

Keeping safe!

Teacher guide

Year 10 to 12

Daniel
Morcombe
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.

Content year 10 to 12

Focus areas: Positive relationship qualities, Identifying unhealthy relationships

Video	Activity
iRelationship Young people speak about their boy/girlfriend relationship experiences, some of which have been healthy and others unhealthy or abusive	Relationship values Advice for a friend

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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