



Personal Safety for Children

Personal Safety education refers to behaviours which enable children to recognise situations in which their personal space and sense of safety may be compromised. An example; when a child is asked to touch an adult in a way they feel uncomfortable with – a child is able to say 'no', move away, and (possibly) tell a safe adult in their life.

The *aims* of personal safety education are:

- To help children and young people understand when to seek adults to help with their protection
- To give children (and adults) permission to talk about problems or difficult situations they face
- To empower children with the right to feel safe and act to keep themselves safe
- To increase self esteem and confidence for children who learn how to empower themselves in otherwise potentially powerless situations



Spending time with children discussing, learning and practicing personal safety can be an empowering experience for a child, and can also strengthen the parent/carer/child bond.

Personal Safety education is offered at schools through our education department, or individually through out therapeutic services department.

Ditto is Bravehearts lion cub mascot. We have a number of resources to supplement your child's learning using Ditto, including DVD's, activity books and toys.



Topics that are discussed in Personal Safety Counselling/Education:

1. *Private Parts*

- Increasing understanding that no one is allowed to touch or see their private parts, and they are not allowed to touch or see other people's private parts, except in certain circumstances and as long as they feel safe.

2. *Rules around Touching*

- It is not ok for me to touch others private parts/ it is not ok for others to touch my private parts/we all have a right to feel safe.

3. *Trust and Safety Network*

- Identifying adults in their life that they can confide in if they needed to talk to someone and the rules around talking to or going with strangers.

4. *Good and Bad Secrets*

- How to differentiate between good secrets and bad secrets and what to do in response to a bad secret.

5. *Feelings*

- How to identify what feelings are and how they make our bodies feel.

6. *Warning Signs*

- How to identify warning signs in their body that let them know they may not be safe.

7. *Boundaries*

- Understanding how everyone has their own personal space around their body, and that no one is allowed to enter that space unless they have permission.