

Bravehearts

Ditto's Keep Safe Adventure Program

Teacher's Guide and Learning Resources Excerpt

FOUNDATION



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

Bravehearts Day
braveheartsday.com.au

Note to Teachers

The following Teachers's Guide and resources have been extracted from Bravehearts Ditto's Keep Safe Adventure Teacher's Guide.

Bravehearts Ditto's Keep Safe Adventure Teacher'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 Teacher'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.



Published by Bravehearts Foundation Ltd

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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 include setting up a safe environment by using the private information and Ditto's 3 Rules posters (resources included).

2. Engage

Engage children in the concept of rules by playing the game Musical Chairs. Arrange chairs in a circle, one less than the number of participants and play your chosen song whilst the children walk around the chairs. When the music stops, the child who doesn't find a chair is out. Remove one chair and continue playing until only one child and one chair remains. This game helps children understand the concept of following rules, listening to instructions and taking turns.

If time permits, change up the rules to show how the outcome is different, e.g., some players can walk around the chairs, others need to crawl. 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 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.

3. Explore

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

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.

Included Resources

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

Rules are important for keeping safe. In Ditto's Rule 3, children are able to tell someone they trust if they ever need help. We call this a Safety Team. Use Watson's Safety Team as an example (Resource included). 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 you safe. Ask the children if they can name an adult at school who they can go to if they ever felt unsafe or needed help. Write these names on a Safety Team hand (resource included) and display in the room.

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 to them and want to help them. Encourage them to write the names of the adults by sounding out the names. Help with spelling or scribing as needed.

5. Extend

Children may like to extend their knowledge of their Safety Team by describing who the adults are and why they are a trusted. Then, children can choose one adult on the safety team from school and create an illustration to add to a Safety Team display wall. This is a great whole school activity and can even be displayed in a central area of the school for all children to see.

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.



Watson's Safety Team



Bravehearts

bravehearts.org.au

1800 272 831

Kids Helpline

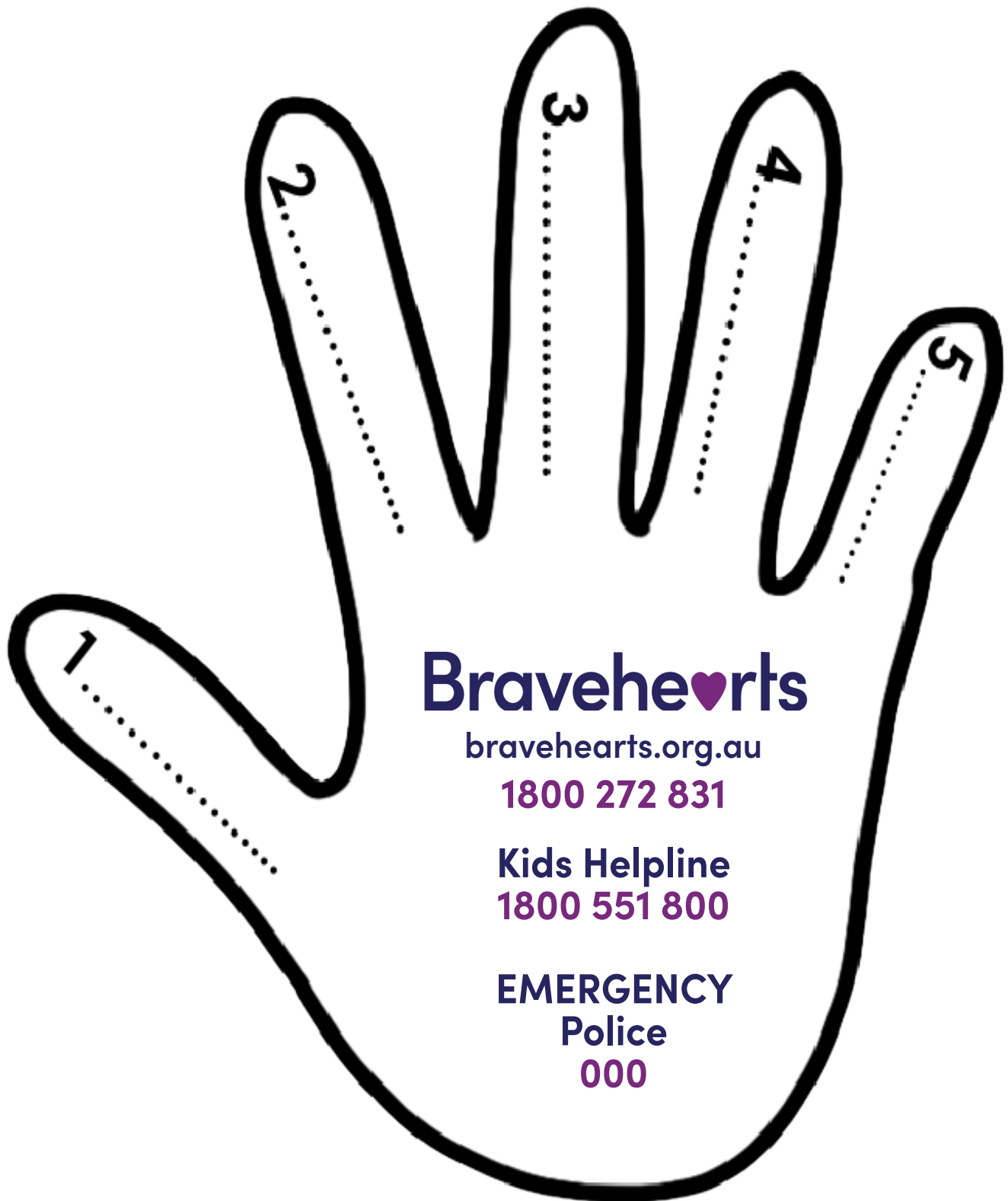
1800 551 800

EMERGENCY

Police

000

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 about eSafety.
- **WILF:** What I'm looking for is knowing what to do if you feel unsafe online.
- **TIB:** This is because you have the right to feel safe online.

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 schools adopt the full program for maximum benefit.

2. Engage

Ditto's friend Sam has a tablet (you may need to explain to the children that an iPad is a brand of tablet). He is learning how to keep safe online. Ditto teaches him that when you are online, you have the right to feel safe. There are many fun and exciting things to do when you're online. Can you name some fun and exciting things you do on your own device? What rules do you have when using a device at home? What rules do we have in our classroom when using a device? Display Sam's SMART eSafety rules (resource included).



Included Resources

- WALT WILF TIB poster
- Private information poster
- Ditto's 3 Rules poster
- Sam's SMART eSafety rules
- Sam's tech agreement
- Sam's True or False

3. Explore

Explore the concept of a tech agreement. Sam's tech agreement (resource included) is designed to help children when using technology and promote safer online experiences.

4. Evaluate

Evaluate their understanding of the tech agreement by reading each of the statements on the agreement. Complete the true or false statements by having the children circle T for TRUE or F for FALSE if the statement is true or false (resource included).

1. I will ask an adult before I use a device or play a new game online.
2. I can talk to people I don't know when I chat, message, email or video call online.
3. I will take turns and use kind words when I use technology.
4. I can take or share photos or videos of other people without asking their permission.
5. I will tell a grown-up if I see or hear something online that makes me feel sad, scared or worried.
6. Everyone has the right to feel safe online.

5. Extend

Children to create their own eSafety rules posters for the classroom to display. Use Sam's SMART eSafety rules to help you (resource included).



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.

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 Tech Agreement



I will stay close by an adult when I use a phone, tablet or computer.



I will make sure a parent or carer is nearby so I can get help if I need it.



I will make sure I don't give out my personal information.



I will ask before I download, install or buy anything online.



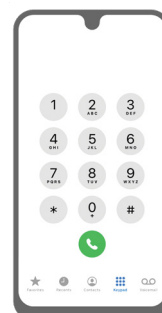
I will report anything that I see or hear that makes me feel unsafe or unsure.



I will have fun with technology and stay safe at all times.



I will make sure that if I ever feel unsafe or unsure, I will tell an adult on my safety team.



Sam's eSafety True or False

1. I will ask an adult before I use a device or play a new game online.

T

F

2. I can talk to people I don't know when I chat, message, email or video call online.

T

F

3. I will take turns and use kind words when I use technology.

T

F

4. I can take or share photos or videos of other people without asking their permission.

T

F

5. I will tell a grown-up if I see or hear something online that makes me feel sad, scared or worried.

T

F

6. Everyone has the right to feel safe online.

T

F

