

Family Support Training

Learn to be Safe is an internationally recognised protective behaviours program that is delivered across Australia.

The Learn to be Safe with Emmy and Friends – Family Support Training equips family support practitioners with the resources and practical skills to teach children (aged 0–10), and families about protective behaviours, with simplicity and professionalism.

Benefits

- Tailored options to meet the needs of your service and budget.
- Approved by the Australian Institute of Family Studies (AIFS) as an evidence-based program and Communities for Children Facilitating Partner.
- Clearly outlined activities to complete with individual children or family groups.
- Engaging and award-winning resources.



About Your Trainer

Act for Kids delivers this training in partnership with Fran Stowers from Workhorse Advisory. Fran has over 20 years' experience in child protection, education and family support. Fran is adept at turning tricky topics into confident conversations and is passionate about early intervention and prevention for children.

1-Day Training Session

Includes:

- 7hrs facilitated training (face to face or virtual delivery options)
- Protective Behaviours Principles e-learning module
- Access to all online resources
- Detailed activity guides
- Jayneen Saunderson's "Little BIG Chats" book pack (12 books)

\$520
per person





Packages available for groups
over 10 educators.



Protective Behaviours Education Framework

Our program includes age-appropriate resources, activities, games, scripts, and videos that cover the topics in our Act for Kids PBE Framework.

1. We all have the right to **feel safe** and **be safe** all the time
2. We can tell a safe adult anything, no matter what

Focus Areas	Description of Focus Area	Topics / Concepts	Embedded Protective Strategies
Feeling Safe 	Physical and psychological safety and body responses to fear	<ul style="list-style-type: none"> • What is safety? • Feelings • Warning signs • Fight, flight and freeze 	One-step removed problem-solving Persistence
Safe Choices 	Interpersonal and online risky situations and the role of problem-solving and choice	<ul style="list-style-type: none"> • Safe and unsafe situations • Online safety • Problem-solving • Risk-taking 	Assertiveness Trauma-informed language of safety
Body Safety 	Body autonomy, consent, personal safety rules and inappropriate and abusive touch	<ul style="list-style-type: none"> • Body autonomy and consent • Private body parts and places • Safe and unsafe touch 	Protective interruption Disrupting unwritten rules
People & Safety 	Role of adults and help-seeking	<ul style="list-style-type: none"> • Rights and responsibilities • Power Tactics • Secrets/Telling vs. Tattling • Safety Team 	Removing blame, guilt and shame Help-seeking

Find out more about Learn to be Safe at
emmyandfriends.com.au

