

# PROTECTIVE BEHAVIOURS EDUCATION

## Teacher Information Session



## OBJECTIVES

During this session, participants will acquire a comprehensive understanding of Protective Behaviours Education, and recognise its significance across various life stages. Participants will gain a deeper insight into child sexual abuse, learning to distinguish between age-appropriate sexual behaviours and harmful ones. The session will focus on empowering children and young people, while equipping teachers with the knowledge and tools to effectively continue conversations at school about body safety, personal boundaries, consent, respectful relationships and online safety. Additionally, participants will receive information about available resources for seeking support in sensitive situations including responding to disclosures of sexual assault.

## KEY TOPICS

- Prevalence of sexual abuse and family violence
- Identifying indicators of Harmful Sexual Behaviours
- Education on Protective Behaviours
- Understanding disclosures and appropriate responses
- Guidelines for recording information
- Exploring reasons why people may not disclose
- Accessing support and assistance
- Practicing self-care strategies

## How would you respond?

- A student discloses a child or an adult has done something that made them feel worried or scared
- A student expresses discomfort at being hugged or touched by someone
- A student says they feel uncomfortable in a public toilet/school bathrooms because of an 'unsafe feeling'
- You overhear a student saying a stranger started messaging them on social media (they believe they are talking to another child)
- A student tells you someone on the internet asked them to send photos of themselves or their private parts

## 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.

### 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

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).

### Child Safety

<https://www.childsafety.gov.au/about-child-sexual-abuse/having-conversations>