Bravehe♥rts

Ditto's Keep Safe Adventure Program

Teacher's Guide and Learning Resources Excerpt

YEARS 1–2

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

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.

Bravehe♥rts
bravehearts.org.au

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.

REGISTERED CHARITY
acnc.gov.au/charityregister

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eSafetyProvider
esafety.gov.au

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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.

Included Resources

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

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 Heads Down, Thumbs Up. Arrange a space where children can put their heads down and a group of children can stand at the front of them. Explain there will be 5 (more or less depending on how many children in your class) selectors who will move around the classroom silently and choose one person with their head down and thumbs up. Selectors will silently tap on a child's thumb, signalling they have been chosen. That child must put their thumb down, and still keep their head down. Once all of the selectors have made a choice, they say together, 'Heads Up, Stand Up'. Those who had their thumbs tapped take turns guessing who tapped them. To make it more fun, have the selectors reply with 'maybe, maybe not' then, once all children have had a turn guessing who tapped their thumbs, they can reveal if they were right or not. If they were right, the selector sits down and the child who guessed correctly, gets to have a turn as selector.

If time permits, change up the rules to show how the outcome is different, e.g., have fewer selectors or more selectors. 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.

Rules are important for keeping safe. In Ditto's Rule 3, children tell someone they trust if they ever need help. We call this a Safety Team. Use Sam's Safety Team as an example (resource included). A Safety Team is made up of adults both inside and outside your family. They are adults who believe you, will listen to you and want to help you keep 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 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 their Safety Team to create a thank you letter saying 'Thank you for being on my Safety Team'. E.g., Dear Aunty Fai. Thank you for being on my Safety Team. You are the best listener and I know you like to help me. Love Benny. They may like to write their letters on draft paper first, then write a final draft on special paper.

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 **a**re **l**earning **t**o

KEEP SAFE!

W.I.L.F
What **I**'m **l**ooking **f**or

is keep safe strategies.

T.I.B
This **i**s **b**ecause

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!
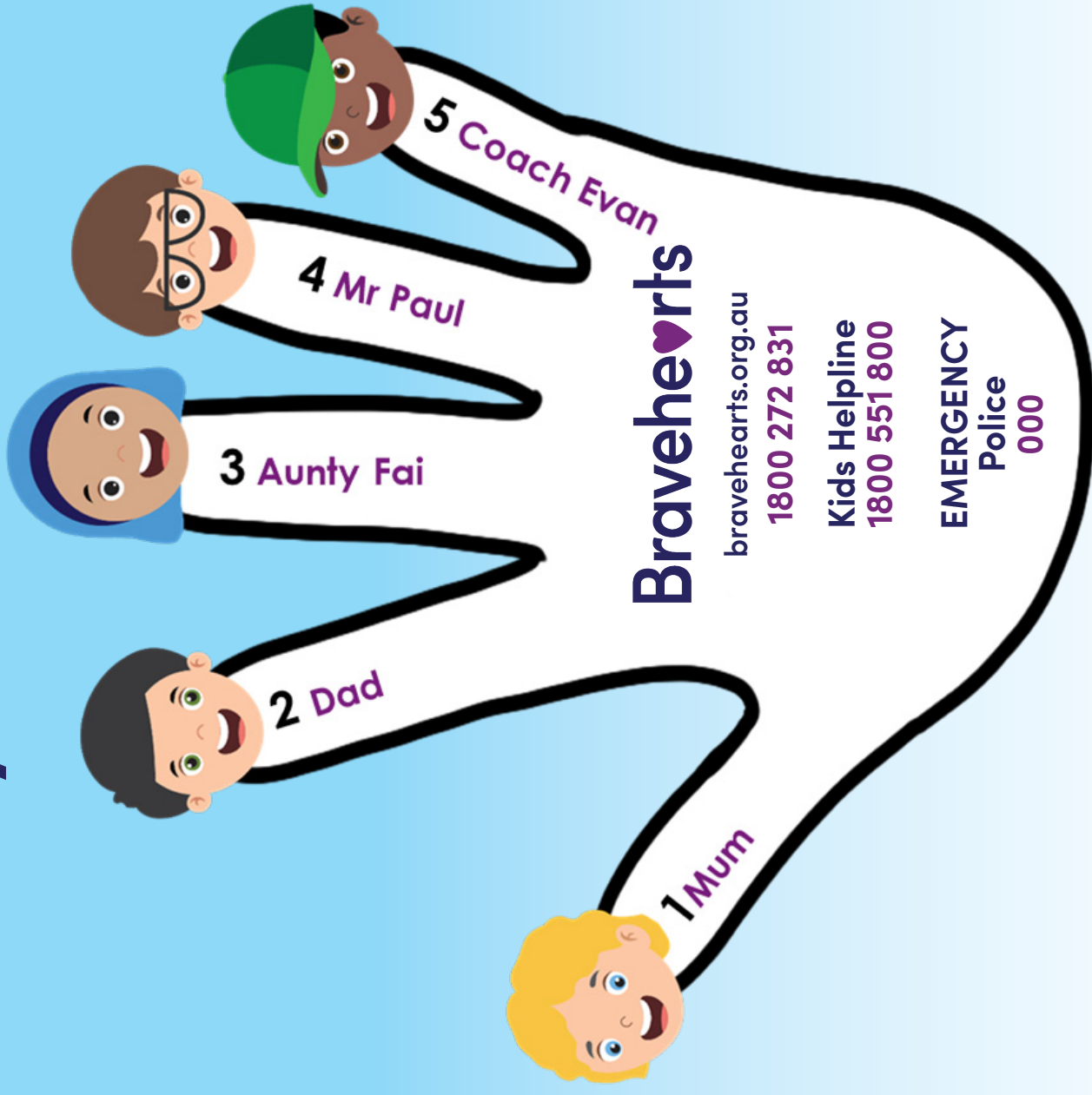
Rule 3
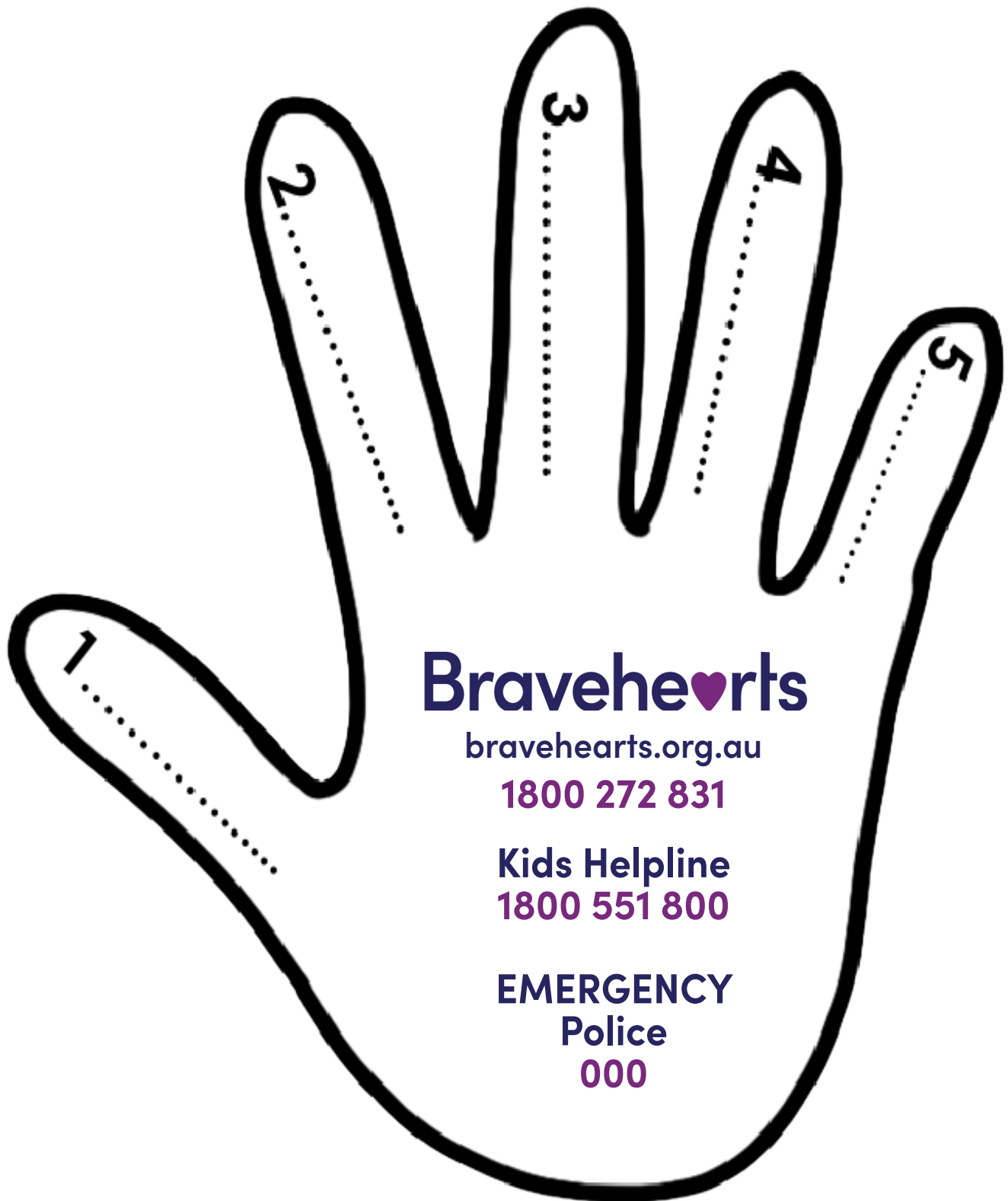Nothing is so yucky that you can't **tell someone** about it!

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

Sam's Safety Team

5 Coach Evan
4 Mr Paul
3 Aunty Fai
2 Dad
1 Mum

Bravehearts
bravehearts.org.au
1800 272 831

Kids Helpline
1800 551 800

EMERGENCY
Police
000

My Safety Team

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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 everyone has the right to feel safe online.

Included Resources

- WALT WILF TIB poster
- Private information poster
- Ditto's 3 Rules poster
- Sam's Tech Agreement
- Sam's SMART eSafety rules

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 build on from the prior modules. Therefore, prior learning to this module are *Modules 1, 2, 3, 4* and *5.*

2. Engage

Ditto's friend Sam has an electronic device, a tablet (children may call this by its brand name, iPad). Ditto teaches him that when you are online, you have the right to feel safe. Engage children in Sam's SMART eSafety rules (resource included). 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 electronic device? What rules do you have when using a device at home? What rules do we have in our classroom when using a device?

3. Explore

Use Sam's Tech Agreement (resource included) to explore the concept, then use the internet to explore other examples of tech agreements. eSafety has a family tech agreement worth exploring.*

4. Evaluate

Evaluate the children's understanding of eSafety. Use How to stay safe online (resource included) to evaluate safe and unsafe situations. Ensure children are able to know what to do if they are ever in a situation where they feel unsafe or unsure.

You may like to refer to Sam's SMART eSafety rules (resource included) to help guide this activity:

- It is safe to stay close to an adult when you are online.
- It is unsafe to be on your own when you are online.
- It is safe to keep your personal information private.
- It is unsafe to give your personal information out online.
- It is safe to ask an adult or carer for help.
- It is unsafe to download, install or buy anything online without asking an adult or carer first.
- It is safe to report anything that makes you feel unsafe or unsure online.
- It is unsafe to keep it a secret.
- It is safe to follow safety rules when online.
- It is unsafe to use electronic devices without following safety rules.

Ensure children know what to do if they are ever in a situation where they feel unsafe or unsure.

5. Extend

Children to create their own eSafety poster to help share the message of eSafety. This could include tips to help stay safe online and also what not to do when you are online e.g., give your real name or address etc.

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.

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.