

discover  our potential together

Protective Behaviours

Information Booklet



meadowSPRINGS
EDUCATION SUPPORT CENTRE

Protective Behaviours is a mandated learning topic for all schools under the Department of Education.

Meadow Springs ESC has a whole school approach to the teaching of Protective Behaviours which is embedded across all learning areas.



“We all have the right to
feel safe at all times”

“We can talk with someone about
anything, no matter what it is”

Body Safety Rules



My body is my body and it belongs to me!

A child can set their own body boundaries. If they don't want to hug or kiss someone, they have the right to say "No!". Children can offer a high five, hand shake or blow a kiss instead. Children hold ownership over their own bodies. What they say goes!



I have a Safety Network

These are five adults within the home and community that a child can trust. Children can talk to these people about anything. If a child feels scared, worried, or unsafe, they can talk to these people about how they are feeling and why they feel this way.

Secrets

Children should never be forced to keep secrets that make them feel uncomfortable. If someone asks a child to keep a secret that makes them feel bad or unsafe, they should seek help from someone on their Safety Network immediately!



Early Warning Signs

When a child feels scared or unsafe, their bodies alert them to danger with involuntary physical responses.

These are called Early Warning Signs. If a child feels uncomfortable about anything, they must tell an adult on their Safety Network immediately.



Private Parts

It is important that children learn the correct names of their private parts. Private body parts include the bottom, penis, testicles, vagina, vulva, breasts and mouth. No-one can touch a child's private parts, and no-one can show, or ask a child to touch their private parts. If any of these things happen, children must promptly tell a trusted adult.



Safe and Unsafe Strangers

Strangers are people you have never met before. Not all strangers are unsafe. It is important for children to understand the difference between safe and unsafe strangers, because sometimes, in emergencies children might need to ask a stranger in a uniform for help (like a police officer



Cyber Safety

Cyber safety provides children with the knowledge and skills required to stay safe online. It includes educating children about the opportunities and benefits of cyberspace, whilst also acknowledging, understanding and avoiding the risks and potential harms.

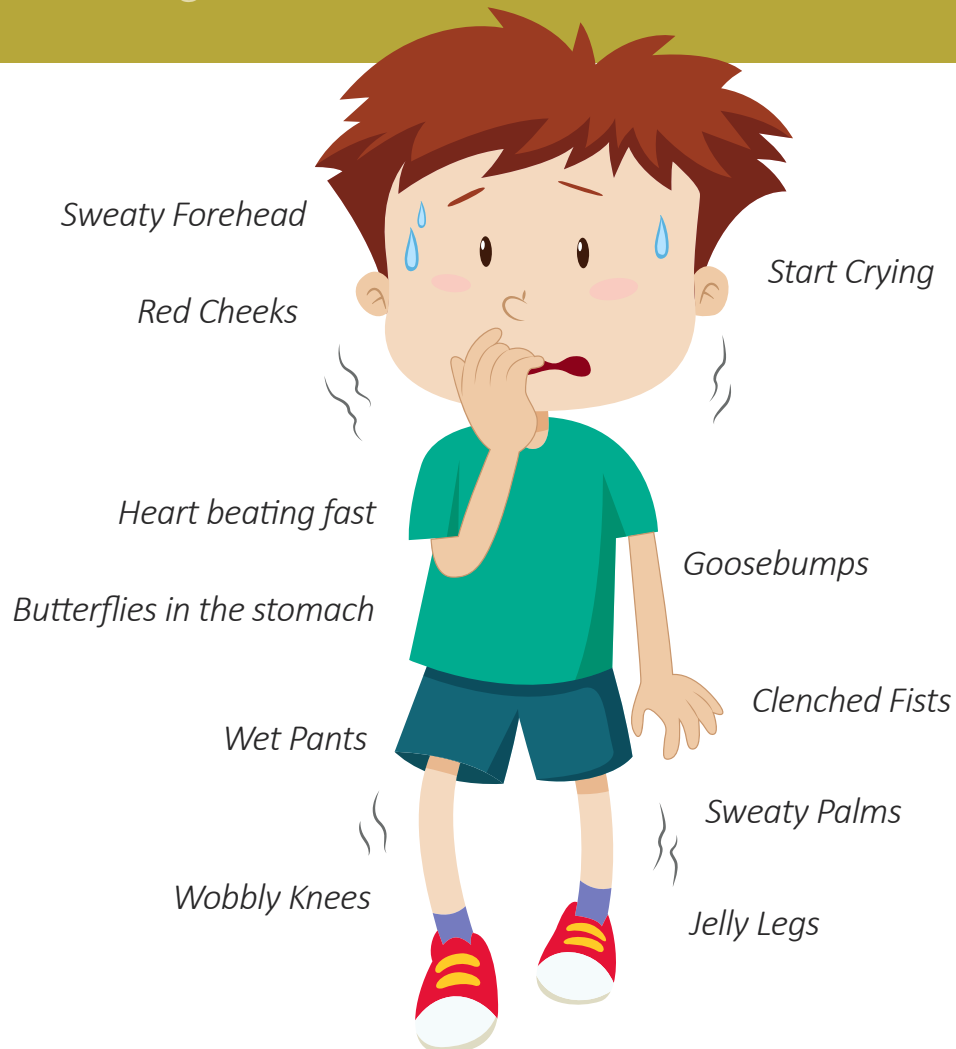


"We all have the right to feel safe at all times"

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Early Warning Signs

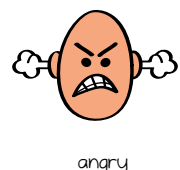
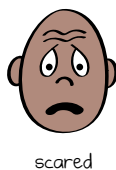
Our Early Warning signs help us to understand when we are feeling unsafe.
Nothing is so awful that we can't talk to someone.



**If you feel your early warning signs you must tell an adult on your
Safety Network immediately!**

Emotions

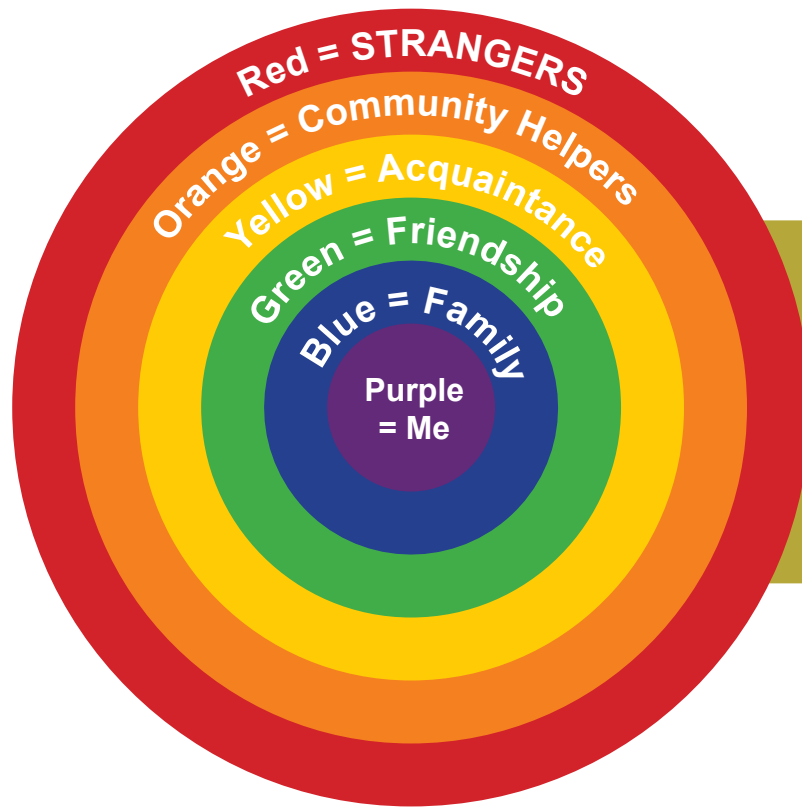
People need to be able to identify their different emotions.
Emotions can be good or bad, they help us to react to different situations.



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**“We can talk with someone about
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Networks



The Concept Circle assists students to discriminate different degrees of physical contact and to adapt to their behaviours accordingly.

- Purple Circle - Private**
No one touches you without your permission. You do not touch anyone unless they give you permission.
- Blue Circle - Hug**
There are very few people who hug you and who you hug- your mother or father, or very close family members.
- Green Circle - Far Away Hug**
There are a few people who give far away hugs to, such as your friends on special occasions.
- Yellow Circle - Handshake**
You shake hands with acquaintances and when you are introduced to someone. You may also give a friend a hi-5 hand gesture.
- Orange Circle - Wave**
You wave and smile at people with familiar faces
- Red Circle - Stranger**
You engage with community members. You do not touch strangers. Strangers do not touch you

You decided who can touch you, you decided when to say, “stop”, and when to walk away.

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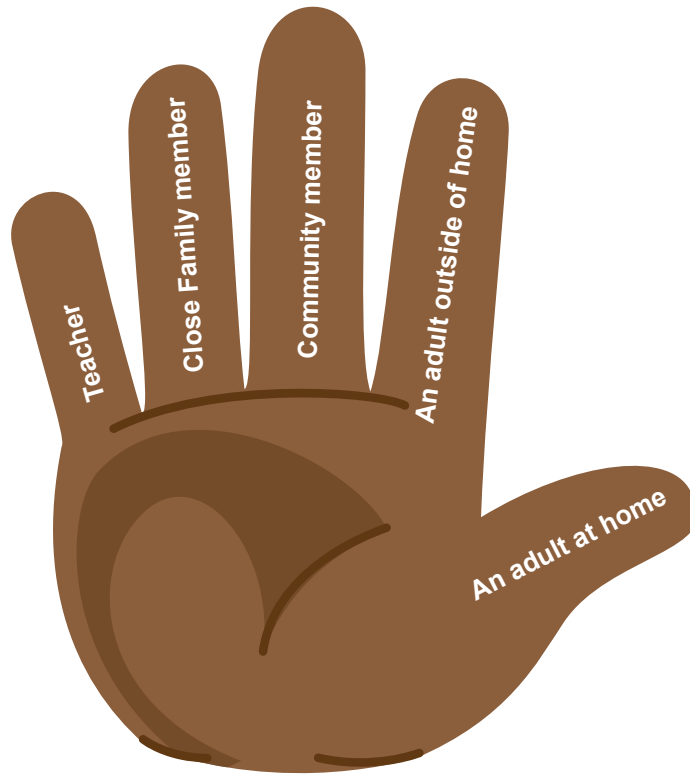
Networks

Network people are trusted adults who we can go to when feeling unsafe. They must be

AVAILABLE, they must **LISTEN**, they must **BELIEVE** and they must **TAKE ACTION** if necessary.

Our network people can be listed on the fingers of one hand. We should always include people we live with, people from school, family that don't live with us and trusted community members.

Network people must always be **TRUSTED ADULTS**.



When children find themselves in a situation where they are **NOT** feeling safe, their **EARLY WARNING SIGNS** will be present and will act as a trigger for children to say **NO**, then **GO** and **TELL** an adult.



I will say words that mean no:

Stop it
Cut it out
Quit it
Don't do that to me
I will YELL if I am really scared



I will get away from the person as soon as it is safe:

I will go to a room with other people
I will go home
I will go to another adult
I will try and call my parents



I will what happened to an adult that I trust:

My Mum or Dad
My Grandparents
My Teachers
My Carers

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Safety

Safety is a physical state. The protective behaviour program stresses the need to **“feel” safe**, as well as **“be” safe**, recognising the importance of psychological or emotional safety. Safety involves having informed choice and control over any situation in which we find ourselves.



Public and Private

Public means there are people around. Private means it's just for you. There are public and private rooms and places, behaviours and body functions, and clothing.

Clothing

Private clothing is clothing that covers your private body parts and is worn underneath your normal clothing. Swimming clothes also cover private parts but are designed to be worn in public.

Public



Private



Places

In your home, bathrooms, bedrooms and toilets are private rooms. Closing the door makes the room private. A private place is only private when you're alone.

Public



Private



Behaviour

Behaviours such as nose-picking, burping, spitting, farting and swearing, etc. are private and should be conducted in private.

Public



Private



Information

The Internet can be a great learning tool. However, it can provide strangers with a direct link into your home and your children's lives.

Public



Private



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Cyber Safety

Online Risks can be dangerous. **STAY INFORMED**

Only Connect
with friends and
family



THINK!
Before you
post



Be kind
to others



Don't be
hurtful towards
others



Don't share
your password,
address/location, school
or phone number



Keep your
settings
private



PARENTS & TEACHERS



Join Facebook & other social
networks



Understand how it works



Teach safety and responsibility



Privacy- Check their settings

FRIENDS



DON'T:
Stay Silent



DO:
Help your friend
Report the bully
Teach your parents

THE BULLY



DON'T:
Respond



DO:
Save what they say



Save what they say so
you can later report it

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Telephone Helplines

Crisis Care Line

9223 1111 or free call 1800 199 008

Kids Helpline

1800 551 800

Lifeline

13 11 44

Parenting WA Line

6279 1200 or free call 1800 654 432

Relationships Australia

1300 364 277

Sexual Assault Resource Centre

9340 1828 or free call 1800 199 888