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### **Kidsafe Children's Programme – Year 1**

Dear Parents/ Carers,

Kidsafe is a specialised child protection programme which will be delivered in school.

The Kidsafe programme deals with building children's confidence, self esteem and equips children with effective skills to deal with unsafe situations. Kidsafe enables children to value themselves and others and helps children to make wise and healthy choices/ decisions in their lives. Kidsafe teaches children to recognise and/ or prevent abuse i.e. what is appropriate and what is not appropriate, this is done in an age appropriate, fun and non-scary way through a variety of media including the use of puppet, games, singing and worksheets.

Topics covered during the course include:-

Raising self confidence, feelings, talking about feelings, bullying, respecting our bodies, inappropriate touching, secrets, communication skills, assertion – saying NO and computer/internet safety.

In order that we can give more information about the Kidsafe programme, we will be offering a parent information session to be held in the school hall, on Friday 5<sup>th</sup> June at 3.00pm.

Yours Sincerely,

Mrs Diane Rigg (Kidsafe Leader)