

Kidsafe Overview

EYFS Aims and outcomes

Programme Aims and Outcomes

Aim: The aim of the KidSafe EYFS programme is to equip participating children with simple but effective ways to recognise unsafe situations and gives children a gentle introduction to the full KidSafe programme.

Outcomes: On completion of the KidSafe programme children will have:

Session One

- talked about keeping themselves safe
- been introduced to the concept of trust
- been introduced to KS

Session Two

- explored different types of feelings and the effects of these feelings
- been given a vocabulary to describe how they feel if/when they are sad, scared or worried (yukky feelings)

Session Three

- explored strategies to deal with bullying (getting on and falling out) and help minimise the long term damage of bullying.
- Introduced the concept of identifying trusted grown-ups in school

Session Four

- talked about using voice as an effective tool to keep safe
- Optional input: rules to keep our private places safe (different letter to be sent – in file 4 USB)
- practised using voice as an effective tool to keep safe
- talked about how best to identify trusted grown-ups

Session Five

- talked about keeping safe when using computers and the Internet
- talked about keeping safe when you are watching TV
- talked about keeping safe when you are playing games and watching DVDs talked about the age ratings: the traffic light system

Session Six

- talked about who are our trusted grown-ups
- talked about how arguing makes us feel and what we can do
- completed educator led end of course written evaluation to establish learning over the six weeks
- Optional input: rules for keeping our private places safe

Session Seven

- talked about trust
- talked about yukky feelings
- talked about saying 'no'
- talked about identifying trusted grown-ups
- completed educator led written recap evaluation with children to establish the level of learning
- Optional input: rules for keeping our private places safe

FP1 Aim and Outcomes (Ks1 & KS2)

Aim The aim of FP1 is to equip participating children with effective skills to keep themselves safe from various forms of child abuse, without shattering their innocence.

Outcomes: On completion of FP1 children will have:

Session One

- talked about keeping themselves safe
- been introduced to the concept of trust and trusted grown-ups
- explored different types of feelings and the effects of these feelings
- been given a vocabulary to describe how they feel if and when they are sad, scared or worried (yukky feelings)
- been introduced to KS

Session Two

- explored strategies to deal with bullying and help minimise the long-term damage
- talked about using their voice as an effective tool to keep safe
- practised using their voice as an effective tool to keep safe
- talked about how best to identify trusted grown-ups

Session Three

- learned about keeping safe when using technology and the internet
- talked about anti-virus/firewall software
- talked about keeping safe when watching TV
- learned about the gpm watershed
- talked about keeping safe when playing computer games and watching DVDs
- talked about age ratings
- learned that we can say 'No' to our friends and that we have choice

Session Four

- learned about the KidSafe rules for keeping our private places safe
- learned about good secrets and yukky secrets
- talked about inappropriate touching of private places
- talked about when it's okay for people to see private places

Session Five

- talked about what to do when parents/carers argue and/or split up
- learned that trusted grown-ups can make children feel 'yukky'
- identified trusted grown-ups other than mums/dads/carers
- completed children's end of course written evaluation FP1

Session Six -

Re-Cap the following:

- trust
- yukky feelings
- saying No

- good secrets and yukky secrets
- KidSafe rules
- times when it is all right for people to see your private places
- identifying trusted grown-ups
- introduced a scenario addressing mental health
- completed FP1 Ex o6 Children's re-cap written evaluation to establish level of learning of programme retained.

FP2 Aims and Outcomes (Y2 – 6)

Aim: The aim of FP2 is to go into more depth and build on the skills children have already learnt through participating FP1. The focus is on areas that currently adversely affect children. For example domestic abuse and cyber bullying. Both are on the increase and those affected are getting younger. There is more in depth work around peer pressure, saying 'No' to friends, choices, looking at the issue of anger and identifying harm/damage by watching/playing games/films over their age. There are scenarios that introduce the topic of mental health and emotional wellbeing.

As with all KidSafe work, FP2 is delivered in an age appropriate way without shattering children's innocence.

Outcomes:

On completion of FP2 children will have:

Session One

- Re-capped FP1
- Re-capped the rules for keeping private places safe
- Learnt about intuition: what it is and trusting our intuition
- Discussed what gives us yukky feelings.

Session Two

- Discussed being upset due to death of a pet via KS scenario
- Learnt about difference via a KS scenario
- Played the game: Same and Different

Session Three

- Learnt about what we mean by bullying
- Talked about how to cope with bullying via KS scenario
- Learnt how bullying makes us feel and what stops us telling
- Learnt what worries we have about telling a trusted grown-up
- Learnt that children may get bullied because of difference.

Session Four

- Revisited the concept of trust and being let down
- Learnt about not having a trusted grown-up via KS scenario
- Trusted grown-ups: learnt about what to do if children don't have one
- Learnt about what to do about online bullying via KS scenario

Session Five

- Discussed all the types of technology children have access to via Fruit Bowl games
- Shared what they are doing online
- Shared inappropriate games/films they may watch/play
- Identified the emotional impact and harm that can happen as a result of watching/playing violent films/games
- Discussed how watching/playing games/films can affect their behaviour (They become desensitised)
- Defined peer pressure

Session Six

- Learnt about the choices they have
- Learnt examples of what constitutes cyber bullying
- Learnt how to deal with nasty emails/text messages via KS scenario

Session Seven

- Learnt about what peer pressure is
- Understood why it's hard to say 'No' to friends
- Learnt ways to resist peer pressure

Session Eight

- Re-visited voice work saying 'No'
- Learnt what makes us angry and the feelings we get in our heads and bodies when we are angry
- Learnt about our anger and how to deal with it in a positive way
- Anger and inappropriate use of technology via KS scenario
- Revisited voices: positive phrases
- Revisited choices

Session Nine

- Learnt about recognising and controlling angry feelings
- Learnt about trapped anger
- Revisited using voices
- Understood about our mental health and emotional wellbeing
- Talked about mental health and emotional wellbeing via KS scenario
- Revisited choices

Session Ten

- Talked about friend's parent/carers splitting up via KS scenario
- Talked about parents/carers arguing and the impact on children.
- Learnt about how it makes children feel if they can hear or see parent/carers arguing?
- Re-capped all 10 sessions
- Have been reminded who their trusted grown-ups are
- Completed written evaluations
- Received FP2 certificate

Session Eleven

- Re-capped from FP1: Rules for keeping private places (3 month recap) safe, when is it okay to see private places and reinforcing what to do if we ever have yukky feelings especially to do with our private places
- Recapped: Trusting intuition
- Choices; cyber bullying; peer pressure, and saying 'No' to friends; what makes them feel angry and the feelings they get in their bodies when angry; internalised anger; parents/carers arguing and how it makes them feel; revisited all KS scenarios
- Learnt how to deal with yukky secrets via KS scenario
- FP2 Ex 7: Completed children's re-cap evaluation