Lesson 2:
Theme one poster:
This activity is creating a poster of theme one of Protective Behaviours: "We all have the right to feel safe all of the time". We break down what this means in its entirety and then write and draw in order to personalise this concept and make it meaningful to the child and their world. This can be an ongoing project, with children adding to it each week with more pictures and key words as they go through the program. But for now the main points are to discuss:

Who has a right to feel safe:
- Who does this include? Who are some important people to us? Are there any exceptions to this rule? (for example people in jail- the answer is there are no exceptions even if this can be hard to grasp)

What rights are:
- Everyone has rights, they do not have to be earned, nor can they be taken away. Feeling safe is one of them, what are some other rights?- (eg education, housing, food and water)
- If we have rights we also have responsibility to make sure we don't infringe on the rights of others

What feeling safe means to you personally:
- What are some things/ places/ people that feel safe to you?

What we mean when we say all the time:
- What are some places to you go to? Which activities do you do?
- It is important that you feel safe in all of these places and doing all of these things

There is also a PDF of theme one which you can print out - write the names of everyone in your family/ household on the feeling faces to stick this poster and display somewhere:

1. We all have the right to feel safe at all times
2. feeling faces

Additional worksheets are available to download here:
3. My feeling safe: explores what feeling safe means to the individual, and some of the things they associate with feeling safe
4. Feelings inside out worksheets: are a fun way to explore how different emotions feel and how you can recognise what's going on in your body
5. Rights and responsibilities picture cards: a good way to understand some of the rights all children have and the responsibilities they have along with these