

Learn to be Safe with Emmy and friends

Tailored Protective Behaviours Programs



Learn to be Safe is an internationally recognised protective behaviours program that is delivered in education settings across Australia.

The program provides an evidence-led approach to remedy the challenges faced by educators to deliver consent-based protective behaviours education to children aged 0-10 years old.

Since 2007, Act for Kids has delivered the program to 53,000 kids and 1,500 teachers. To reach more kids and help educators feel confident, capable and supported to deliver this sensitive content, we expanded our offering to include direct delivery, virtual and training options for Early Years and Primary Schools.

Primary Schools Options

1 Train the Child Protection Champions in your education setting

2 Direct face to face facilitation with kids

3 Virtual co-facilitation with teachers

4 Access to online training and resource hub

Who can run the program?

Act for Kids trained facilitators

OR

Child Protection Champions at your school/centre

Talk about it

Kids say "It's fun"

Parents said "it helped conversations with their kids"

Research said "kid's learnt and remembered the content"

Feedback from 1,340 educators told us that the program was age-appropriate, effective in teaching children protective behaviours and, "exceeded their expectations"

Benefits

- Tailored options to meet unique needs of your education setting and budget
- Evidence-led program
- Outcomes driven
- **For Schools**
Time saving lesson plans directly map to multiple areas of Australian & state curriculum
- **For Early Years**
Experiences and transitions directly map to National Quality Framework and Early Years Learning Framework
- Engaging resources

To find out more information about how you can run this program in your school, please contact learntobesafe@actforkids.com.au

actforkids.com.au

Protective Behaviours Education Framework

Our program includes age-appropriate resources, activities, lessons plans, scripts, and videos that covers the topics in our Act for Kids PBE Framework

1. We all have the right to feel safe and be safe all the time
2. We can tell a safe adult anything, no matter what

Focus Areas	Description of Focus Area	Topics / Concepts	Embedded Protective Strategies
Feeling Safe 	Physical and psychological safety and body responses to fear	<ul style="list-style-type: none"> • What is safety? • Feelings • Warning signs • Fight, flight and freeze 	One-step removed problem-solving Persistence
Safe Choices 	Interpersonal and online risky situations and the role of problem-solving and choice	<ul style="list-style-type: none"> • Safe and unsafe situations - <ul style="list-style-type: none"> • Interpersonal • Online/Cyber safety • Problem-solving • Risk-taking continuum 	Assertiveness Trauma-informed language of safety
Body Safety 	Body autonomy, consent, personal safety rules and inappropriate and abusive touch	<ul style="list-style-type: none"> • Body autonomy and consent • Private body parts and places • Safe and unsafe touch 	Protective interruption Disrupting unwritten rules
People & Safety 	Role of adults and help-seeking	<ul style="list-style-type: none"> • Rights and responsibilities • Power Tactics • Secrets/Telling vs. Tattling • Safety Team 	Removing blame, guilt and shame Help-seeking