

# Ditto's

## Keep Safe Adventure Program

### INFORMATION GUIDE

Bravehearts' **Ditto's Keep Safe Adventure Program** is a fun, interactive live incursion that teaches young children essential personal safety skills and knowledge using age-appropriate language, song, and dance, starring Bravehearts' lovable lion cub 'Ditto' and a specially trained Education Facilitator.





## A message from Bravehearts' CEO



Dear Parent/Carer,

Bravehearts' personal safety education program, Ditto's Keep Safe Adventure show will soon be visiting your child's school or early learning centre.

Ditto's Keep Safe Adventure Show is age appropriate, interactive, entertaining, thoughtful and engaging. Ditto, the star of the show, along with an education facilitator, bring children on a fun journey of personal safety through music and relatable characters.

Ditto's Keep Safe Adventure Program has been developed with oversight from Australia's leading child protection and development experts, researchers, as well as educators, parents and carers. Importantly, Ditto's Keep Safe Adventure Program is aligned to the Australian Curriculum and the Early Years Learning Framework.

At Bravehearts, our Mission is to provide a coordinated and holistic approach to the prevention and treatment of child sexual abuse. Ditto's Keep Safe Adventure show is an important component of this prevention model.

All children have the right to feel safe. By supporting your child with this program, you are playing a critical role in your community to help protect children.

This guide provides parents/carers with important information about the show. This program is not a sex education program.

For further information about this program, please contact our Education team via email at [education@bravehearts.org.au](mailto:education@bravehearts.org.au).

We look forward to sharing Ditto's Keep Safe Adventure Program with you and your child/ren!

Kind regards,

Alison Geale  
CEO, Bravehearts Foundation

Empowering more than **1.4 million** children across Australia.



Ditto's Keep Safe Adventure Show has empowered more than 1.4 million children across Australia since 2006, providing them with personal safety tools and strategies while supporting positive self-esteem and building resilience.

## What are the facts?



More than **1 in 4 Australians** (28.5%) have experienced child sexual abuse.

Haslam D, et al (2023).



In more than half of cases (approximately 52%), the **onset of child sexual abuse** is from 0 to 8 years.

McElvanay, et al (2020).



**1 in 8 children** have sent a photo or video of themselves to someone they first met online.

Office of the eSafety Commissioner, 2022

# What will children learn?



Delivered by specially trained facilitators, the show duration is 30 to 40 minutes, depending on the age group (shorter show for younger children). An evaluation of the Ditto Show suggests the principles of personal safety embedded in the program can help to increase resilience and reduce the risk of child sexual abuse, as well as other forms of abuse including family violence and bullying.

Bravehearts' Ditto's Keep Safe Adventure Show is underpinned by the following principles of personal safety:

- Differentiating safe and unsafe feelings
- Recognising the body's warning signs
- Body ownership and that it is ok to say no
- Helping children name public and private parts using anatomically correct names
- Reinforcing that there is no secret that children cannot tell someone
- What to do if children feel unsafe or unsure

Bravehearts aims to teach children these essential principles through a behaviour approach to content delivery, interactive games, and catchy, age-appropriate songs.

## Ditto's Keep Safe Adventure Educator and Teacher Guides and Resources



Aligned with the Early Years Learning Framework and the Australian Curriculum, Bravehearts' Ditto's Keep Safe Adventure Program learning modules and resources have been developed for educators to engage, explore, evaluate, and extend learners in personal safety education.

## DITTO'S 3 RULES FOR KEEPING SAFE

The children are introduced to Ditto's 3 rules, which involve being able to recognise, react and report, to ensure they feel empowered with the knowledge of personal safety.



### RULE 1

#### We all have the right to feel safe with people.

This rule teaches children and young people that they have the right to feel safe and secure where they live, play, and learn, and that no one has the right to make them do something that makes them feel unsafe or unsure.



### RULE 2

#### It's ok to say NO if you feel unsafe or unsure.

This rule teaches children and young people that it is OK to stand up for themselves and to be assertive if something doesn't feel right.



### RULE 3

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

One of the reasons that children and young people fail to disclose harm is because they are afraid of getting into trouble. This rule helps to encourage them to speak to a trusted adult, even if something seems scary or terrible.

# What will children learn?



## Helping children name public and private parts using anatomically correct names

Bravehearts ensures that all of our programs are evidence-based. Research shows that children who know the proper names for their private body parts are less likely to suffer sexual abuse<sup>1</sup>.

Ditto's Keep Safe Adventure Program uses anatomically correct names for body parts. The body parts named in the school show are vulva, vagina, penis, scrotum, buttocks, nipples and mouth. In the Early Years Show, vagina and scrotum are not used.

This helps children to develop body confidence, decrease their vulnerability and increase their resilience. Importantly, their inclusion also helps to remove the shame and secrecy historically attached to the use of these words.

**In the program, these words are not laboured on, nor their functionality discussed.** Instead, they are presented in an age-appropriate way and in context as private body parts (much like an elbow or foot are public body parts).

<sup>1</sup>Kerr, K. (2022). [Private Body Parts: Why, when & how to start the conversation.](#)

Schiedel, B. (2021) [This is how you talk to kids about their private parts.](#)

Trew, S., Russell, D. H., Higgins, D. J., & Walsh, K. (2021). [Effective delivery methods and teaching strategies for child sexual abuse prevention: A rapid evidence check.](#) Institute of Child Protection Studies, Australian Catholic University.

## What is a Safety Team

Children are empowered to create their own safety team. A safety team is a group of adults that the child can go to if they ever feel unsafe or unsure.

A safety team consists of adults that the child can trust. An adult that believes them, listens to them and wants to help. These should be adults both inside and outside of your family that the child can go to if they ever feel unsafe or unsure.



An example of a safety team.

## Private Parts



An example of how private parts are presented in the Lower Primary Show.



Each child will receive an activity booklet which is full of fun and engaging activities.

# Need support or advice?

For support and advice regarding child sexual abuse, phone Bravehearts' **FREECALL Information and Support Line on 1800 272 831** (Mon to Fri, 8:30am – 4:30pm AEST) or visit **[bravehearts.org.au](http://bravehearts.org.au)**



## Download Bravehearts' Personal Safety Guide for Parents & Carers

This booklet will provide you with ideas and advice on how to talk to your child or young person about keeping safe. Includes information about online safety, how to recognise and report harm, as well as activities for young children.

Or visit: **[bravehearts.org.au](http://bravehearts.org.au)**

## FAQs

### Why does my child need to see this program?

Educating children from a young age to recognise when they feel unsafe or unsure can assist in the process of reporting and gaining the support they need to protect them from harm.

The skills acquired through this program can also be applied to other scenarios that cause children to feel unsafe or unsure (examples include bullying, domestic violence, and respect for privacy). The show also teaches them to be resilient and to keep on trying to seek the assistance they need to be safe.

### What age is just too young to see the Ditto's Keep Safe Adventure Show?

Bravehearts' Ditto's Keep Safe Adventure Show – Early Years has been developed as the introduction to personal safety education starting at three years old. Children below the age of three may not be able to retain or fully understand the concepts presented. We recommend the gradual use of stories, posters, and/or songs for much younger children to introduce concepts one at a time.

### Is this sex education?

Bravehearts' Ditto's Keep Safe Adventure Program does not involve sex education. The Show presents safety strategies that lead children to seek the appropriate assistance if or when they feel unsafe.

The show includes identifying the private parts of the body and body ownership as part of the process but at no point is the word 'sex' referred to or 'sexual intercourse' explored or explained.

### How will my child be empowered by the Ditto Show?

Children will be empowered by the tools that are presented to help them recognise the difference between safe and unsafe feelings and what to do to gain assistance.

The following content is stepped through to assist this process:

- Recognition of feelings
- Recognition of warning signs
- Body ownership
- Understanding secrets and that nothing is so yucky you can't tell someone about it
- Who to tell when you need help

One of the main aims of the show is to encourage young children to develop a Safety Team and to realise it is OK to ask for help when they feel unsafe or unsure.



# Continue the conversation at home

Bravehearts' Ditto's Keep Safe Adventure Program personal safety resources have been developed to help empower young children with essential personal safety skills, including body ownership, consent, eSafety, recognising and reporting safe and unsafe feelings and identifying a safety team of trusted adults.

online courses from \$39

## Industry-leading Child Protection Training

Bravehearts offers industry-leading self-paced online child protection training, helping parents/carers, educators, organisations and institutions create and maintain protective and child-safe environments.



### INTRODUCTION TO CHILD PROTECTION

This self-paced online course will provide parents and carers with an overview of child protection and an understanding of child abuse prevalence, impact, risks, and action required.

Visit [braveheartsllearning.org.au](http://braveheartsllearning.org.au) or

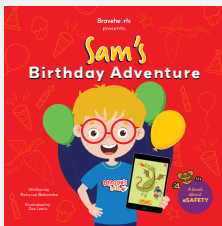
for more information on on Bravehearts' courses

\$60 book set

## Ditto's Keep Safe Adventure Book Series

### Set of 5 Story Books About Personal Safety

Featuring Ditto's friends, Frankie, Watson, Belle, Sam and Georgia, this wonderful five-book series explores these vital personal safety topics across the five titles: feelings, warning signs, body parts, eSafety and trust. Written and illustrated by members of Bravehearts' education and training team, and developed in consultation with child protection experts and stakeholders, this book series is aimed at children aged 3 to 8, however can be read to children from birth.



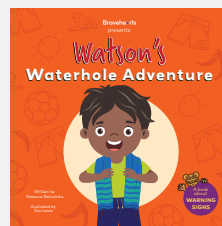
Sam's Birthday Adventure: A Book About eSafety



Georgia's Book Week Adventure: A Book About Trust



Belle's Beach Adventure: A Book About Body Parts



Watson's Waterhole Adventure: A Book About Warning Signs



Frankie's Wildlife Adventure: A Book About Feelings

Available at [bravehearts.org.au](http://bravehearts.org.au)

## Learn more with Ditto's Keep Safe Adventure Game.

FREE



**Ditto's Keep Safe Adventure Game** brings to life latest research from child protection experts through scenarios and games which help children learn strategies to keep safe. It enables children to learn personal safety in a non-confrontational and enjoyable way. Each scenario is underpinned by Ditto's 3 Keep Safe Rules.



Available for FREE on Google Play and the App Store

