



KIDS  
FIRST™

# All About Safety

**This program supports primary school aged children with the skills to identify difficult or unsafe situations. The program aims to promote resilience in children, familiarise them with empowering strategies, clear communication, and awareness of "safe" behaviours.**

## Overview

All About Safety recognises that children are active learners and seeks to increase primary school aged children's understanding of emotional, body and cyber safety with the emphasis on preventing sexual abuse. Children will develop an understanding of concepts related to feelings, body and private parts, early warning signs, secrets and safety network.

## Why Teach Children Protective Behaviours

A review in 2000 of child sexual abuse prevention completed by the Australian Institute of Criminology found, 1 in 4 female children and 1 in 7 male children by the time they have reached 18 years of age will have experienced some form of sexual abuse.

Most recently, in 2023 The Australian Child Maltreatment Study (ACMS) found that almost 1 in 4 Australian children experienced some form of contact child sexual abuse (Mathews, Pacella, Scott, et al., 2023).

Protective behaviours programs and body safety discussions are a protective factor for children as studies have shown that children who know the correct names of their private parts are less likely to experience sexual abuse and ongoing sexual abuse. A person engaging in grooming and sexualised behaviours towards a child, is less likely to continue to groom and engage in harmful behaviours if they feel the child is likely to disclose the abuse.

## How does this program work?

All About Safety is a three to four-hour program that is facilitated over learning periods that fit within your school's timetable over the course of two to three weeks with up to 25 students.



# All About Safety Themes

## Feelings

Feelings is addressed as the first topic as this provides the foundation for other elements in the program. The concepts of; body felt feeling, connection between emotions and behaviours, recognising and naming feelings, sharing feelings with others, and recognising feelings in other people.

## Body & Private Parts

Children are taught that their body belongs only to them, and they have the right to say NO if they feel unsafe sharing their bodies (including hugs and cuddles). Children are encouraged to use the correct names for their private parts.

## Early Warning Signs

To focus on the experience of physical sensations in our bodies when we do not feel safe, or are in exciting or challenging situations (flight, freeze or freeze), attention is drawn to common early warning signs e.g tummy butterflies, difficulty breathing, sweating, heart racing and jelly leg.

## Secrets

The distinction is drawn between safe and unsafe secrets. Familiar experiences as well as dilemmas/challenges of dealing with secrets is explored.

## Cyber safety

Considerations for internet activities and inherent risks are reiterated in each of the above elements as children are generally involved in internet-based entertainment and social media.

## Safety Network

Supporting children and families to develop a network of people for children to talk to and parents/ carers to consult with for further support.

### References:

Australian Institute of Criminology. (2000). Trends and Issues in Crime and Criminal Justice. "Child Abuse and Neglect: Part 1 – Redefining the issues". Accessed from: <https://www.aic.gov.au/sites/default/files/2020-05/tandi146.pdf>  
Mathews, B., Pacella, R.E., Scott, J.G., Finkelhor, D., Meinck, F., Higgins, D.J., Erskine, H.E., Thomas, H.J., Lawrence, D., Haslam, D.M., Malacova, E., Dunne, M.P. (2023). The prevalence of child

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