

Dear Parents/Caregivers,

Over the next few weeks in your child's class we will be teaching the Keeping Ourselves safe unit. This is a personal safety programme.

Keeping Ourselves Safe has been designed to give children the skills to cope in situations involving abuse.

1. To develop and strengthen children's skills to keep themselves safe with other people
2. To support and encourage abused children to get help from safe adults

Some of the areas covered are:

Juniors (years 1-3) “My Body my rules” – which is about touches they like, touches that they don’t like, and confusing touches. Also about Squark, walk and talk which is what they can say and do if someone does one of the touches they don’t like

Middles (years 4-6) STAR chart on how they can use it to help them make safe decisions in hard situations, how to recognise the different types of abuse. How to stay safe when using the internet

Seniors (years 7-8) Different types of abuse and how and who you can report your concerns to. Family Harm and what that can mean. Facts about abuse and their victims and abusers.

The programme is run with the help of the Police School Community Officer (Constable Rochelle Gordon).

To be successful, Keeping Ourselves Safe needs your help and support. Your child may have Homework activities to work on with you.

It is important that you talk to your child about what they have been learning. This will help reinforce the messages the school and police is giving.

A parent/caregiver meeting will be held at The Catlins Area School (Room 3)

Date: **Monday, November 11th**

Time: **3pm**

** If you cannot make the meeting then please feel free to contact the school or Constable Gordon with any questions.

Rochelle.gordon@police.govt.nz or phone/text 021 191 4822