

# PDHPE

## Stage 1: Child Protection Education Resources

### Strengths and strategies for safety

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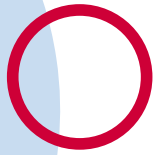
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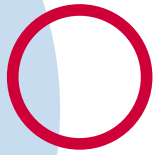
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## Teacher notes

## Strengths cards

Strengths	Definition
Honest	You tell the truth even when it is not easy.
Funny	You try to cheer people up by making them laugh.
Forgiving	You accept your friends' apologies.
Kind	You help others and use kind words.
A leader	You help your group work well together.
Brave	You are able to do what is important even when you feel scared.
Self-control	You can do what is important even if you don't want to.
Notice others	You think of how others might be feeling.
Assertive	You are able to say things in a strong, clear and fair way.
Fair	You include everyone and you follow the rules.
Determined	You keep trying even when it gets hard.
Curious	You like to learn new things and ask questions.
Patient	You can wait for your turn even if it takes a while.
Generous	You are good at sharing and giving.
Creative	You like to come up with new ideas and new ways of doing things.
Persistent	You keep trying even if you fail.
Notice myself	You notice how you are feeling and how that makes you behave.
Good listener	You listen to others ideas and how they feel.



Cards

Strengths

**Honest**

**Fair**

**Funny**

**Determined**

**Forgiving**

**Curious**

**Kind**

**Patient**

**A leader**

**Generous**



**Brave**

**Creative**

**Self-control**

**Persistent**

**Notice  
others**

**Notice  
myself**

**Assertive**

**Good  
listener**

**Honest**

**You tell the truth even  
when it is not easy.**

**Fair**

**You include everyone  
and you follow the rules.**



## **Funny**

You try to cheer people up by making them laugh.

## **Determined**

You keep trying even when it gets hard.

## **Forgiving**

You accept others' apologies.

## **Curious**

You like to learn new things and ask questions.

## **Kind**

You help others and use kind words.

## **Patient**

You can wait for your turn even if it takes a while.

## **A leader**

You help your group work well together.

## **Generous**

You are good at sharing and giving.



## **Brave**

You are able to do what is important even when you feel scared.

## **Creative**

You like to come up with new ideas and new ways of doing things.

## **Self-control**

You can do what is important even if you don't want to.

## **Persistent**

You keep trying even if you fail.

## **Notice others**

You think of how others might be feeling.

## **Notice myself**

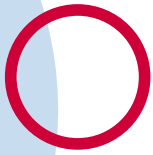
You notice how you are feeling and how that makes you behave.

## **Assertive**

You are able to say things in a strong, clear and fair way.

## **Good listener**

You listen to others ideas and how they feel.



**Cards**

How does it rate? (Labels)



**Love it**



**Like it**



Cards: **How does it rate? (Labels)**



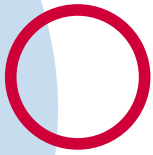
3

**Unsure**



4

**Don't like it**



## Images

# Same but different



27

**Going to the movies**



28

**Broccoli**



**Chocolate**



29

**Cleaning**

○ Images: **Same but different**



30

**Eating ice cream**



31

**Homework**



32

**Lego**



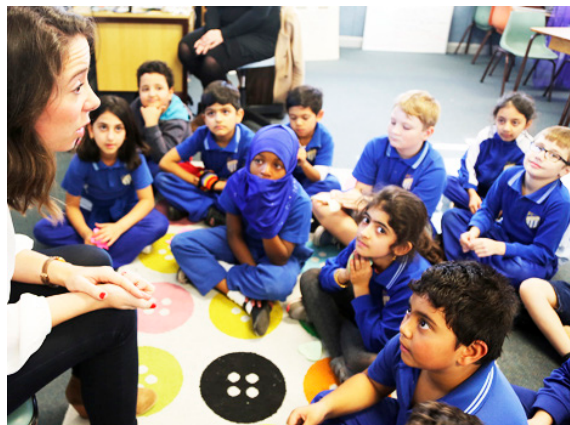
33

**Patting a dog**



34

**Playing online**



**School**



Images: **Same but different**



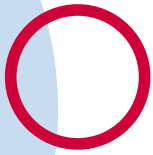
26

**Stuffed toys**



35

**Swimming at the pool**



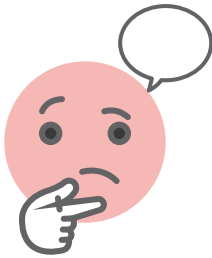
## Worksheet

# See, Think, Wonder



**See**

What do you see?



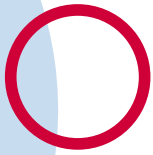
**Think**

What do you think  
is going on?



**Wonder**

What does it make  
you wonder?



**Worksheet**

Number cards (1 – 10)



5

**1 bike**



6

**2 pets**



7

**3 shoes**



8

**4 balls**

○ Cards: **Number cards (1 – 10)**



**5 hoodies**



**6 beanies**



**7 family members**



**8 awards**



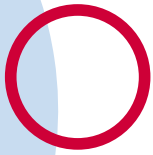
Cards: **Number cards (1 – 10)**



**9 toys**



**10 books**

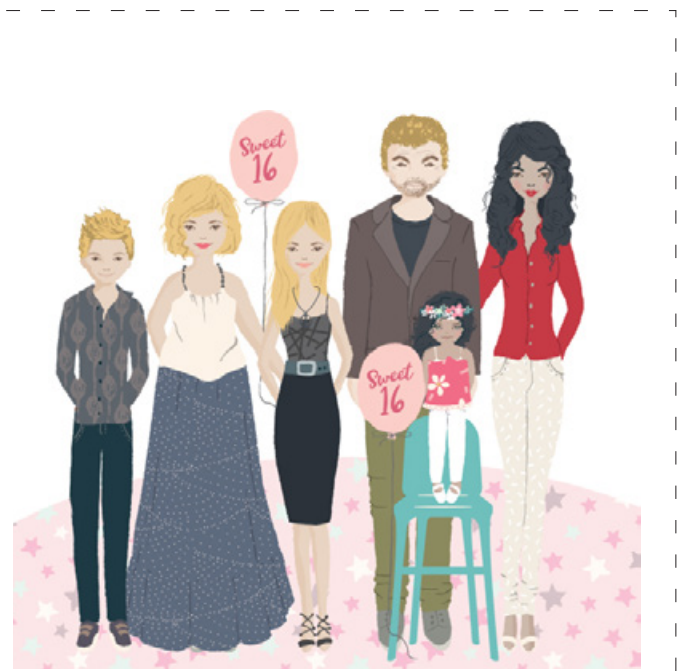


## Images

# Different types of families



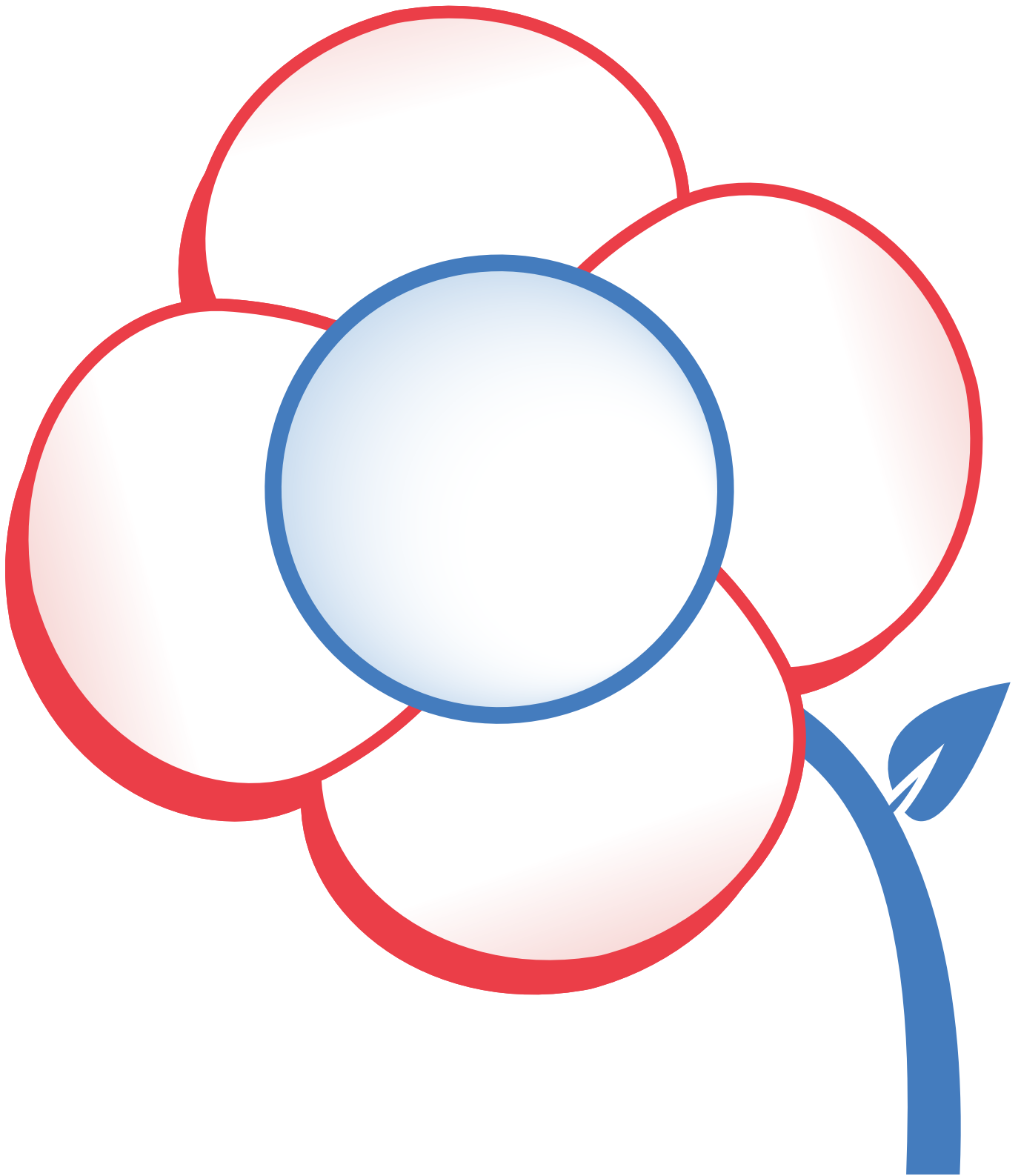
Images: **Different types of families**



Images: **Different types of families**

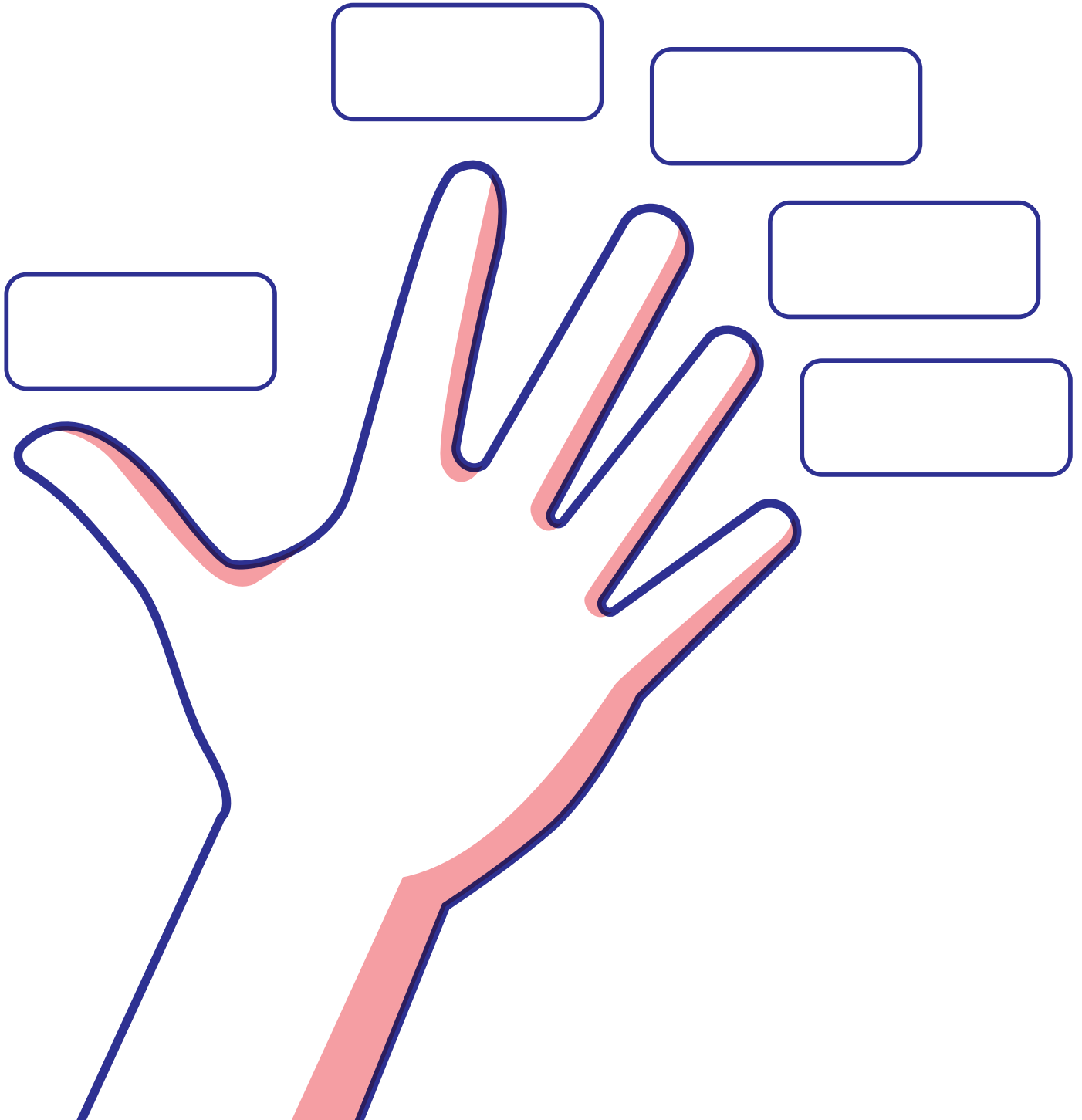


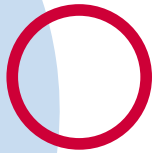




 Images: **Support network templates**

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**Cards**

Yes, sometimes, no and uncertain



2

**Yes**



14

**Sometimes**



Cards: **Yes, sometimes, no and uncertain**



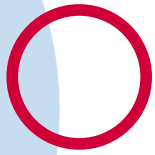
4

**No**



3

**Uncertain**



# Images Babies







**Cards**

**Body signals**



17

**Butterflies in your tummy**



18

**Quick breathing**



19

**Racing heart**



20

**Shaky knees**



21

**Cold-shivery body**



22

**Squirmy tummy**



23

**Sweaty hands**



24

**Warm body**



## Images

# Soft animal toy



○ Images: **Soft animal toy**



## Cards

# Safe and unsafe touch situations

As a class read through the safe and unsafe situation touch cards. Work together to sort the situations into safe and unsafe.

**Georgie likes to stay at her cousin's house with her little cousins. Georgie's older cousin loves playing soccer. When Georgie plays too, her cousin kicks the ball really hard at her. Georgie asks her cousin to kick it softer but her cousin keeps doing it and says it's part of the game and she has to get used to it.**

**Jenson loves reading books. Every night he reads to his Dad. He sits on his Dad's lap as he reads, and his Dad puts his arm around him. Jenson loves reading time.**

**Jesse catches the bus home from school every day. When Jesse is waiting in line to catch the bus another student stands in the line in front of him. When Jesse asks this student not to push in, they push Jesse.**

**Zane's uncle visits often. He makes Zane sit on his lap and read his home reader. Zane doesn't like sitting on his uncle's lap to read but his uncle won't let him go.**



Shontelle fell over in the playground and hit her head. Her friends help her to the sick bay. The teacher there checks Shontelle's head and applies an icepack.

Maya goes to tennis coaching. Her coach shows her how to hold her tennis racquet. Sometimes her hands are in the wrong place on the racquet and her coach needs to move them.

Shaun's sister is younger than him. They were playing a game together but when Shaun won the game his sister got angry at him. She started kicking and punching him.

Xavier's friends have a special greeting they use when they see each other. It includes a high five, fist pump and a pat on the back.

Sebastian and his Mum are playing together. His Mum grabs him and starts tickling him. He laughs and tries to tickle her back.

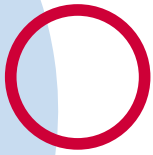
Carly's parents have their friends over for parties and barbeques all the time. She doesn't like one of her parent's friends that comes over. He comes into her room and makes her give him a kiss goodnight. Carly only likes kissing her Mum and Dad goodnight.



Cards: **Safe and unsafe touch situations**

Sienna was playing with her friends at school. Her friend Josie wanted Sienna to only play with her and no one else. Josie grabbed Sienna's arm, squeezed it really tight and tried to pull Sienna away from the group.

Meeka goes to her Dad's three nights a week. She misses her Dad when she doesn't see him. When she's there she gets as many hugs from her Dad as she can.



Cards

Touch flashcards

who

touch

what

how

when



## Cards

# Secrets

As a class read the secrets cards and sort them into either a secret you should keep or a secret you shouldn't keep.

### Card 1

Mum and Dad find out that Mum is going to have a baby. Everyone is very happy. They don't want you to tell anyone yet. They have told you not to tell anyone until just before the baby is born.

### Card 2

The music teacher at school is leaving. Everyone will miss him. Your class is planning a farewell party for him. They don't want him to find out yet.

### Card 3

You stay at your friend's house. The older brother asks you to take your clothes off and have a bath with him. He tells you that you must never tell anyone or you'll be in trouble.

### Card 4

Everyone in your family likes the lady next door. She is kind and gives your family lemons from her tree. Mum and Dad say that she is a bit strange because she talks to her tree. They have told you not to tell your friends about this.



## Card 5

Your friend from school is sick. You all make a card and the teacher sends it in the mail. If you see your friend before he gets it, you can't tell him about the card.

## Card 6

Your Grandad's favourite drink is pink lemonade. Everyone in your family thinks this is funny. Your Grandad laughs about it too. When it is 'pink' day at school your family asks you not to talk about it at news time.

## Card 7

When your Dad gets angry, he often hits you. Mum and Dad have told you never to tell.

## Card 8

Your coach often touches the private parts of your body when you are training. The coach does this to your friends too. The coach has threatened to stop coaching your team if anyone ever tells about this.



**Cards**

# Yes and no feelings

## No feelings



36

**Angry**



37

**Confused**



38

**Disgusted**



39

**Frightened,  
afraid, scared**




40

**Frustrated**



41

**Grumpy**

 Cards: **Yes and no feelings**



42

**Hurt**



43

**Lonely**



44

**Nervous**



45

**Shocked**



46

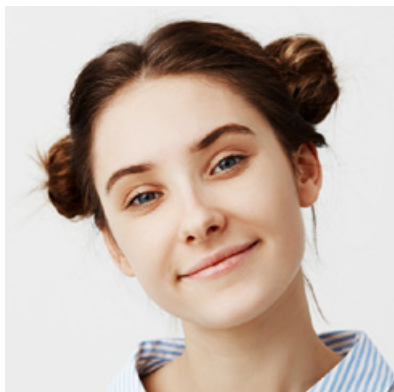
**Unhappy, sad**



47

**Worried**

**Yes feelings**



48

**Peaceful, calm**



49

**Excited**



50

**Happy**



Cards: **Yes and no feelings**



51

**Loved, safe**



52

**Proud**



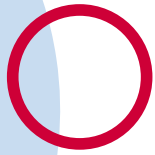
53

**Shy**



54

**Surprised**



## Teacher notes

## Definition match

As a class match the words to their definition.

abuse	When someone does something on purpose to make someone else feel hurt or harm or to put them in danger.
body signals	A message our body gives us when we feel safe or unsafe.
bullying	When someone's behaviour hurts or harms someone on purpose and it keeps happening.
harm	Injury or damage to someone or something.
No-Go-Tell	Steps children can use when they feel No feelings or are feeling unsafe.
No feelings	Feelings we get when we feel unsafe or uncomfortable.
respect	Being caring and kind and thinking and acting in a way that shows others you care about them and their feelings
secrets	Something that not everyone knows.
strengths	Tasks or actions that you do really well and find easy to do.
support network	People that we trust will help us when we need it.
Yes feelings	Feelings we get when we feel safe and comfortable.



**Cards**

# Definition match

Match the word with its meaning.

<b>abuse</b>	<b>no feelings</b>
<b>body signals</b>	<b>respect</b>
<b>bullying</b>	<b>secrets</b>
<b>harm</b>	<b>strengths</b>
<b>no-go-tell</b>	<b>support network</b>
<b>yes feelings</b>	



**When someone does something on purpose to make someone else feel hurt or harm or to put them in danger.**

**Steps children can use when they feel No feelings or are feeling unsafe.**

**A message our body gives us when we feel safe or unsafe.**

**Feelings we get when we feel unsafe or uncomfortable.**

**When someone's behaviour hurts or harms some-one on purpose and it keeps happening.**

**Being caring and kind and thinking and acting in a way that shows others you care about them and their feelings**

**Injury or damage to someone or something.**

**Something that not every-one knows.**



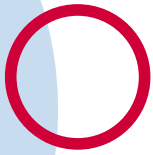
Cards: **Definition match**

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**Tasks or actions that you do really well and find easy to do.**

**Feelings we get when we feel safe and comfortable.**

**People that we trust will help us when we need it.**



## Cards

# What would you do?

Read the scenario on each card. After each card ask students to think about the strategies they have learnt that could help them to respond in each situation.

**Oliver's parents are going out for dinner and Oliver's babysitter is coming over to look after him. Last time his parents went out the babysitter touched Oliver's private parts. What would you do if you were Oliver?**

**You are staying at your friend's house. After dinner you and your friend go to have a bath. Your friend's older brother comes in and watches you. He tells you that you must never tell anyone or you will be in trouble. What would you do?**

**Stella was hiding in her room. Her mum was very angry and was screaming bad words. Stella's mum had hit her hard across the face and told her she wished she wasn't there. What would you do if you were Stella?**

**Bindi and Charli are online gaming friends. They have been chatting for a while. Charli notices that Bindi has been saying really mean things to another online friend. This starts to happen every time they are online. One day Bindi tells their other friend that they can't play the game with them today because they can't play properly. What would you do if you were Charli?**

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