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Teaching Personal Safety

Teaching children personal safety helps young people learn the skills to identify their vulnerabilities, while devising strategies to both protect themselves and get help if unable to cope alone.

While talking to children about sexual assault may prompt parental discomfort, personal safety can and should be taught to all children - even preschoolers.

Thankfully, very young children can be taught personal safety without ever hearing frightening terms like "sexual assault".

It is never too early to sow the seeds of personal safety. Unlike the old "Stranger Danger" messages, personal safety do not prescribe action to be taken by children. Instead, the emphasis is on learning communication skills, assertiveness and problem solving.

These are life skills and can be used in day to day situations as well as any threatening situations, from being unable to put on a kindergarten smock to forgetting a school lunch or being offered a lift.



Basic Principles for Personal Safety:

1. Teach children about touch
2. Teach children to trust their feelings & to trust your support for them
3. Teach children to say 'no' if they feel unsafe or unsure
4. Teach children that they own their own bodies
5. Teach children about support people

Guidelines for Touching Safety

By teaching "touching safety", you will not scare a child or make them afraid of good, healthy touching. You will be giving the child skills to stop bad or confusing touching. Children feel good knowing they can help themselves.

- ♥ It is **never okay** for grown ups or older kids to touch your private body parts (explain there maybe times when it is necessary, give an example you are comfortable with)
- ♥ If someone touches your private body parts, or asks you to touch theirs, and asks you to keep it a **secret**, tell an adult about it **right away**.
- ♥ If the first person does not believe you, tell someone else. **Keep on telling until someone believes you**.
- ♥ Anytime you feel mixed up about a touch... Tell the person to **Stop** and then **Talk** to a grown-up you can trust.

Touching safety rules can be taught with all the other family safety rules so everyone feels safe, comfortable and happy.

For information on our education programs and products see: www.ditto.com.au or call Bravehearts on 1800 114 474