicroads.vic.gov.au

For children aged 9 to 13 years, to develop the skills to ride safely and independently on roads and paths

Achper | achper.vic.edu.au/

Workshops for staff and students, as well as curriculum resources

Kingston Council | kingston.vic.gov.au

The Road Safety Education program includes a range of workshops, resources, and webinars on how schools can promote active travel, road safety and responsible driving (alcohol safety education)

Bluearth | bluearth.org/active-schools/

Resources, support, and workshops for staff, students and families

SCHOOL HEALTH & WELLBEING

RESOURCES

HEALTHY EATING & ORAL HEALTH

Nutrition Australia | nutritionaustralia.org

Experts in the delivery of nutrition education, information and support services to inspire healthy eating for the whole community.

Healthy Eating Advisory Service | heas.health.vic.gov.au/schools

Provides free information, training and support to create a healthier canteen menu and promote healthier eating in schools.

LiveLighter | livelighter.com.au

Access diverse resources that encourages families to lead healthier lifestyles by making simple changes to their eating, drinking and physical activity habits.

Dental Health Services Victoria | dhsv.org.au

Provides a range of resources designed to support teachers, school nurses, students and their families in oral health education.

Family Planning Victoria | fpv.org.au

Access resources, factsheets, and curriculum resources and programs to support sexuality education in schools. [Relationships and Sexuality Education](#) resources.

Respectful Relationships | education.vic.gov.au

Resources to implement a whole-school approach to Respectful Relationships. Includes teacher training, classroom resources and case studies

Interrelate | interrelate.org.au

Online learning modules for year 7-10 students covering relationships and sexuality.

SunSmart | sunsmart.com.au

Access current advice, resources and tools to support sun protective behaviours at school and in the community.

SEXUAL HEALTH & RELATIONSHIPS

SUN PROTECTION

PRESENTERS

Kingston Council | kingston.vic.gov.au

The Helping Schools be green program includes a range of workshops, resources and webinars on how schools can promote healthy food and sustainability

Central Bayside Community Health Services | cbchs.org.au/

The Health Promotion and Dietetics team can deliver education to staff, parents, and students on a range of healthy eating topics. Conditions apply. Contact 8587 0200

FPV | fpv.org.au

Workshops for staff, students and parents

Talking the Talk | talkingthetalksexed.com.au

Parent, teachers and student workshops and resources on sexuality and diversity. [FREE Sexuality & Education Resources](#)

[DET - External providers list](#)

MARAM Child Information Sharing & Family Violence Reforms | [Staff Training](#)

Access e Learning Courses [Here](#)

Body Safety Australia | bodysafetyaustralia.com.au

Workshops for students, parents and staff on sexuality and relationships, consent, respectful relationships, and body safety