

BODY SAFETY EDUCATION FOR PRIMARY AND PRE-SCHOOL CHILDREN – EDUCATOR TRAINING & TEACHERS TOOLKIT

Empowering children with Body Safety skills

Why? Body Safety Education aims to empower children with skills and knowledge that will lessen the likelihood of them becoming victims of childhood sexual abuse. It is known that approximately 20% of girls, and 8% of boys will experience sexual abuse before their 18th birthday (Pereda, et al, 2009). **That is equivalent to 6 girls and 1 boy in each class of 30 students!** These are horrific statistics, but through early education we can make a difference.

Everything you need to teach Body Safety, Respectful Relationships and Gender Equality to the children in your care!

Through the 10 Body Safety lessons the children will learn that:

- they have rights in relation to their body
- some parts of their body are private
- if someone does touch their private parts, asks them to touch their private parts, shows them their private parts or shows them images of private parts that they should tell a trusted adult and keep on telling until they are believed
- there are secrets, such as someone touching their private parts, that should never ever be kept.

In these lessons children will:

- discuss emotions and feelings such as happy, sad, angry, worried, etc.
- talk about what it is like to feel 'safe' and 'unsafe'
- discuss their Early Warning Signs
- discuss 'body boundaries', consent and respect
- identify trusted adults that they could go to if they are feeling unsafe (a Safety Network)
- identify all body parts, including private body parts and private zones
- discuss secrets and surprises, and how secrets that make them feel bad or uncomfortable should never be kept.



Through the 6 Respectful Relationships and Gender Equality lessons the children will understand that:

- empathy and kindness are crucial to a caring and compassionate world
- respect for self, different genders, cultures and religions is crucial for a harmonious and respectful society
- it is important to listen to and respect each other's ideas and opinions, and recognise that people see things differently
- gender equality means equal opportunities for all genders
- we are more the same than we are different

EDUCATOR TRAINING & TEACHERS TOOLKIT

Whats included in Educator training?

In this essential 120min educator training for up to 50 teachers, you will learn how to use the resources and most importantly how to teach and empower children to understand the '5 body safety rules' to protect children from harm and abuse. These 10 lesson plans and the included resources are able to be easily embedded in the school, kinder, child care curriculums, Sunday school curriculum, or another educational teaching curriculum.

Teachers Toolkit includes –

- Some Secrets Should Never Be Kept (hard cover)
- No Means No!
- My Body! What I Say Goes!
- No Difference Between Us
- Pearl Fairweather, Pirate Captain
- You, Me and Empathy
- Let's Talk About Body Boundaries, Consent and Respect
- Body Safety Education
- 1 full colour A2 laminated Feelings Poster
- 10 full colour laminated Safe/Unsafe A5 cards
- Body Safety Professional Development for Teachers PowerPoint
- Body Safety Education for Parents PowerPoint
- 1 x zip-up plastic wallet
- 10 Body Safety Lessons
- 6 Respectful Relationships and Gender Equality Lessons
- Black Line Resource Masters
- My Body Safety Activity Book
- Body Safety Skills: A Guide for Parents and Carers hand-out sheet
- Lyrics for the Body Safety song 'My Body is My Body' hand-out sheet
- My Body Safety Rules Poster
- My Early Warning Signs Poster
- We are a Child Safe... Poster
- Tips to Promote Gender Equality Poster
- Sample letter home (also available as an editable Microsoft Word file)



Investment:

120min Body Safety Education and Consent Training and all resources including 2 teachers packs.
\$1,560 (per group of 1 – 50 educators/leaders)

****To get an extra Teachers pack of resources it will be \$180 per pack and for example, for a Primary School of around 300 students we would recommend one training and 3 Teachers Resource Packs.****

Parent workshops:

As part of our 'whole of community approach,' we also offer Parenting Workshops to inform parents of what children will be learning, the need for Body Safety Education in the organisation and how they can support their children at home so the learning continues. The Parent Workshop is run in conjunction with the booking of an Educators Training. 90 mins parent workshop \$990 fee (not including extra resources).

For more information or bookings, contact
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