



KEEP OURSELVES SAFE PROGRAMME

Dear Parents/ Caregivers

Over the last few weeks of term we will be teaching the personal safety programme Keeping Ourselves Safe, which has been designed to give students the skills to cope in situations involving abuse.

It has 3 overall aims:

- To develop and strengthen children's skills to keep themselves safe with other people
- To support and encourage children to get help from caring adults
- To make teachers and parents/ caregivers more aware of the need to keep children safe from abuse by adults or other children.

This programme was last addressed 6 years ago. In light of the Vulnerable Children's Act of 2014 we are being urged to be more proactive in our education programmes. Keeping Ourselves Safe will be taught by your child's teacher, with support from our school's Police School Community Officer. This is a part of the school curriculum, not an optional one.

To be successful Keeping Ourselves Safe needs your help and support. Your child may have homework tasks to work on with you. Please be aware that correct body part names are used in the section dealing with inappropriate touching. And in many instances, Senior Constable MAXine will be part of these lessons. It is important that you participate as much as possible by talking to your child about what they have been learning. This will help reinforce the messages the school is giving, and help your child to use his/ her new skills with confidence.

You can look at the contents of the programmes on the Police website, or by Googling Keeping Ourselves Safe which takes you straight to the right part of the Police website. There is a parent portal, so feel free to look at both by using the following link:

<https://www.police.govt.nz/advice/personal-and-community-advice/school-portal/resources/successful-relationships/keeping-1>.

Please contact the school if you would like any more information about the programme or about child abuse.