

Child Protection: It's everybody's business

Information Sheet 4. Teaching Kids to be Safe

Brave Hearts



"Making a difference in child protection"

Teaching children personal safety helps young people learn the skills to identify their vulnerabilities, while devising strategies to both protect themselves and get help if unable to cope alone.

While talking to children about sexual assault may prompt parental discomfort, personal safety can and should be taught to all children - even

preschoolers.

Thankfully, very young children can be taught personal safety without ever hearing frightening terms like "sexual assault".

It is never too early to sow the seeds of personal safety. Unlike the old "Stranger Danger" messages, personal safety do not prescribe action to be taken by children. Instead, the emphasis is on learning communication skills, assertiveness and problem solving.

These are life skills and can be used in day to day situations as well as any threatening situations, from being unable to put on a kindergarten smock to forgetting a school lunch or being offered a lift.

Basic Rules of "Ditto's Keep Safe Adventure!"

Rule No. 1:

"We all have the right to feel safe with people"

Rule No. 2:

"It's okay to say 'NO' if you feel unsafe or unsure"

Rule No. 3:

"Nothing is so yucky that you can't tell someone about it"



Contact Bravehearts' Education Program Coordinator, Lyn Patman, if you would like Ditto to bring his personal safety show to your school or centre! 07 3290 4474; education@bravehearts.org.au

Also, check out Ditto's own website: www.ditto.com.au

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For advice on how you should respond to any concerns, see Information Sheet 3 "How should I respond?"

Basic Principles for Personal Safety:

1. Teach children about touch
2. Teach children to trust their feelings & to trust your support for them
3. Teach children to say 'no' to adults
4. Teach children that they own their own bodies
5. Teach children about support people