

Learn to be Safe

with Emmy and friends



Act for Kids understands that, in an increasingly complex framework of curriculum alignment, schools, whether private or public, need greater support to effectively deliver Protective Behaviours Education (PBE) to the children in their care.

What is Learn to be Safe with Emmy & Friends?

Act for Kids' Learn to be Safe program provides an evidence-informed approach to remedy the challenging demands placed on educators, allowing schools and early education centers to prioritise the need to deliver protective behaviours education to children aged 4-8.

Learn to Be Safe's key point of difference is that our program is the only evidence-informed program in Australia to undergo a world-class, multi-site, randomised controlled University trial.



Act for Kids' Learn to be Safe initiative has been supporting educators since 2008

Why is it important?

Learn to be Safe has proven to deliver outstanding **learning experiences** and **outcomes for students**, enabling them to make better decisions around personal safety and speaking out when a situation is uncomfortable.

This program provides educators with an avenue to engage with parents and the wider community, and work together for the common goal of **keeping kids safe** beyond the classroom, and into the future.

1,340 teachers
across Australia have told us
that our program exceeded
their expectations.



Invest

Educate

Empower

Protect

How is the program delivered?

We understand that not all school staff are comfortable with having difficult personal safety conversations – in fact international evidence and Act for Kids' 30 years' experience tell us that it is not easy for educators, and there is a desire for more specific and practical guidance in this area.

Learn to be Safe can be implemented using different approaches. These include:

- 1** Train the Child Protection Champions in your education setting
- 2** Direct face to face facilitation with kids
- 3** Virtual co-facilitation with teachers
- 4** Access to online training and resource hub

We offer a variety of flexible delivery options to suit every child and educator.

Protect Children

Align with curriculum

Empower teachers with knowledge, skills and confidence to address sensitive topics



Our program uses scripts, role-modelling, coaching and videos to demonstrate how to have these conversations with students and parents.

Our Approach

1. Time efficient, outcomes focused

We want to make educators' jobs easier - so we clearly map out all activities across the relevant curriculum areas. Our lesson plans save you time and effort - and achieve **high quality results**.

3. Scaffolding skill building

Building skills, confidence and capability is as important as content delivery- for students, educators and caregivers. Each lesson contains knowledge or skills that slowly build confidence and capability.

5. Developmentally appropriate and explicit content

We provide age-appropriate and relatable resources and activities that facilitate explicit instructions about personal safety topics and scenarios.

2. School by school approach

We believe that child protection is everyone's business, however each school has different priorities, funding and staffing - so we provide each school with a tailored program to deliver information in a way that suits their pace and context.

4. Align and complement other initiatives

Knowledge and skills in this program support other social and emotional child wellbeing initiatives - such as respectful relationships and sexual education.

“The visual aspects were great. We have referred back to the posters regularly after our sessions. The students enjoyed the worksheets and have been using the language regularly.”

- Teacher, Brisbane



Our Framework

Themes	<p>1. We all have the right to feel safe and be safe all the time</p> <p>2. We can tell a safe adult anything, no matter what</p>							
Focus Areas	 Feeling Safe		 Safe Choices		 Body Safety		 People & Safety	
Description of Focus Area	Physical and psychological safety and body responses to fear		Interpersonal and online risky situations and the role of problem-solving and choice		Body autonomy, consent, personal safety rules and inappropriate and abusive touch		Role of adults and help-seeking	
Topics / Concepts	<ul style="list-style-type: none"> • What is safety? • Feelings • Warning signs • Fight, flight and freeze 		<ul style="list-style-type: none"> • Safe and unsafe situations - <ul style="list-style-type: none"> • Interpersonal • Online/Cyber safety • Problem-solving • Risk-taking continuum 		<ul style="list-style-type: none"> • Body autonomy and consent • Private body parts and places • Safe and unsafe touch 		<ul style="list-style-type: none"> • Rights and responsibilities • Power tactics • Secrets/Telling v. Tattling • Safety Team 	
Embedded Protective Strategies	One-step removed problem-solving	Persistence	Assertiveness	Trauma-informed language of safety	Protective interruption	Disrupting unwritten rules	Removing blame, guilt and shame	Help-seeking

The Benefits of Learn to be Safe

Children

Parents

Educators

Schools

Whole Communities

- Enhances Child-Safe Organisation practices
- Evidence-informed to create change
- Flexible, self-paced and easy to implement
- Promotes respectful relationships
- Encourages reflective practice
- Engaging lesson plans
- Inclusive practices
- Building blocks across all ages
- Mapped explicitly to Australian Curriculum
- Focused on learning outcomes
- Partners with parents and communities
- Supportive and child-friendly resources



This program has been delivered to
53,000 children
across QLD, NSW, WA, TAS & SA

Want to be a part of Learn to be Safe?

Complete an Expression of Interest Form at
actforkids.com.au

