

Keeping kids safe!

Teacher guide

Special education

Daniel
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FOUNDATION Inc.



Introduction

The *Daniel Morcombe Foundation* has produced the *Keeping Kids Safe* resource to support students **Recognise, React** and **Report** when they feel unsafe. Developing an understanding of respectful relationships is also a key learning area within the resource. *Keeping Kids Safe* is age and developmentally appropriate and contains short video vignettes to promote classroom discussion and completion of in class activity sheets.

All children and young people have the right to be safe. *Keeping Kids Safe* resources contribute to the prevention of child sexual abuse and support the development of healthy relationships free from violence.

Evidence demonstrates that children and young people who are provided with sequential age appropriate personal safety education throughout their schooling are more likely to develop skills that will promote health and safety into adulthood.

Inclusive personal safety education for students with disability

Students with disability have the same rights to personal safety education as all other students. Yet they often experience limited access to this type of education. Frequently it is provided as a reactive measure to respond to concerning behaviours or when a student has experienced or is at risk of experiencing harm.

Ideally students with disability should be taught personal safety education as part of a proactive framework. Respecting their right to make safe and healthy choices about relationships as well as recognising risk, unsafe relationships and situations.

The special education *Keeping Kids Safe* resource has been designed for use with students who have additional learning needs and is most applicable in primary and junior high school settings. Educators may wish to utilise videos and activities from other sections of *Keeping Kids Safe* as a compliment.

Considerations for teaching:

- Provide opportunities for practice and repetition
- Ensure the use of age appropriate resources and images
- Modify or adjust activities to meet the needs of students
- Be aware of the physical environment for lessons
- Inform parents and carers and provide support for them to follow up content at home
- Be aware that a higher proportion of students with disability will have experienced abuse
- Consider teaching with a colleague if possible

Content Special education

Focus areas: Feeling safe, Recognise React Report, Online safety

Video	Activity
Rules for being safe Understand the rules for staying safe and types of touch that are not ok	I feel safe when...
Being Safe You have the right to be safe, our safe places can be at home, at school or with your safety helpers. When do you feel safe?	
Recognise body clues Identifying the physical responses the body can have when feeling unsafe	Recognise my body clues
React to feeling unsafe What to do if feeling unsafe	React to feeling unsafe

Video	Activity
Making a safety network Identify adults who will listen and keep you safe	Report to my safety network
Safe internet use Exploration of what it means to be safe online	Being safe online

Best practice for personal safety education

When teaching about personal safety it is important to create a safe learning environment for students as well as ensuring appropriate support from your school community and leaders.

To ensure success:

- Allow adequate time allocation in program planning for delivery
- Seek support from school leaders to promote a whole school approach
- Integrate personal safety education lessons into the curriculum over the course of the year
- Ensure that education is developmentally appropriate and uses correct anatomical language when naming private body parts
- Access additional resources or professional development if required
- Understand relevant school policies, in particular student protection policies and be ready to respond if necessary to disclosures of harm
- Communicate and collaborate with parents and carers regarding lesson content and how they can have follow up discussions about safety at home
- Respect the diversity of students and family units

In the classroom:

- Prepare students to participate in personal safety lessons (let them know prior)
- Use third person language rather than first person when posing questions. For example: 'If someone was experiencing online bullying, what could they do?' Rather than 'If you were experiencing online bullying, what could you do?'
- Answer tricky questions with short, accurate and positive responses
- Respond to and acknowledge emotional reactions of students whether this be giggling, anxiety, excitement or nervousness
- Understand the concept of protective interrupting. This is a strategy to prevent students disclosing harm in front of other students. For example: *'It sounds like you are about to say something really important. Perhaps we could talk about this in private after our lesson?'*
<https://gdhr.wa.gov.au/guides/what-to-teach/protective-interrupting>

It is vital to always follow up with the student

- Be aware of vulnerable students and those who are known to have experienced harm. Ensure parents and carers are aware of lesson content and appropriate support is being provided

Prior to lessons discuss the following safety rules with students

1. No one is to share personal stories with the class
2. We are all different, be respectful and kind to others
3. It's OK to ask questions
4. You have the right to feel safe and you can pass if you feel uncomfortable

Follow up by asking students to identify who they can talk to if they have questions or want to talk about the lesson.

Curriculum links

The *Keeping Kids Safe* resource is best used as part of a comprehensive whole school approach to personal safety education and is aligned with the following:

Australian Curriculum, Assessment and Reporting Authority (ACARA)

- Health and Physical Education (HPE) subject area <https://www.acara.edu.au/curriculum/learning-areas-subjects/health-and-physical-education>

- Personal and Social Capability <https://www.australiancurriculum.edu.au/f-10-curriculum/general-capabilities/personal-and-social-capability/>
- Information and Communication Technology (ICT) Capability <https://www.australiancurriculum.edu.au/f-10-curriculum/general-capabilities/information-and-communication-technology-ict-capability/>

Daniel Morcombe Child Safety Curriculum

Developed to support Queensland schools to deliver key safety messages to students in prep to year 9. Available to all teachers in Australia http://www.recognisereactreport.com.au/Daniel_Morcombe_Child_Safety_Curriculum_Access.pdf

Health Promoting Schools Framework

Encourages a whole school approach to respond to health and wellbeing issues, including relationships and sexual health education <https://gdhr.wa.gov.au/-/health-promoting-schools-framework>

Respectful Relationships Education

Across Australia a variety of respectful relationships programs have been developed and are endorsed by State and Territory governments. Learn more about respectful relationships education <https://www.ourwatch.org.au/What-We-Do/Respectful-relationships-education/Whole-School-Approach-Toolkit>

Additional resources

ThinkUKnow is a free, evidence based cybersafety program that provides safety education to parents, carers, teachers and children <http://www.thinkuknow.org.au>

Office of the eSafety Commissioner provides online safety education using evidence based classroom resources, policy documents and information for parents, carers and young people <https://www.esafety.gov.au>

BullyingNoWay is has a suite of resources aimed at preventing and responding to bullying. Resources for teachers, parents, carers and a variety of ages of children and young people <https://bullyingnoway.gov.au>

Parentline provides telephone counselling to parents and carers of children and young people. There are also many resources available on their website to support parents and carers to understand a wide range of issues related to raising children and young people <https://www.parentline.com.au>

ReachOut focuses on improving mental health outcomes for young people. Resources for teachers, young people, parents and carers <https://au.reachout.com> Has a specific schools website portal https://schools.au.reachout.com/?utm_campaign=3auds&utm_source=RO_About&utm_medium=topnav

Kidshelpline is primarily a free confidential phone or online counselling service for children and young people. However, it supports parents and carers with a range of tip sheets that cover issues commonly experienced by children and young people <https://kidshelpline.com.au/parents/>



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