

### Pre School/Kinder Programs

Each session runs for between 45 minutes and 1 hour. Stories, songs, colouring activities and games will accompany our discussions of private body parts, trusted adults, recognizing and naming feelings and the message 'No, Go, Tell'. We suggest a minimum of two sessions per group (maximum 20 children)

### Primary School Programs

Our primary school sessions are age appropriate and designed to be presented in a sequential, whole school program. Through discussions, stories, games, craft activities and written activities, students will learn about private and personal body parts, safety networks, early warning signs and much more. Prep to grade 2 students will have a minimum of two 1 hour sessions while grades 3-6 will each have at least three 1 hour classes. (maximum 25 students)

*Contact us for an obligation free, written quote. Multiple session discounts apply.*

**Parent and Teacher Workshops also available**



Children in Australia are taught water safety, road safety and fire safety from a young age. In recent years it has become very obvious that we also need to make sure that our children can practise Body Safety. Body Safety Education is about providing children with the tools and information they need to help keep them safe from CSA (Child sexual abuse).

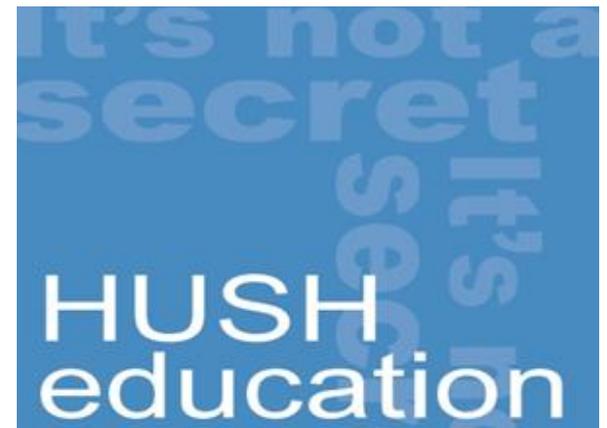
Current research suggests that 1 in 4 girls and between 1 in 7 and 1 in 12 boys will experience CSA before their 18<sup>th</sup> birthday – with children aged between 3 and 8 years old being most at risk.

*Contact us for competitive prices, program advice and bookings.*

**HUSHeducation**  
It's not a secret

[www.husheducation.com.au](http://www.husheducation.com.au)  
[enquiries@husheducation.com.au](mailto:enquiries@husheducation.com.au)

## Body Safety Education for kids (protective behaviours)



**HUSHeducation** provides age and stage appropriate body safety classes for pre-primary and primary school children of all abilities; we also facilitate workshops for parents and staff. All sessions are conducted in a relaxed and informal manner by our highly skilled and experienced educators.

# BODY SAFETY EDUCATION

## The role of parents and carers

Parents, guardians and carers play an important role in educating their children in body safety. From birth they can teach their children the correct terms for ALL of the body parts. With very young (preschool aged) children the words vagina or vulva and penis will suffice – as they get older adults might add the words testicles or scrotum, bottom/anus and nipples/breasts. Teach that these parts of the body are private; they are covered in ‘public’ and nobody has the right to see or touch these body parts without the child’s consent; nobody should ever ask the child to see or touch these parts of any other person’s body.

A child’s trusted adults should respect each child’s right to decide whom they will ‘share’ hugs and kisses with and will offer alternate forms of greeting. Listen if your child expresses dislike or fear of another person – find out why they are feeling uncomfortable and take action.

Model consent: ask permission to wash and touch private parts, show that you respect a ‘stop’ or ‘no’. Expect every adult in your child’s circle to do the same. Check with schools, childcare, camp, sports clubs, dance lessons etc. about supervision and monitoring of staff.

Help your child to understand and identify who they can trust and go to if they feel unsafe. These people, and yourself, should always listen to and believe your child if they come to you with concerns.

Let everyone your child and family has contact with know that your family are a body safety family and you do not – ever – keep secrets from each other.

Talk to children about their right to feel safe and to be safe. Read stories together and role play situations where their safety might be at risk.

### **Some great stories to get started include**

- Some Secrets Should Never Be Kept and
- No Means No – Jayneen Sanders
- It’s My Body – Lory Freeman
- Everyone’s got a bottom – Tess Rowley
- The Swimsuit Lesson – Jon Holsten
- A Secret Safe to Tell – Naomi Hunter

These books and many others are available through the ‘SHOP’ link on the HUSHeducation website.

## Testimonials

- Always enjoyable to watch Margie in action (teacher – Sholem Aleichem College)
- I most appreciated how positive Margie was to all the boys. (Terry Atkins – De La Salle College)
- “Margie was a fantastic, realistic instructor and handled the senior students brilliantly.” (Peninsula Specialist College – Therese Younes)
- “A very professional and relevant program.”
- “The program content was well presented. The students receiving this information from an expert was beneficial.”

## An empowered child...

- Knows the names of the private parts of the body (and that these are covered by bathers or underwear when in public)
- Recognises and can name feelings (safe, scared, loved) and ‘early warning signs’ i.e. pounding heart, butterflies in tummy, shaky knees etc.
- Knows there are acceptable alternatives to hugs and kisses – such as handshake, fist bump, high-five and wave.
- Knows it is OK to say NO! STOP! to unwanted touch – even by an adult or someone they know and like.
- Is aware of 5 people who belong to their safety network, including at least 2 non-family members. These people will
  - Listen
  - Believe
  - Be available
  - Take action if possible
- Knows that they are never to keep secrets – although short-term happy surprises are fine.
- Knows that they can always tell you if they feel unsafe (which might include sad, scared, worried, uncomfortable, guilty, ashamed and confused etc.).

