



ST JAMES CATHOLIC PRIMARY SCHOOL, HEBBURN

9th October 2024

Dear Parents and Carers,

Kidsafe Second full programme outline

You may remember that your child previously attended Kidsafe, the specialised child protection programme.

We are now going to deliver a second Kidsafe programme. The aim of this is to consolidate and deepen previous learning and help children develop further strategies to keep themselves safe.

The second Kidsafe programme will continue to build children's confidence, self esteem and equip them with effective skills to deal with unsafe situations. Kidsafe enables children to value themselves and others and helps them to make wise and healthy choices and decisions in their lives. Kidsafe teaches children to recognise and/or prevent abuse i.e. what is and is not appropriate. This is done in an age appropriate, fun and non-scary way through a variety of media including the use of our puppet (KS), games and worksheets.

Topics covered during programme include:-

Identifying what gives children 'yukky feelings', difficulties children may have to speak out about bullying and cyber bullying, understanding peer pressure and enabling children to understand how difficult it is to say 'no' to their peers. Identifying potential harm and impact for children in relation to constant exposure to violent games/films, choices; identifying what makes children 'angry' and exploring strategies to help children deal with this issue; exploring the potential impact of children witnessing parents/carers arguing and not keeping secrets that are harmful.

If you have any questions or queries please do not hesitate to contact myself or Mrs Heslop.

Yours sincerely

Mrs Gofton
Kidsafe Co-ordinator

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