

## Lesson five

- **Theme 2**

This activity is creating a poster of theme two of Protective Behaviours: “We can talk with someone about anything, no matter what it is”. 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:

### We can talk:

- How can we talk to people? ( over the phone, in person etc)
- What are some of the things that might prevent us from talking to someone? How could we overcome this barrier?

### To someone:

- There is a difference between just anyone, and someone special. It’s not safe or appropriate to tell somethings to people we don’t know well or trust, but there are some people you can trust to talk to about anything- how can you choose these people?

### No matter what it is:

- Some things are hard to talk about, but even if you’re worried about talking about them it will always be better than keeping them bottled up
- They could be good things, bad things, worries, questions. If it matters to you, it matters!

### 10a. We can talk to someone about anything, no matter what it is

#### 10. Emergency network helpers activity

In an emergency, sometimes you might need to get help from people you don’t know. These people will usually be in a uniform and you can tell that they are emergency helpers. In this activity, Circle the correct person to ask for help in each picture.

- **Safety hand**

For this activity, you start with the traced outline of a hand. Then on each finger of the hand, the child writes one safe and trusted adult that they could talk to about things with. It’s really important for this to work that the child is the one deciding who their trusted adults are. Make sure that you never put words in their mouth or suggest people that you think should be on their hand. You could ask questions like- what about at school, is there someone at school that you would feel safe and comfortable talking to? – that’s fine, but not “go on, put you aunty on there” because you don’t know who the child actually feels most comfortable with and they could be getting their warning signs about someone you know well or wouldn’t think. Unfortunately this is the reality, so it’s really important to let the child decide for themselves. They can also fill out an invitation to give to people on their safety network hand

1. Network/ safety hand worksheet
2. Network hand invitation

I have included an activity about persistence (keeping on trying to talk to someone about what’s bothering you until you find some help)- you colour in the animals, cut them out and glue them to popsticks and then use them as puppets in the story-

3. Wibbly the wombat persistence activity