

## PRIMARY SCHOOL

Kindergarten	
Theme	Content/Activities
We all have the right to feel safe at all times	<b>Feelings:</b> All feelings are okay. Everyone has different feelings in different situations. Our bodies can help to tell us how we feel.
	<b>Early Warning Signs:</b> Body signals are our early warning signs. They let us know if we are excited or scared. Not everyone's body reacts the same way to different situations and that is okay.
	<b>Body Awareness:</b> Naming body parts
	<b>Early Safety Continuum and Problem Solving:</b> Students explore feelings of being safe and unsafe, and find solutions so they feel safe again.
We can talk with someone about anything no matter what it is	<b>Persistence Expectation:</b> Keep telling until someone believes you.
	<b>Assertiveness:</b> Saying 'NO'
	<b>Networks:</b> Who can we tell if we don't feel safe?

Pre-Primary	
Theme	Content/Activities
We all have the right to feel safe at all times	<b>Feelings:</b> PATHS resources
	<b>Early Warning Signs:</b> Feelings of being safe and unsafe
	<b>Early Safety Continuum and Problem Solving:</b> Discuss how you might feel in different situations.
	<b>Personal Space:</b> What is personal space?
We can talk with someone about anything no matter what it is	<b>Body Awareness:</b> Private and public body parts
	<b>Networks:</b> Who do you trust? Discuss safe and unsafe secrets
	<b>Assertiveness:</b> No, go, tell actions

Year 1	
Theme	Content/Activities
We all have the right to feel safe at all times	<b>Feelings:</b> We all have different feelings
	<b>Early Warning Signs:</b> Identifying, understanding and communicating emotions
	<b>Body Awareness:</b> My body belongs to me. Private and Public body parts, appropriate and inappropriate touch.
We can talk with someone about anything no matter what it is	<b>Networks:</b> Who could we tell our worries to? Our 5 safe people. Discuss safe and unsafe secrets.
	<b>Persistence:</b> Asking for help if you feel unsafe
	<b>Assertiveness:</b> No, go, tell. What to do if someone touches your private body parts?

Year 2	
Theme	Content/Activities
We all have the right to feel safe at all times	<b>Feelings:</b> We have a range of feelings. Some feelings we are comfortable with and others we are not. Identify different feelings (PATHS).
	<b>Early Warning Signs:</b> What does it mean to be safe? Our bodies give us signals that tell us if we are safe or unsafe.
	<b>Early Safety Continuum and Problem Solving:</b> Discuss how you might feel in different situations.
	<b>Body Awareness/Ownership:</b> Public and Private body parts/clothing/spaces
	<b>Personal Space:</b> understanding of social distance and different levels of intimacy in different types of relationships.
We can talk with someone about anything no matter what it is	<b>Networks:</b> Students discuss the importance of talking with others if they have an unsafe secret. Reinforce that students can ask people on their network for help.
	<b>Persistence:</b> understanding that they can persist in asking for help if they feel scared or unsafe. It's ok to ask for help.
	<b>Assertiveness:</b> No, go, tell. What to do if someone touches your body private parts?

Year 3	
Theme	Content/Activities
We all have the right to feel safe at all times	<b>Feelings:</b> Recognising our emotions. Managing our emotions.
	<b>Early Warning Signs:</b> Zones of regulation
	<b>Safety Continuum and Problem Solving:</b> Discuss how each person experiences warning signs of feeling unsafe.
	<b>Body Awareness/Ownership:</b> Public and Private parts/clothing/spaces
	<b>Personal Space:</b> Students are in charge of who they give physical affection to. There are different levels of intimacy.
We can talk with someone about anything no matter what it is	<b>Persistence:</b> Students understand they may or may not get help the first time they ask. Persist until you succeed.
	<b>Assertiveness:</b> Strategies of assertiveness. Using an assertive tone. Persist in saying no.

Year 4	
Theme	Content/Activities
We all have the right to feel safe at all times	<b>Cyber Safety:</b> Healthy Computer Habits
	<b>Early Warning Signs:</b> Fight and Flight response.
	<b>Safety Continuum and Problem Solving:</b> being alert and aware of unsafe situations. Using assertive behaviour and language. Strategies to solve problems.
We can talk with someone about anything no matter what it is.	<b>Networks:</b> Different ways of saying 'NO'

Year 5	
Theme	Content/Activities
We all have the right to feel safe at all times	<b>Cyber Safety:</b> What personal information is safe to put online. Strategies for being safe online. Seek assistance if things go wrong. What is Cyber Bullying? Digital Footprint.
	<b>Early Warning Signs:</b> What are your early warning signs?
	<b>Safety Continuum and Problem Solving:</b> Strategies for problem solving.
We can talk with someone about anything no matter what it is	<b>Body Awareness/Ownership:</b> Public and Private parts/clothing/spaces/behaviour. Appropriateness of touch. Students have a choice and control.
	<b>Networks:</b> Network people are not always available when required.
	<b>Persistence:</b> What is persistence? What are the benefits?
	<b>Assertiveness:</b> Demonstrate what it means to be assertive. Saying no with assertiveness.

Year 6	
Theme	Content/Activities
We all have the right to feel safe at all times	<b>Feelings:</b> Identify helpful ways of managing emotions. Managing thoughts and emotions ( In Real Life Program)
	<b>Cyber Safety:</b> Identify and promote safe use of technology and social media.
We can talk with someone about anything no matter what it is	<b>Networks:</b> Identify personal support networks and the importance of them.

## SECONDARY SCHOOL

Year 7	
Theme	Content/Activities
We all have the right to feel safe at all times	<b>Cyber Safety:</b> Who's watching? What information are you giving out? Who are you really talking to?
	<b>Body Awareness/Ownership:</b> Managing change - puberty.
	<b>Safety:</b> Staying safe. Problem Solving skills. Help seeking strategies. Boundaries.
	<b>Feelings:</b> What does it mean to be safe? What's the difference between liking something and being safe?
We can talk with someone about anything no matter what it is	<b>Networks:</b> Network of support. ICE. Girl Code.
	<b>Assertiveness:</b> Being assertive

Year 8	
Theme	Content/Activities
We all have the right to feel safe at all times	<b>Cyber Safety:</b> Harm minimisation and contingency plans. Who are you talking to? What are you sharing? Mental Health.
	<b>Early Warning Signs:</b> Understanding early warning signs. Rights and Responsibilities.
	<b>Safety:</b> Staying safe. Problem Solving skills. Help seeking strategies. Boundaries.
We can talk with someone about anything no matter what it is	<b>Networks:</b> Create support networks.
	<b>Assertiveness:</b> Being assertive

Year 9	
Theme	Content/Activities
We all have the right to feel safe at all times	<b>Feelings:</b> Notice the signs. Identifying unsafe feelings and trusting your feelings.
	<b>Early Warning Signs:</b> Identifying unsafe situations. Rights and Responsibilities.
	<b>Safety:</b> What is Bullying? How to respond to bullies. Asking for help. Grooming.
	<b>Cyber Safety:</b> Online bullying and how to respond to it.
We can talk with someone about anything no matter what it is	<b>Networks:</b> Create support networks. Asking for help.
	<b>Assertiveness:</b> Being assertive.

Year 10	
Theme	Content/Activities
We all have the right to feel safe at all times	<b>Safety:</b> Personal safety. Healthy relationships – what do they look like? Power imbalances in relationships. What is abuse?
	<b>Early Warning Sign:</b> Identifying unsafe situations and relationships
We can talk with someone about anything no matter what it is	<b>Networks:</b> Networks in our community.

With no mandated protective behaviours program for Year 11 and 12 students, Grace Christian School has been intentional with the resources it has implement to address the needs of the students and our particular context.

It addresses issues they face, invites discussion and provides positive strategies to enable youth to make informed decisions for a healthier lifestyle.

<b>Year 11 and 12</b>
<b>Content/Activities</b>
Habits of the Worlds Successful People
Dealing with Stress and Depression
Drugs and Alcohol
Sex and Relationships
Pornography
Sexting
Healthy Relationships