

During and After Workshops

SECASA acknowledges the difficulty that parents face when trying to find a starting point in talking to your children about personal safety. The Feeling Safe Together program assists children and families to develop a common base from which to begin this discussion. During the Feeling Safe Together program the children will work on the skills needed to maximise safety.

These Include:

- The ability to identify safe/unsafe feelings and situations through awareness of their personal “early warning signs”
- The ability to recognise the difference between good surprises and not-so-good secrets
- The ability to recognise safe/unsafe touching
- Increase knowledge of how to tell, who to tell and to keep on telling when help is needed
- The ability to find solutions to problems if adults are not there to help
- To acknowledge the right to safety at all times

About Secasa

The South Eastern Centre Against Sexual Assault (SECASA) provides free counselling and advocacy services within the Southern Metropolitan Region to children and adults, both female and male, who have been sexually assaulted or been victims of family violence. The Centre also works with non-offending family members, partners, caregivers and support workers.

Bookings

For further information about the Feeling Safe Together program or to make a booking please contact:

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SOUTH EASTERN CENTRE
AGAINST SEXUAL ASSAULT

Feeling Safe Together Program

A Protective Behaviours
Program for Primary Schools.

Feeling Happy
Feeling Safe

Phone: (03) 9928-8741



About the Feeling Safe Together Program

The Feeling Safe Together program is a program that has been designed following research into protective education programs from both Australia and abroad. The program is aimed at raising awareness of safety: - of our personal safety and

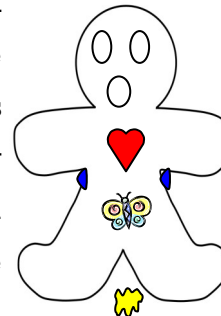


the environment around us. One day a child might be faced with an unsafe situation.

This program aims to provide children with the tools and strategies to face uncertain situations or environments in a safer way. Research clearly states that children who understand prevention techniques are not only at less risk of being abused (whether through child sexual/physical abuse or bullying) they are also more self confident and better able to judge the safety of situations they meet in daily life.

We Logistics

Workshops are run for both boys and girls from grade prep to grade 6. The workshops focus on general safety and well-being from every day safety to stranger danger. In addition to safety we discuss topics such as Early Warning Signs, Touches and Feelings, Private Parts, Secrets, Tricks and Bribes and Safety Networks through various interactive activities.



As well as abuse prevention the program focuses on empowerment, communication, self esteem, resilience, social skills and other positive life skills.

The workshops cater for up to 25 students and are arranged to start at 9:30am and finish by the school's lunch time.

How to Run Workshops in your school

Sometimes implementing extra activities like the health promotion workshops into the existing school program can be challenging.

Here are some suggestions to make this easier:

- Workshops can form part of the existing PE, Health or Human Development curriculum.
- Workshops can form part of the existing welfare program targeting a particular year level.
- Run a health and welfare day with your school. Hold a variety of health activities involving local community organisations and include these workshops.

To help cover the cost of running this invaluable program we ask schools for a reasonable donation for each day that we run the program at your school.

