

Monday 20th July 2020

Dear Parents and Caregivers

Keeping Ourselves Safe 2020- covered in Term 3

Each class will be taking part in the Keeping Ourselves Safe Programme this term. Keeping Ourselves Safe helps children develop safety skills when interacting with others. Your child may bring home some follow up homework for this programme. A Police educator will visit the classroom as part of this topic.

Students in Year 1-3 will cover the following modules:

1. I am unique- Students will learn their name, address, feelings and who they live with.
2. My body is my own- Students will learn body parts and touch that they like, that hurts and that is confusing.
3. Dealing with unwanted behaviour and touch- Students will learn about good and bad secrets and saying no to unwanted touch.
4. Adults who help- Students will learn about adults they can trust and who can help them.

Students in Year 4-6 will cover the following modules:

1. Confident me- Students will develop confidence in their decision-making and feelings.
2. Safe or unsafe- Students will learn to identify safe and unsafe situations.
3. No excuse for abuse- Students will learn about what abuse is and that it is wrong.
4. Why should I tell?- Students will learn to stop inappropriate touch and say no.

The following New Zealand Police website has further information for parents if you are interested in finding out more.

<http://www.police.govt.nz/advice/personal-and-community-advice/school-portal/resources/successful-relationships/keeping-1>

If you have any queries about the Keeping Ourselves Safe Programme, please feel free to see either myself or your child's teacher.

Kind regards,

Sarah Strowger
Teacher in Charge of Health Education

