

# Keeping Safe: Child Protection Curriculum

## Parent and carer fact sheet | Middle Years: Years 6–9

### What is the Keeping Safe: Child Protection Curriculum?

The Keeping Safe: Child Protection Curriculum (KS:CPC) is a respectful relationships and child safety curriculum that teaches all children and young people they have the right to be safe and they can help themselves to be safe by talking to people they trust.

The KS:CPC is delivered by teachers to children and young people each year from Age 3 to Year 12. Teachers who deliver the curriculum complete training in its use. The KS:CPC fits primarily within the Health and Physical Education learning area of the Australian Curriculum but can be taught across multiple learning areas.



### Why is child protection important?

The Department for Education has a legal responsibility to protect children and young people from abuse in its own settings and in the wider community. All children and young people have a right to:

- be treated with respect and to be protected from harm
- feel and be safe in their interactions with adults and other children and young people
- understand as early as possible, what is meant by ‘feeling and being safe’
- the support of school based counsellors or designated staff in their education or care environment whose role includes being an advocate for their safety and wellbeing (*Child Protection in Schools, Early Childhood Education and Care Services Policy, 2015, p4*).

### What is included?

The KS:CPC is divided into four Focus Areas each covering a number of topics. For Years 6–9, these are:

<b>1. The right to be safe</b> <ul style="list-style-type: none"><li>▪ Warning signs</li><li>▪ Risk-taking &amp; emergencies</li><li>▪ Psychological pressure &amp; manipulation</li></ul>	<b>2. Relationships</b> <ul style="list-style-type: none"><li>▪ Rights &amp; responsibilities</li><li>▪ Identity &amp; relationships</li><li>▪ Power in relationships</li><li>▪ Trust &amp; networks</li></ul>
<b>3. Recognising and reporting abuse</b> <ul style="list-style-type: none"><li>▪ Privacy &amp; the body</li><li>▪ Recognising abuse</li><li>▪ Cyber safety</li><li>▪ Domestic &amp; family violence</li></ul>	<b>4. Protective strategies</b> <ul style="list-style-type: none"><li>▪ Strategies for keeping safe</li><li>▪ Network review &amp; community support</li></ul>

### How can I support my child with the KS:CPC?

- Provide relevant information about your child to their teacher that could assist with the delivery of the curriculum.
- Understand and reinforce the key messages of the KS:CPC. Refer to the information on the following page.

### How can I find out more information about the KS:CPC?

- Speak to your child’s teacher or the preschool or school’s leadership staff.
- Go to the KS:CPC website for concept summaries and additional information: <http://tiny.cc/KSCPC-ParentCarerInfo>.

### What support services and additional information are available?

- Child and Youth health: <http://cyh.com.au>
- Kids Helpline parent information: <https://kidshelpline.com.au/parents>
- National sexual assault, domestic and family violence counselling service: <https://www.1800respect.org.au>
- Parenting SA (and Parent Easy Guides): <http://parenting.sa.gov.au>
- Raising children network: <http://raisingchildren.net.au>

# Supporting your child | Middle Years: Years 6–9

## Focus Area 1: Right to be safe

### Support your child to:

- understand their warning signs when they feel unsafe or scared, eg butterflies in stomach, heart beating fast, shivering, sweating, feeling sick, can't move
- know what to do when they have warning signs or feel unsafe, eg tell a trusted adult
- learn strategies for staying calm in difficult situations when they need to make safe choices and decisions
- know how to manage risky situations or emergencies, eg talk to a trusted person, dial 000, call Kids Helpline
- recognise and appropriately respond to psychological pressure and manipulation such as online scams.

## Focus Area 2: Relationships

### Support your child to:

- understand that all children and young people have rights
- know that it is the responsibility of all adults to keep children safe; however, some adults do not fulfil this responsibility
- know the difference between healthy and unhealthy relationships and strategies to keep safe
- understand their rights and responsibilities within relationships
- understand that personal power can be used positively and negatively. Reinforce that some people who use their power negatively (such as people who abuse children), know that it is wrong
- know what to do if they or someone they know is being bullied, eg tell the person to stop, walk away, talk to a trusted adult
- identify trusted people at home, in the family, at school and in the community. Include a support service such as Kids Helpline
- be aware of support services that are available online, over the phone and face-to-face.

### Useful resources:

<http://tiny.cc/UNCRC-Simplified> | <http://tiny.cc/BullyStoppers-Parents> | <https://kidshelpline.com.au>

## Focus Area 3: Recognising and reporting abuse

### Support your child to:

- use correct terminology when referring to sexual body parts. This is important if seeking help and reporting abuse
- understand that their whole body is private (including sexual body parts and the mouth) and no one has the right to touch them without their permission
- understand the difference between appropriate and inappropriate touching. It is also important to understand that some touch may be uncomfortable but necessary, eg when going to the doctor or dentist
- recognise different forms of abuse (physical, emotional, sexual, neglect) and what to do if they or someone they know is being abused, eg physical harm, grooming, administration of drugs and/or alcohol, exposure to domestic and family violence, exposure to pornography or sexual acts, being manipulated or forced to engage in sexual activity, being intimidated or isolated, and not having their basic needs met
- use technology such as the internet, mobile phones and computers in a safe, responsible and ethical way
- know how to stay safe online and maintain a positive digital reputation.

### Useful resources:

<http://tiny.cc/CallBodyPartsWhatTheyAre> | <https://esafety.gov.au/iparent> | <https://www.1800respect.org.au>

## Focus Area 4: Protective strategies

### Support your child to:

- practise solving problems in a range of situations, eg they get off the bus at the wrong stop and can't find their way home, a friend's parent makes sexual suggestions, someone offers to drive them home from a party
- be assertive especially in difficult situations, eg stay calm, be strong and clear, say 'No' or 'Stop' firmly and 'I don't like it when you...'
- regularly review their trusted networks to ensure they include people that they know will listen to them and help them
- be aware of support services available in the community and how to access them
- be persistent, especially when seeking help (to keep asking for help until a trusted adult helps them).

### Useful resource:

<http://tiny.cc/BHC-Assertiveness> | <https://kidshelpline.com.au>