

23/08/2019

Dear Parents,

In Weeks 8-10 of this term, all classes will be covering the health unit, "Keeping Ourselves Safe". This programme, designed by the NZ Police, gives children the skills to cope in situations involving any type of abusive behaviour.

It has three overall aims:

- To develop and strengthen children's skills to keep themselves safe with other people
- To support and encourage abused children to get help from caring adults
- To make teachers and parents more aware of the need to keep children safe from abuse by adults or other children.

The course will be taught by your child's teacher, with help from the local Police Education Officer, Shawn Palaone.

At the Year 0-3 level the unit is called Knowing What to Do, and topics include:

- understanding feelings (especially safe and unsafe)
- coping with hazards
- different types of touch
- tricks, bribes and treats
- saying 'no'
- getting help

At the Year 4-6 level the unit is called Getting Help, and topics include:

- recognising danger
- strategies to keep safe
- bullying
- different types of touch
- acting responsibly with younger children
- reporting abuse
- getting help

At the Year 7-8 level the unit is called Standing up for Myself, and topics include:

- recognising danger
- safety strategies
- babysitting
- caring for others
- finding out about abuse
- family violence
- reporting abuse
- abuse and the law

To be successful, this programme needs your help and support.

1. Your child may have home activities to work on with you.
2. Talk to your child about what they have been learning. This will help reinforce the messages the school is giving, and help your child to use his or her new skills with confidence.
3. Become more informed yourself. The NZ Police have a supporting publication called “Keeping Kids Safer – a guidebook for parents and caregivers.” This booklet, available on the NZ Police website (<http://www.police.govt.nz/sites/default/files/publications/kos-keeping-kids-safer.pdf>) has information that may help you to answer questions that your child may have as a result of the school lessons. Included is a section on cybersafety – a very real issue to 21<sup>st</sup> century youth. Please note that the booklet is aimed at parents and is not exactly what is covered in the student unit.

If you would like to find out more about this upcoming unit, we will be holding an information meeting at school on **Wednesday 4 September at 2pm**. We will outline the programme and answer any questions you have. Attendance is optional but it would be helpful if you could let the school know if you are planning on attending - either by email [office@horshamdowns.school.nz](mailto:office@horshamdowns.school.nz) or by sending a note to school with your name and the number of adults attending.

Thank you,  
Rachel Poultney  
Deputy Principal