

Bravehearts

Ditto's Keep Safe Adventure Program

Educator's Guide and Learning Resources Excerpt

EARLY YEARS



Adapted for exclusive use from Bravehearts Ditto's Keep Safe Adventure Program for Bravehearts Day 2023.

Bravehearts Day
braveheartsday.com.au

Note to Educators

The following educator's guide and resources have been extracted from Bravehearts Ditto's Keep Safe Adventure Educator's Guide.

Bravehearts Ditto's Keep Safe Adventure Educator's Guide outlines the effective teaching of personal safety and offers modules of learning and accompanying resources.

More information about Bravehearts Ditto's Keep Safe Adventure program and how to purchase the complete Educator's Guide and accompanying learning resources from which the following excerpt was adapted, please go to bravehearts.org.au or scan the QR code below.



Our Mission is to provide a coordinated and holistic approach to the prevention and treatment of child sexual abuse.

Our Vision is a world where people, communities and systems all work together to protect children from sexual abuse.

Acknowledgment of Country

Bravehearts acknowledges the traditional custodians of the land and waters on which we work and recognises their continuing connection to land, water and community. We pay respect to Elders past and present, and extend respect to all Aboriginal and Torres Strait Islander people, and hope and believe that we can move together to a place of equity, justice and partnership. We acknowledge that sovereignty has never been ceded.



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ABN 41 496 913 890 ACN 607 315 917



Ditto's Keep Safe
Adventure Program

Module: My Safety Team

Learning Goals

- **WALT:** We are learning to keep safe.
- **WILF:** What I'm looking for is keep safe strategies.
- **TIB:** This is because everyone has the right to feel safe.

Sequence of Learning

Always start each lesson with the private information poster, giving clear guidelines about when, where and how private information is shared, e.g., "Everyone has the right to feel safe. If you have something you would like to share, please come and see me after our learning has finished," (resource included). Display and reinforce Ditto's 3 Rules for keeping safe (resource included).

1. Prior Learnings

This program is designed to provide personal safety prevention education to Early Years children. Prior learning includes setting up a safe environment by using the private information and Ditto's 3 Rules posters (resources included).

2. Engage

Engage the children in the concept of rules by playing the game Duck Duck Goose.

Have the children sit in a circle, and one child walks around the outside of the circle, gently tapping each child's head and saying "duck." When they tap a child's head and say "goose," that child stands up and chases the first child around the circle, trying to catch them before they reach an empty spot. If the first child makes it back to the empty spot without being caught, they continue walking around the circle.

This game encourages children to wait for their turn, play by the rules and engage in playful social interaction. Discuss the rules within this game and highlight the importance of having rules.

If time permits, change up the rules to show how the outcome is different, e.g., one player can run around the circle but the other can only hop.

Change one rule at a time. After exploring several rule changes, gather the children together for a group discussion. Ask questions like:

- How did the rule changes change the game?
- Did it make the game easier or harder?
- How did it feel to have different rules?
- Which rule changes did you like the most? Why?

This activity helps children understand that rules have an impact on our lives and that rules can change our experience. It promotes critical thinking, creativity, and teamwork as they work together to come up with new rules and how they impact on the experience.

Included Resources

- WALT WILF TIB poster
- Private information poster
- Ditto's 3 Rules poster
- Ditto's Safety Team
- My Safety Team hand

3. Explore

Explore the concept of rules in Ditto's Keep Safe Adventure Program. Ditto has 3 rules for keeping safe (resource included).

- We all have the right to feel safe with people
- It's ok to say no if you feel unsafe or unsure
- Nothing is so yucky that you can't tell someone about it.

In Ditto's rule 3, children tell someone they trust if they ever need help. We call this a Safety Team. A Safety Team is made up of adults both inside and outside of your family. They are adults who believe you, will listen to you and want to keep safe. Use Ditto's Safety Team (resource included) as an example. Ask the children if they can name an adult at their centre who they can go to if they ever felt unsafe or needed help. Write these names on the Safety Team hand (resource included) and display.

4. Evaluate

Provide children with a copy of My Safety Team hand (resource included). Evaluate their understanding of a Safety Team by asking them to list 5 adults who they could have on their Safety Team. You may need to remind them of the rules, e.g., adults both inside and outside of their family, adults who believe them, will listen, and want to help.

5. Extend

Children may like to extend their knowledge of their Safety Team by describing who the adults are and why they are trusted. Then, have them choose one person on their Safety Team and draw an outline of them. Then have the children paint a portrait of their trusted adult. You may like to create a gallery wall using these portraits.

NOTE: MY SAFETY TEAM should be reviewed frequently, at least four times a year as the trusted adults may change and to reinforce the adults they can go to if they ever need help. It is also important to note that if they do go to an adult for help and they don't feel heard or listened to, they should keep trying until they find someone who will.

W.A.L.T

We are learning to

KEEP SAFE!

W.I.L.F

What I'm looking for


is keep safe
strategies.

T.I.B

This is because

everyone has the right
to feel safe.





Everyone has
the right
to feel safe

**If you have something that you
would like to share, please come
and see me after our learning
has finished.**

Ditto's 3 Rules for keeping safe

Rule 1

We all have the right to **feel safe** with people!

Rule 2

It's **OK to say NO** if you feel unsafe or unsure!

Rule 3

Nothing is so yucky that you can't **tell someone** about it!

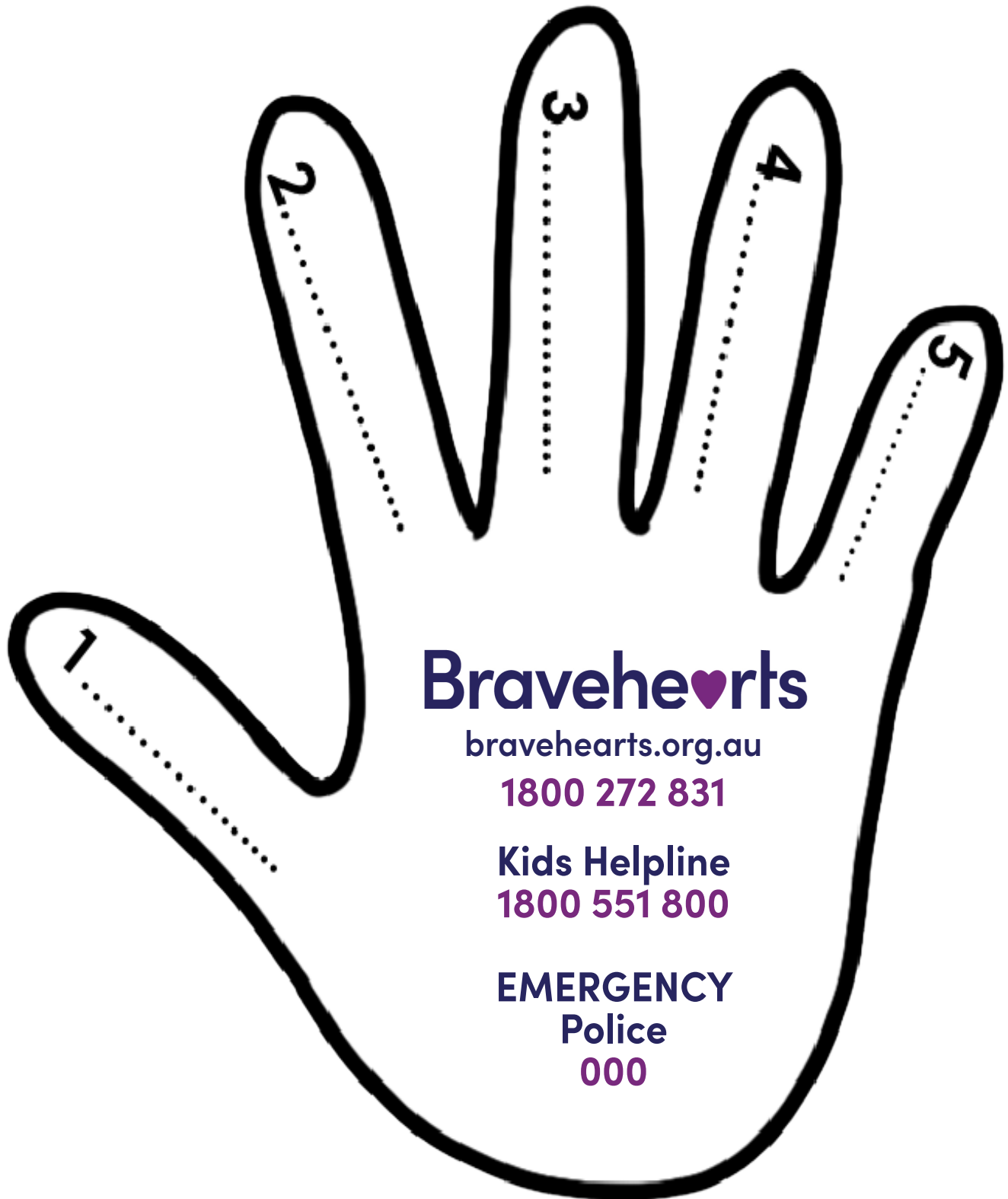
If you ever feel
UNSAFE or **UNSURE**
about something,
GO and **TELL**
someone you trust.



Ditto's Safety Team



My Safety Team



Bravehearts

bravehearts.org.au

1800 272 831

Kids Helpline

1800 551 800

EMERGENCY

Police

000

Module: eSafety

Learning Goals

- **WALT:** We are learning to keep safe when using technology.
- **WILF:** What I'm looking for is knowing a way to keep safe online.
- **TIB:** This is because everyone has the right to feel safe online.

Included Resources

- WALT WILF TIB poster
- Private information poster
- Ditto's 3 Rules poster
- Sam's SMART eSafety rules
- Sam's eSafety quiz
- Sam's public and private profiles

Sequence of Learning

Always start each lesson with the private information poster, giving clear guidelines about when, where and how private information is shared, e.g., "Everyone has the right to feel safe. If you have something you would like to share, please come and see me after our learning has finished," (resource included). Display and reinforce Ditto's 3 Rules for keeping safe (resource included).

1. Prior Learnings

In the complete Ditto's Keep Safe Adventure program, this module is the sixth learning module out of eight and prior learning to this module are *Modules 1, 2, 3, 4 and 5*. The following module has been adapted so the learnings can be presented without the prior learning of these modules, however, Bravehearts recommends early learning centres adopt the full program for maximum benefit.

2. Engage

Ditto's friend Sam is learning how to keep safe online. He has his own device. Does anyone here use an electronic device? Sam is learning all about how to keep safe online. There are some really fun and exciting things online like videos and games. If you ever feel unsafe or unsure when using technology, go and tell someone you trust. Ditto's rule number three – NOTHING is so yucky that you can't tell someone about it.



 **Trusted eSafety Provider**
esafety.gov.au

Bravehearts is endorsed by the eSafety Commissioner as a Trusted eSafety Provider. To learn more visit esafety.gov.au/trusted-providers. The eSafety website provides a range of information and resources for various audiences.

3. Explore

Children explore the concept of eSafety by learning about Sam's SMART eSafety rules (resource included).

Sam's SMART eSafety rules are:

- **S - STAY** close by an adult when you use a phone, tablet or computer. Make sure a parent or carer is nearby so you can get help if you need.
- **M - MAKE** sure you don't give anyone your personal information like your name, where you live or any passwords.
- **A - ASK** before you download, install or buy anything.
- **R - REPORT** anything that you see or hear that makes you feel unsafe.
- **T - TECHNOLOGY** is fun! To ensure it is fun, you have to keep safe. If you ever feel unsafe or unsure, tell someone you trust, i.e., an adult on your safety team.

4. Evaluate

Evaluate their understanding by using thumbs up for YES and thumbs down for NO when completing Sam's eSafety quiz (resource included).

5. Extend

Children to extend their knowledge of eSafety by creating a public profile. This means they do not include a real image of themselves, their real name, address, phone number or which centre they go to. Sam's public and private profiles can be used to help with this concept (resource included).

W.A.L.T

We are learning to

keep safe when using
technology.

W.I.L.F

What I'm looking for

is knowing a way to
keep safe online.

T.I.B

This is because

everyone has the right
to feel safe online.



Everyone has
the right
to feel safe



**If you have something that you
would like to share, please come
and see me after our learning
has finished.**

Ditto's 3 Rules for keeping safe

Rule 1

We all have the right to **feel safe** with people!

Rule 2

It's **OK to say NO** if you feel unsafe or unsure!

Rule 3

Nothing is so yucky that you can't **tell someone** about it!

If you ever feel
UNSAFE or **UNSURE**
about something,
GO and **TELL**
someone you trust.



Sam's SMART eSafety Rules



S

STAY

close by when you use a phone, tablet or computer. Make sure a parent or carer is near by so you can get help if you need it.

M

MAKE

sure you don't give anyone your personal information like your name, where you live or any passwords.

A

ASK

before you download, install or buy anything online.

R

REPORT

anything that you see or hear that makes you feel unsafe.

T

TECHNOLOGY

is fun. To ensure it is fun, you have to keep safe. If you are unsure, always tell someone on your **Safety Team**.



Sam's eSafety Quiz

S - STAY close by when you use a phone, tablet or computer. Make sure a parent or carer is near by so you can get help if you need it.



OR



Sam's eSafety Quiz

M - MAKE sure you give everyone your personal information like your name, where you live and your passwords.



OR





Sam's eSafety Quiz

A - ASK before you download, install or buy anything online.



OR



Sam's eSafety Quiz

R - REPORT anything that you see or hear that makes you feel unsafe.



OR



Sam's eSafety Quiz

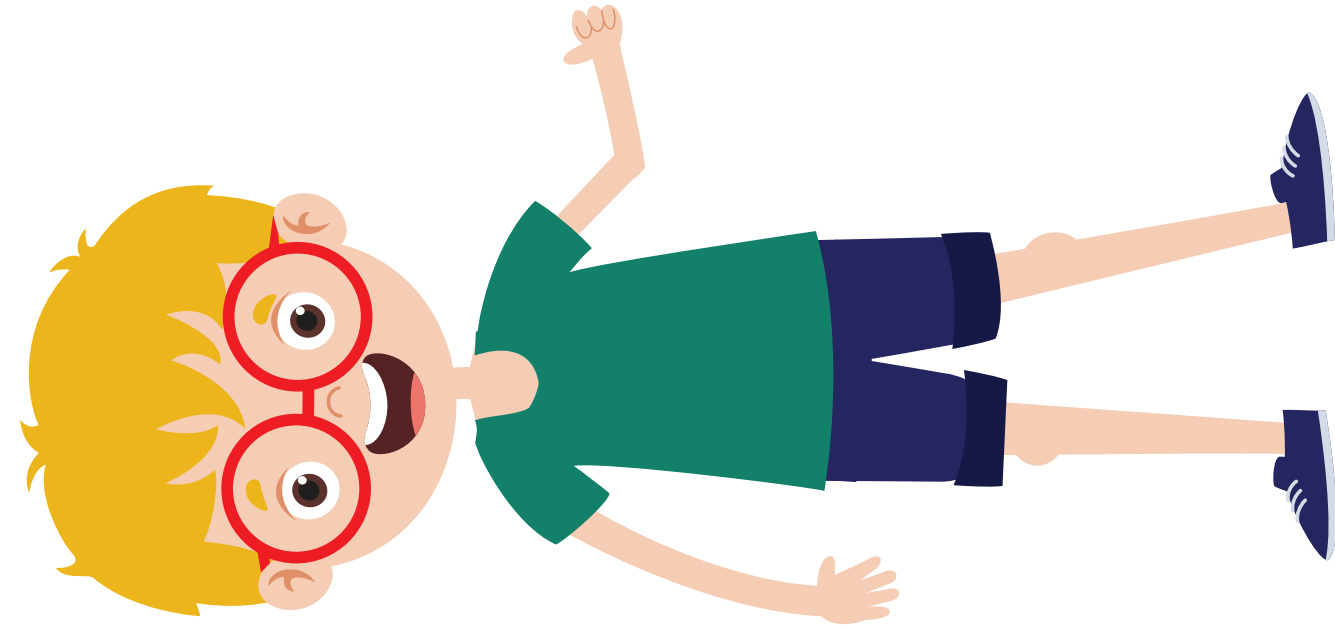


T - TECHNOLOGY is fun!
It is always fun and you don't
need to keep safe online.



OR





Sam's PRIVATE PROFILE

Name	Sam Wilson
Age	5 years old
Address	10 Cyber Lane, Safety Bay Queensland, Australia
Phone Number	1111 222 333
Centre	Ditto's Early Learning Centre

Sam's PUBLIC PROFILE



Name	Kanga43
Age	500 years old
Address	The Outback
Phone Number	0404 040 404
Centre	Fields of Green