



Dear Parent/Caregiver,

Your child will soon have the opportunity to experience Bravehearts' personal safety education program *Ditto's Keep Safe Adventure Show*.

Ditto's Keep Safe Adventure show has been educating Australian children since 2006, providing them with personal safety tools and strategies while supporting positive self-esteem and resilience-building.

PARENTS & GUARDIANS WELCOME! Please come along and watch the show on the day and see for yourself what a fantastic and worthwhile program it is. The time and date of the show are:

DATE:

TIME/S:

The program is highly effective and great fun too - kids love Ditto!

Independent evaluation of Bravehearts' Ditto Show suggests the principles of personal safety embedded in the program can reduce the incidence of child sexual assault as well as other forms of abuse, including family violence and bullying.

The Ditto show is a live, interactive 40 minute performance starring Bravehearts' mascot 'Ditto'. It includes song, dance, and easy-to-remember messages about personal safety. These songs and messages were written by Bravehearts' professional educators and child psychologists and are developmentally appropriate for your child's age group.

What your child will learn

The show is underpinned by the following six principles of personal safety:

- Differentiating 'yes' and 'no' feelings
- Recognising the bodies 'warning signs'
- Identifying 'private parts' and 'privacy'
- Helping children identify language and feelings associated with secrets
- Reinforcing that there is no secret that children cannot tell someone
- What to do if you feel unsafe or unsure

Your child will learn these essential principals through songs such as 'Run and Tell (someone you can trust)' and 'Private Parts (they belong to me)'. They will also learn 'Ditto's 3 Rules', which are:

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.

As part of the program, children are each given a Ditto's Keep Safe Adventure Activity Booklet to take home. We encourage you to look at the booklet with your child, using the activities to help cement the personal safety messages from the show.

PLEASE NOTE: Ditto's Keep Safe Adventure show and accompanying resources are NOT SEX EDUCATION. 'Private parts' are explained as being "our mouth" (as in kissing), "our chest", "between the legs" and "our bottom".

How you can learn more

Bravehearts is extremely proud of Ditto's Keep Safe Adventure program and believes by empowering children with personal safety skills and knowledge we are providing them with the tools to stay safe. However, just as teaching children road rules cannot guarantee our children's safety on the roads, no program can 'abuse-proof' our children. Parents, grandparents, care-givers, teachers, and all adults must be vigilant and informed.

If you would like to learn more about how to talk to your child about personal safety, download Bravehearts' FREE **PERSONAL SAFETY PARENTS AND CARERS GUIDE** from the Bravehearts website. Just go to: bravehearts.org.au/personalsafety.

If you do not wish your child to attend the Ditto show please notify the school/centre. Should you have any questions about the Ditto program or the work of Bravehearts, please do not hesitate to get in touch with Bravehearts on 07 5552 3000 or go to bravehearts.org.au.

Kind Regards,

The Bravehearts Education Team