Ditto's Keep Safe Adventure Show

PARENT'S DVD GUIDE

Educating parents on child safety

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Acknowledgements:
In producing this support guide, Bravehearts would like to acknowledge the incredible work that many staff, volunteers and supporters have contributed.

Bravehearts would like to dedicate this resource to all survivors of child sexual assault and their supporting families, carers and friends.

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INTRODUCTION TO BRAVEHEARTS INC.

Bravehearts Inc. is a nationally registered charity whose members advocate support, dignity and respect for all survivors of child sexual assault (CSA).

Mission, Vision and Guiding Principles Statement

- Our Mission is to stop child sexual assault in our society.
- Our Vision is to make Australia the safest place in the world to raise a child.
- Our Guiding Principles are to, at all times, do all things to serve our Mission without fear or favour and without compromise and to continually ensure that the best interests and protection of the child are placed before all other considerations.

Bravehearts was founded in 1997 by Hetty Johnston in response to a disclosure of child sexual assault within her own family.

Bravehearts believes the provision of effective support and care to sexually assaulted children and their non-offending families together with effective prevention, early intervention and increased community awareness will provide the fundamental cornerstone necessary to create a safe society.

Bravehearts work in the community includes:

- Assisting children and their non-offending families to recover from the trauma of child sexual assault through therapy, advocacy and support.
- Raising awareness via initiatives such as ‘White Balloon Day’ – a national awareness and child protection campaign (Supported by the Commonwealth of Australia and its COAG partners through Outcome Six for the Protection of Australia’s Children 2009-2020).
- Protecting survivors and providing them with avenues of redress through projects like the ‘Sexual Assault Disclosure Scheme’ (SADS) – a means for anonymous yet official disclosure of assault.
- Education programs and resources for younger children presenting protective behaviour strategies (Ditto’s Keep Safe Adventure Suite of Resources) to empower children and increase their resiliency against sexual assault.
- Professional training and workshops; including specialised training for therapists and professional development for organisations that work with, or whose core business involves children.
- Advocating for survivor’s rights through participation in legislative review and reform
- Supporting the work of other agencies (government and non-government) and individuals in their work around CSA.
WHO DEVELOPED THE SHOW AND WHY?

Bravehearts’ team of psychologists, teachers, counsellors and criminologists have contributed to the composition of this pragmatic and well researched child safety education show.

In addition, Bravehearts has worked closely with and been guided by a professional working group; ‘Ditto’s Keep Safe’ Working Group; to ensure that best practice continually informs the strategies and concepts employed in the program.

The Working Group comprises Dr. Kerryann Walsh (Queensland University of Technology); Dr. Jennifer Sanderson (Commission for Children and Young People); Rebecca Duffield (Education Queensland); Natalie Corser (Department of Communities); Glenn McNeill (Queensland Police Service); Cecelia Gore (Family Planning Queensland).

Bravehearts child safety education show is based on client statistics gathered from more than 16 years of service provision in the area of CSA which demonstrates that a large proportion of our client base are children aged between 3 and 8.

In addition, research reveals that this age demographic has the highest level of vulnerability. Our program is aimed at this age group in order to intercept this high risk period (Goldman & Padayachi 1997; Bricknell, 2008).

The show essentially presents protective behaviour strategies in a fun and non-confrontational style with Ditto the friendly lion cub the star performer.
WHY WATCH THE SHOW?

The show has been independently evaluated (NB Consulting) with findings suggesting that the delivery of the principles and strategies presented can reduce the prevalence of not only CSA, but also other forms of abuse including family violence and bullying, in a range of settings.

Engaging and entertaining, the Australia-wide program will soon reach its 300,000th child.

It is the best possible tool for educating your child about personal safety and it covers essential issues in a non-confronting and engaging manner that runs for approximately 30 minutes.

The performance is appropriately staged for child development in terms of the provision of a ‘character’ for younger children to relate to and Ditto cleverly uses his drama techniques to repeat and explain important information, interact, concept check and demonstrates how to keep safe.

The release of this latest Ditto’s Keep Safe Adventure Show DVD and Guide will ensure:

- More children will benefit from the protective behaviour education that Ditto and the team present.
- Ditto and the team will reach regional or more isolated communities with their child safety messages.
- Children can watch the show in a home environment that will create opportunities for reinforcement, support at home with the protective behaviour strategies and time to repeat and replay the key messages.
WHAT IS PROTECTIVE BEHAVIOURS EDUCATION?

The term 'Protective Behaviours' was originally used by Peg Flandreau-West to name her Child Abuse Prevention Program in America in the mid 1980s. To enable and retain the quality and integrity of the processes that were devised, the name of this form of education has remained the same worldwide.

Protective Behaviours are all about a personal safety process which has evolved to meet the requirements of modern day society and has a broad range of applications.

They're also designed to be adaptable to social change and various different situations. For example, cybersafety is now a crucial area to consider when protecting your child from harm and has become a new element to constantly consider with the rapid and ever changing progression of technology.

Protective Behaviours are becoming ever more widespread and can be found and presented through the excellent work of associate organisations (including Bravehearts Inc.).

Protective Behaviours Process uses include:

- Can assist with the prevention of bullying
- The prevention of abuse and violence
- In relation to people with disabilities or special needs
- Support to safeguarding children and vulnerable adults

The Australian National Curriculum for ‘Health and Physical Education’ includes learning objectives that align with Protective Behaviour processes that encompass safe social connections, for example: it is crucial to speak to an adult when immediate assistance is required. Seeking help from a trusted and safe adult is an essential part to keeping young children safe and this focus is part of the main criteria in Ditto’s Keep Safe Adventure show.

Personal safety is a priority for every parent when considering their child and it is best practice to teach adults and children how to avoid harm and recognise danger.

Personal safety can be clearly recognised in programs such as road safety rules and the emergency response procedures to follow during floods and a great deal of us are often more familiar and comfortable with this form of personal safety education. In the same way that we don’t show the gory details when teaching children about road safety, protective behaviours education in this program is non-confronting and non-intrusive.

The Australian Bureau of Statistics has demonstrated that sexual assault is the most common offence committed against children and young people between the ages of 0-19. Such figures validate how significant and important it is to implement ‘Protective Behaviour’ education and seriously consider prevention as part of moving towards a safer society.

This education is based on empowering an individual with both the knowledge and strategies to stay as safe as possible from harm that can relate to forms of abuse, bullying or violence. In addition, when faced with a scenario that presents any form of personal danger or emergency, strategies are presented to assist with seeking appropriate help.
WHAT IS PRESENTED IN THE SHOW?

Children are presented with a show structured around the program's objectives - all relating to key safety criteria.

Main learning objectives in the show include Ditto’s Three Rules:

1. We all have the right to feel safe with people
2. It’s OK to say ‘no’ if you feel unsafe or unsure
3. Nothing is so yucky that you can’t tell someone about it

The program objectives that relate to personal safety key criteria include:

- Difference between ‘yes’ and ‘no’ feelings
- Recognition of ‘warning signs’
- Identification of ‘private parts’ and ‘privacy’
- Help children identify language and feelings associated with secrets
- There’s no secret that you can’t tell someone
- Action children should take if they feel unsafe or unsure
HOW YOU CAN SUPPORT AS A PARENT

As a parent, guardian or carer, you’re aware that young children are among the most vulnerable members of the community.

Often, this responsibility for a young child’s wellbeing and personal safety can feel overwhelming, especially as your child progresses and they grow older.

Bravehearts is committed to teaching children practical and easy-to-understand personal safety strategies to help keep students safe right from a very young age.

Research has revealed that teaching children about personal safety assists with:

✓ Reducing the likelihood of of a child entering into an unsafe situation.

✓ Clearly demonstrates how to respond to an unsafe situation.

✓ Increasing a child’s sense of confidence and in doing so, reduces the likelihood that the child will be targeted, e.g. by bullies

✓ Increases a child’s knowledge of their personal rights i.e. ‘I have the right to feel safe’ and in doing so increases the likelihood that the child will seek to report unsafe behaviour and/or diffuse an unsafe situation.

The main aim of Bravehearts Ditto’s Keep Safe Adventure Show is to empower children with skills and knowledge on how to keep safe.

This aim can be further consolidated with a few simple tasks completed at home with either a parent or a carer.

Young children need new information repeated as much as possible to enable them to retain meaning, gain understanding and to make it applicable.

Working together at home with your child/children on the following tasks after watching the Ditto’s Keep Safe Adventure Show DVD will be of great benefit. Spending time working with your child will bring further meaning, a deeper understanding and greater confidence in what has been presented in the DVD.

In addition, the language in the show is child-friendly and non-confronting. When dealing with such a confronting issue, having the right language helps to address challenges and to keep the content at the right level for a younger age group.

The next few pages provide tasks and worksheets to complete at home to reinforce part of the safety plan presented in the show.

To further assist, we have also included a short glossary of terms to help you remember and consolidate the main words and terms of phrase used for younger children.
TASK ONE: DITTO’S THREE RULES

Work with your child while they colour in the three activity worksheets and write the names of or draw people that give them a yes feeling.

Then, recap on Ditto’s Rule No. 1, 2 and 3 together and discuss.

Display the rules when they have been coloured in a place at home where they can be seen and recalled together.

The following assistance could help you explain the rules;

1. **We all have the right to feel safe with people**
   Kids have the right to feel safe and secure where they live, play and learn with the people that surround them. This means not feeling unsafe or feeling that someone could hurt them at anytime.

2. **It’s OK to say ‘NO’ if you feel unsafe or unsure**
   Being made to feel unsafe or if something happens to make them feel that they could experience harm, it can sometimes be hard to stand up and be confident to say no. This rule teaches kids that it is okay to stand up for themselves and to be assertive.

3. **Nothing is so yucky that you can’t tell someone about it**
   Encouraging your child to speak to a trusted adult, even if something seems scary or terrible. This rule also leads well into the Helper Plan activity and the safety support network.
Ditto’s Rule:

No.1

We all have the right to feel SAFE with people!

Can you say this?
Ditto’s Rule:
No.2

It’s ok to say ‘NO’ if you feel unsafe or unsure!

Can you say this?
Nothing is so yucky that you can’t tell someone about it!

Can you say this?
TASK TWO: THE HELPER PLAN

The Helper Plan is an activity sheet to work through with your child to assist them plan their support network. Please see example of the Helper Plan Activity Sheet below.

This activity can always be revisited if a person on the plan has a change of circumstance and in addition, it is also a good idea to recap and revisit the details to help the child remember.

Support networks are important to establish who the child feels comfortable with, trusts and is happy to speak to, but it also provides contacts of official organisations that can help.

Children need time to speak about ‘trust’ and who they trust with their special or private information. In our education program we have used the following definition for trust as an example:

**Trust is generally something we feel when we know somebody will do the right thing to protect us, help us, support us or care for us and we feel safe.**

During this activity, allow the child time to think about who they would like to nominate, who they trust and then encourage them to find a safe place to keep the support network in their environment.

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**The Helper Plan Activity Sheet**

To fill in this Helper Plan use the names of people that make you feel SAFE.

**Ditto’s Helper Plan:**

Find the full page version on the next page (to photocopy/print and use with your child)
To fill in this Helper Plan use the names of people that make you feel SAFE.

**Ditto’s Helper Plan:**

Who can help:
- Bravehearts: 1800 272 831
- Kids Helpline: 1800 55 1800

FOR EMERGENCY ONLY:
- Police: 000
## GLOSSARY OF TERMS

Please find a short list of some of the terminology and language used in *Ditto’s Keep Safe Adventure Show* to help with remembering and explaining the messages with your child.

<table>
<thead>
<tr>
<th>Term</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>YES FEELINGS</strong></td>
<td>Make us feel happy and safe; eg excited, fun, safe and to emphasise the feeling of safe.</td>
</tr>
<tr>
<td><strong>SAFE</strong></td>
<td>Secure from harm or danger of bullying or sexual assault.</td>
</tr>
<tr>
<td><strong>NO FEELINGS</strong></td>
<td>Make us feel sad and unsafe eg; sad, angry and unsafe.</td>
</tr>
<tr>
<td><strong>UNSAFE</strong></td>
<td>Afraid, not secure from harm or danger.</td>
</tr>
<tr>
<td><strong>WARNING SIGNS</strong></td>
<td>Signs that you get in your body when you are having a no feeling that include sweaty hands, fast beating heart, stuck in the mud feet, wobbly knees, butterflies in the tummy, goosebumps, feel like crying (and actual crying), tight throat, hair on end and shaky all over.</td>
</tr>
<tr>
<td><strong>BUTTERFLIES IN THE TUMMY</strong></td>
<td>Feeling scared, worried and nervous and there’s a fluttering feeling in your tummy. Also explain that this feeling can happen when you feel excited and very happy. It is also important to emphasise the feeling of unsafe when this feeling relates to a warning sign.</td>
</tr>
<tr>
<td><strong>STUCK IN THE MUD FEET</strong></td>
<td>When you feel like you can’t move anywhere, or frozen.</td>
</tr>
<tr>
<td><strong>PRIVATE PARTS</strong></td>
<td>Mouth, chest, between the legs and bottom.</td>
</tr>
<tr>
<td><strong>NOTE</strong></td>
<td>Anatomical names are not used in the program. This is to allow both parents and teachers the opportunity to educate the child with the anatomical names when they feel it is appropriate and to be sensitive in relation to both differing cultures and religions.</td>
</tr>
<tr>
<td><strong>UNSAFE AND UNSURE</strong></td>
<td>Not feeling secure / safe and not certain or comfortable and happy about something. Sensing danger.</td>
</tr>
<tr>
<td><strong>RUN AND TELL</strong></td>
<td>Go and talk to a trusted, safe adult.</td>
</tr>
</tbody>
</table>
WHAT TO DO IF A CHILD DISCLOSES

We would like to encourage you to help reinforce the personal safety skills and knowledge acquired via this program at home by talking to your child about what they are learning and addressing any questions they might have.

If your child opens up about feeling unsafe or being harmed, you can refer to the following contacts and support for further assistance.

The contact details are for child protection services in your state or territory and some of the contacts could result in providing you with a local number to call.

To call the police, it is best to call your local Police Station – take a moment to locate their number and just add it to the bottom of the contact list.

If you have any problems or questions you think we could help you with, please feel free to contact Bravehearts on 1800 272 831 or admin@bravehearts.org.au

CONTACT DETAILS

**Australian Capital Territory**

Office for Children, Youth and Family  
(Department of Disability, Housing and Community Services)  
Phone: 1300 556 729 or 1300 556 728 (mandated reporters)  
dhcs.act.gov.au/ocyfs

**New South Wales**

Department of Community Services  
Phone: 132 111  
community.nsw.gov.au

**Northern Territory**

Department of Health and Families  
Phone: 1800 700 250  
childrenandfamilies.nt.gov.au/Agency/index.aspx
Queensland
Department of Child Safety
Phone: 1800 811 810 (b/h)
or 1800 177 135 (a/h)
childsafety.qld.gov.au

Department of Education, Training and the Arts
Phone: 07 3237 0111
education.qld.gov.au

South Australia
Families SA
(Department for Families and Communities)
Phone: 131 478
familiesandcommunities.sa.gov.au

Department of Education and Children’s Services
Phone: 08 8226 1000 or 1800 088 158
decs.sa.gov.au

Tasmania
Child Protection Services
(Department of Health and Human Services)
Phone: 1300 737 639
dhhs.tas.gov.au

Department of Education
Phone: 1300 135 513
GPO Box 169, Hobart, Tas 7001
education.tas.gov.au

Victoria
Child Protection and Family Services
(Office for Children)
Phone: 131 278

Department of Education and Early Childhood Development
Phone: 03 9637 2222 or 1800 809 834
education.vic.gov.au

Western Australia
Department for Child Protection
Phone: 08 9222 2555 (b/h)
or 1800 199 008 (a/h)
community.wa.gov.au/dcp

Department of Education and Early Training
Phone: 08 9264 4111
det.wa.edu.au/education
MY LOCAL POLICE NUMBER IS:

FOR EMERGENCY ONLY CALL:

000

BRAVEHEARTS:

1800 272 831
FINAL HINTS AND TIPS FOR THE DVD

✓ The DVD should not be used as a tool for entertainment. Having adult support available is the best way to utilise this media and all the important messages and education presented in the Ditto Keep Safe Adventure Show. A way to present this to children is to explain that the messages in the show are all about staying safe and having safe adults to help is all part of the program.

✓ The ‘follow up’ activities are a great way to support your child further with personal safety strategies and to reinforce some of the key criteria.

✓ The DVD is designed to be repeated and played again. Just use the main menu and click through to the individual chapters to replay the songs, the ‘Yes and No’ game or to summarise.

✓ The show has been designed to engage younger children and the language is non-confrontational i.e. simple terms are used for parts of the body leaving anatomical titles to be taught separately or in another forum. The terms used in this program are chest, mouth, between the legs and bottom.

✓ For extra assistance helping your child with personal safety strategies, feeling safe and privacy, there are two storybooks available.

Ben and the Babysitter
Becky and the Doctor

Available to purchase on the Bravehearts website shop:

bravehearts.org.au
DITTO'S KEEP SAFE ADVENTURE SONGS

Ditto has five songs:

Ditto’s Keep Safe Adventure is divided into five modules that have been designed to be taught in sequence.

There are five songs available that complement each module to help reinforce Ditto’s safety messages.

The songs are titled the same as each key module and include:

1. Yes and No Feelings
2. Warning Signs
3. Private Parts
4. Secrets
5. Run and Tell

CDs for 0-4 and 5-8 year olds:

The music that accompanies and supports each module is available in two CDs with adapted musical style for younger children in their early years (0-4 years) and older children in lower primary (5-8 years).

The subtle differences in the musical style aim to engage the different age groups and can be played again and again to communicate the personal safety messages in each stage of ‘Ditto’s Keep Safe Adventure’ program.

Lyrics are provided in the CD brochures to present the content of each song as well as a written reminder of Ditto’s Three Rules that include:

6. We all have the right to feel safe with people.
7. It’s OK to say ‘no’ if you feel unsafe or unsure.
8. Nothing is so yucky that you can’t tell someone about it.

Younger version for 0 - 4 years

Younger version for 5 - 8 years

Available to purchase on the Bravehearts website shop:

bravehearts.org.au
HOW TO USE THE CDS AS A SUPPORT TOOL

To introduce the songs appropriately with support as part of the Ditto’s Keep Safe Adventure program, the following information presents:

✔ Learning objectives and messages in each song.
♥ Suggestions on how to support children with the content in the music.

Yes and No Feelings

✔ To help children begin to identify and recognise the differences between a ‘yes’ and a ‘no’ feeling.
✔ To help children identify how ‘yes’ and ‘no’ feelings can make them feel.
✔ To encourage children to talk to an adult when they have a ‘no’ feeling.
♥ Talk about examples of ‘yes’ feelings and the meaning of safe.
♥ Talk about examples of ‘no’ feelings and the meaning of unsafe.
♥ Discuss who to talk to when the child has a ‘no’ feeling and feels unsafe. Share Ditto’s Helper Plan and work together on building a support network and trusted, safe adults to talk to.

Warning Signs

✔ To help children to begin to identify warning signs in the body.
✔ To help children to identify ‘where’ the warning signs can be experienced in the body.
♥ Talk about how warning signs can be a way that our bodies communicate that we do not feel safe.
♥ Talk and think about context relating to the warning signs. For example, goosebumps could also mean that someone feels ‘cold’ and not necessarily unsafe and a fast beating heart could mean someone feels ‘nervous and excited’ or if they have run very fast. Talking about the variations one at a time will help young children to begin to understand how to recognise if it is a ‘safe’ or ‘unsafe’ situation and then exploring feeling unsafe as the connection to a warning sign.
♥ Discuss with the child who to talk to when they feel unsafe and have warning signs and share/repeat talking through the Ditto’s Helper Plan and the support network and trusted, safe adults.
Private Parts
✔ To help children identify the private parts on the body.
✔ To help children understand that their private parts belong to them.
♥ Talk about privacy and the meaning of private.
♥ How the private parts of the body are covered in public.
♥ Body ownership and respect for the private parts on the body is important.
♥ The Ditto Helper Plan can be introduced again for ‘who to talk to’ and support networks.

Secrets
✔ To reinforce the message of ‘run and tell’ to gain support.
✔ Provides examples of secrets that need adult support.
♥ Discuss who to talk to when the child feels unsafe, has warnings signs or feels unsafe and unsure about a secret that has been shared or arranged with them. Share the Ditto’s Helper Plan and talk about the support network.
♥ Talk about how there are some secrets that are about surprises and presents and arranged to make someone feel happy and are safe to keep for a short time. However, if there is a secret that makes a child feel unsafe or unsure, then speaking to a safe trusted adult to get help is vital.
Run and tell someone you can trust

✔ To encourage children to find a safe person to talk to.
✔ To help children to begin to identify who they can talk to.
✔ To encourage children to continue to find a safe person to talk to and if an initial contact does not assist, find someone who can.

♥ The Ditto Helper Plan can be introduced again for ‘who to talk to’ and support networks.
♥ Keep the ‘Helper Plan’ in a safe place and revisit the idea of the support network regularly to reinforce the concept.
♥ The importance of resilience and continuing to find a safe person to talk to.
Keep Safe Everyone
Educating parents on child safety