

Feeling Safe Together

Age: 3 - 11

The Feeling Safe Together program is a protective behaviours program developed for primary school aged children. Each year level receives tailored information based on age appropriate materials. The Feeling Safe Together program focuses on empowerment, communication, self-esteem, resilience and social skills. The program aims to provide children with the tools and strategies to face uncertain situations or environments in a safer way, keeping in mind however, that it is ultimately always the responsibility of an adult to ensure a child is protected and safe.

Key Topics:

Rights, Responsibilities and Privileges

The children consider what the difference is between these three terms. This assists children to understand that “the right to feel safe” is non-negotiable.

Consent

The children watch a video that highlights the importance of consent. The children begin to understand that consent is an agreement for any physical interaction.

Body parts

We discuss what parts of the body are private. We label all the body parts with the correct terminology to ensure children can speak to doctors or trusted adults when they are concerned about their body.

Online safety and awareness

We discuss safety online and the age in which children can access social media accounts. We discuss the safety rules of being online and stress the importance that no one is allowed to show or send children private images or videos

Feelings, emotions, expressions

We discuss interactions and relationships can be based on body language as well as verbal interactions.

Early warning signs

The children think about how their body may react (such as heavy breathing or butterflies) when they are in an unsafe situation. This prepares children to understand when they may be feeling uncomfortable and need to speak to a trusted adult.

Safety network of trusted adults

We ask the children to consider who they may go to for support. We encourage the children to consider people in their family and outside their family who they may be able to confide in and advise children that these will be different for each child depending on who they feel they have a safe relationship with. We discuss the importance of an adult being over the age of 18.

Safe relationships

Children become aware of signs that a relationship or friendship is unsafe and we encourage them to speak to a trusted adult if they are concerned about themselves or a friend.

Tips for Parents:

- Conversation about staying safe should be ongoing.
- It's much better to have little conversations more often, than one big talk.
- This will help you to reinforce key points and to adapt the message as your child gets older.
- Once you're ready to talk, you might find your child isn't. That's OK. The most important thing is to not force the issue, but ensure your child knows they can talk to you.
- Weaving simple conversations about staying safe into daily routines is a great way to stop it sounding like a lecture, making it feel easier for you too.

Resources:

Kids Helpline 1800 551 880

Kids Helpline is Australia's only free (even from a mobile), confidential 24/7 online and phone counselling service for your people aged 5 to 25.

Safe Steps 1800 015 188

Victoria's 24/7 family violence response centre.

Parentline Victoria 13 22 89

Parentline is a telephone counselling and support service for all Victorian parents and carers of children from 0-18 years.

SECASA

For information on our Primary Prevention Programs please email: SECASA_Schools_Program@monashhealth.org
If you would like to make a referral for counselling at SECASA please contact us on: 9928 8741.

eSafety Commissioner

<https://www.esafety.gov.au/key-issues/esafety-guide>

The Carly Ryan Foundation

<https://www.carlyryanfoundation.com/resources/fact-sheets>
APP Fact Sheets advising on how they work, age ratings and challenges (eg Snapchat, Tik Tok, Roblox, Fortnite).