

KIDSAFE UK

Maryport C of E
Junior School



Helping Children
Protect Themselves

Aims & Outcomes

To equip children with simple but effective ways to recognise unsafe situations.

Kidsafe is a preventative programme and is delivered in a child friendly, age appropriate, non-shattering of innocence way.





Session Delivery

Week 1	•Recap of first Kidsafe programme.
Week 2	•Bullying
Week 3 Part 1	•Age classifications
Week 3 Part 2	•Cyber bullying
Week 4	•Using your voice •Anger
Week 5	•Parental separation
3 month re-cap	•Reinforce Kidsafe message



Week 1

- Recap of first Kidsafe programme
- What gives children "yucky feelings"
- Intuition
- Scenarios - death of a pet and difference



Week 2

- When is something bullying?
- Scenario - KS's friend being bullied
- What worries we have about telling
- Scenario - Not having any trusted grown-ups and being bullied online



Week 3 part 1 and 2

- Games - identify technology & games/films children access
- Impact and harm of watching/playing inappropriate games/films, Peer pressure and choices
- Identified examples of cyber bullying
- Scenario - KS's friend receiving nasty emails & worried about telling
- Peer pressure - how it influences children, why it is hard to tell and ways to resist it.



Week 4

- How our voice can keep us safe
- Anger - what makes us angry and where do we feel it
- Scenario - KS's friend angry over doing something stupid on Webcam
- Internalised anger
- Dealing with anger in a healthy way



Week 5

- KS's friend angry because parents/carers have split up
- Group work - how do children feel if they see/hear parents/carers consistently arguing
- Recap of FP2 via Ups and Downs
- Covered all KS & his friend scenarios
- Children's written evaluation and certificate



3 Month Recap

- Scenarios - secrets
- What secrets we should not keep
- Recap Ups & Downs and rules for keeping our bodies safe
- Children's written evaluation
- Reinforced 3 main messages, if something doesn't feel right you can Say 'No', walk away and tell a trusted grown-up