Tailored Protective Behaviours Programs

# Learn to Be Safe with Emmy & Friends

# 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.



## **1-Day Training Session**

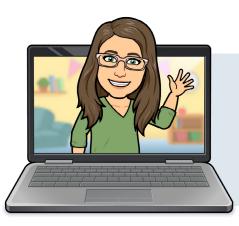
#### Includes:

- 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 Saunder's "Little BIG Chats" book pack (12 books)

\$520 per person

Packages available for groups over 10 educators.





### **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.





## **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.

We all have the right to feel safe and be safe all the time
 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 What is safety?

- Feelings
- Warning signs
- Fight, flight and freeze

One-step removed problem-solving

Persistance

**Safe Choices** 



Interpersonal and online risky situations and the role of problem-solving and choice

 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

- 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

- 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

