



with

Cath McCallig

Sexuality and Protective Behaviours Educator

Feeling Safe is a program around Protective Behaviours aimed at Primary School Students. It can be adapted to all year levels via activities, stories and discussions that are age appropriate. The program teaches students a range of skills to help prevent abuse and keep themselves safe. **Protective Behaviours Vic** guidelines and resources are used to ensure students receive current information. Feeling Safe encourages student participation and is designed to give strategies that promote a child's empowerment. The sessions are inline with the **current Child Safe Standards for Schools, with particular focus on Child Safe Standard 7:**

Strategies to promote the participation and empowerment of children.

"Children who have been taught Protective Behaviours are more able to discern threats to their safety and are more likely to act using personal safety strategies than comparison children" (Professor Bruce Johnson, 1985)

The following themes are explored in class using a variety of materials, games, stories and discussions.

* **"We all have the right to feel safe at all times"**

* **Early Warning Signs** or the physical sensations we experience in our bodies when feeling unsafe or excited. We look at, for example, the differences between feeling nervous in both a safe and unsafe situation.

* **Having trusted Grown Ups** in our lives and knowing we can talk to them about ANYTHING, NO MATTER WHAT!

* We look at the difference between a **'good' secrets** and a **'bad' secrets** to keep.

* **Body Awareness and Ownership and what is Private/Public.** Correct anatomical names are learnt and used as a crucial part of students' body awareness and body safety. The concepts of Public and Private are explored in terms of bodies, clothing, places and information.

* **Personal space** (social distance) and **safe and unsafe touch.**

* **Assertiveness with the use of body language and voice.** Use of the phrase:

NO! STOP! DON'T!

Sessions run for an hour or can be adjusted for younger classes or to fit with a school's timetable.

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