



UNIT OVERVIEW: Respectful Journeys - Protective Behaviours in Action

Safe Choices on the Move - Years 5/6

As students in Years 5–6 gain greater independence in their daily lives, they increasingly travel through the community without direct adult supervision - walking or riding to school, attending sport or social activities and beginning to use public transport. This developmental stage brings new opportunities for autonomy and confidence, but also new risks and complex social situations that require strong protective behaviour skills.

Safe Choices on the Move equips students with the practical tools, language, and strategies they need to stay safe, make respectful choices and seek appropriate help when something doesn't feel right. The unit builds students' capacity to recognise early warning signs, set personal boundaries, make safe decisions and act confidently when faced with unsafe, uncomfortable or disrespectful situations while travelling in the community.

This unit supports teachers to proactively address real-life safety, respect and wellbeing issues that children may already experience but often feel unsure how to talk about, such as peer pressure, unwanted contact from strangers, feeling unsafe on public transport or uncertainty about who to turn to for help. After an introductory lesson on recognising and interpreting body clues, the remaining sessions can be delivered in any order. The unit concludes with students creating *Safe Travel Presentations* that capture a key safety message, protective behaviours and personalised safe travel strategies.

Protective behaviours and safety are explicitly embedded in the Victorian Curriculum 2.0 (Health and Physical Education, Personal and Social Capability) and can be delivered as part of Respectful Relationships Education.



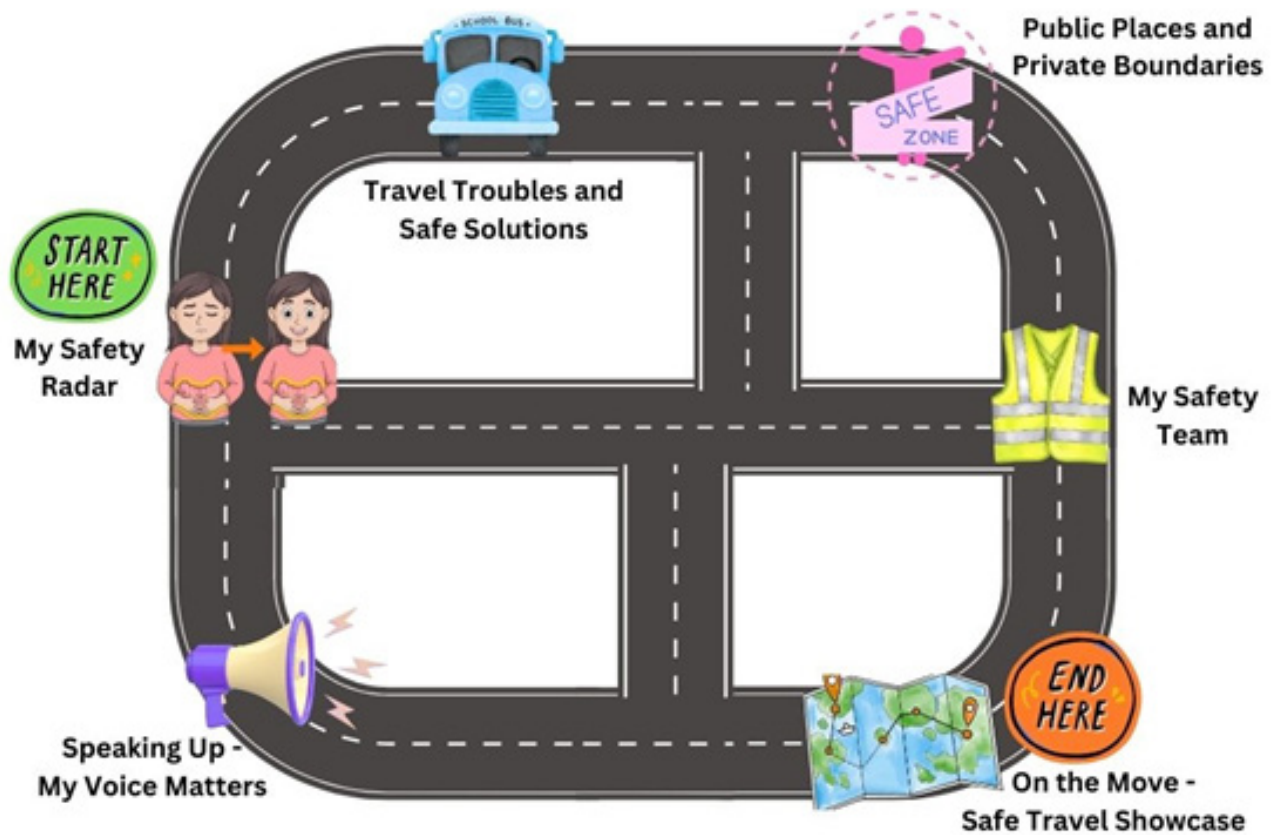
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UNIT STRUCTURE

- Lesson 1: My Safety Radar
- Lesson 2: My Safety Team
- Lesson 3: Public Places and Private Boundaries
- Lesson 4: Speaking Up - My Voice Matters
- Lesson 5: Travel Troubles and Safe Solutions
- Lesson 6: On the Move – Safe Travel Showcase