

## **Policy on the Stay Safe Programme**

### **Kilmaley N.S.**

Kilmaley N.S. Teaches the Stay Safe Programme, a teaching package designed for use in Irish primary schools. It was researched and developed by the Child Abuse Prevention Programme. The principal aim of the programme is to prevent both physical and sexual abuse of children.

Under Child Protection Guidelines all schools are obliged to teach the Stay Safe programme. The Stay Safe Programme has been updated and from the 2017/2018 school year onwards the new Stay Safe Programme will be implemented.

Stay Safe is taught as part of the SPHE (Social Personal and Health Education) curriculum and as per best practice recommendations it will be taught on a rolling two year cycle in the second term of the year. In alternate years the RSE (Relationships and Sexuality Education) programme will be

taught.

- **Aims:**

- The aims of the Stay Safe programme is to reduce vulnerability to child abuse and bullying. The programme develops children's ability to recognise, resist and report risk situations or abusive encounters.
- The Stay Safe programme teaches children prevention, while preserving their sense of the world around them as a basically safe and secure place. This approach allows children to exercise control, to be assertive, and enables them to seek help for any problem they may encounter.
- The programme teaches simple strategies for dealing with various potentially dangerous situations and children are given the opportunity to practise these strategies in the classroom. Thus, the concepts are translated into skills which become part of the child's repertoire of self-protective behaviour.
- Parallel to the development of safety strategies must be the nurturing of self-esteem, confidence building and help in identification and expression of feelings which are integral elements in the broader SPHE curriculum

- **Content:**

Children from Junior infants to sixth class participate in formal lessons on the Stay Safe Programme.

The Stay Safe programme is developmentally tailored and contains four sets of lessons suitable for Infants, 1st & 2nd classes, 3rd & 4th classes, and 5th & 6th classes. This approach is compatible with the structure of the SPHE curriculum. The lessons plans are divided into the five Stay Safe Topics:

- Feeling Safe and Unsafe
- Friendship and Bullying
- Touches
- Secrets and Telling
- Strangers

Content for Stay Safe -SPHE linking to revised Stay Safe Strands Strand Units - more detailed in PDST making the links booklet

**Myself** Self-identity, Taking care of my Body, Safety and Protection, Growing and Changing, Making decisions (3rd – 6th)

**Myself and others** my friends and other people, myself and My Family, Relating to others

**Myself and the wider world** Media Education, Developing Citizen

**Guidelines:**

Help children to identify and express safe and unsafe feelings.

Teach children safety skills for dealing with common unsafe situations like getting lost.

Encourage children to value friendship and to teach them skills for making and keeping friends.

Teach children that it is not acceptable to bully others.

Encourage children to value and enjoy safe age appropriate affection.

Teach children how to deal with an unsafe or an inappropriate touch.

Teach the rule – never to keep secrets about touching.

Help children to recognise the difference between a good secret and a bad secret.

Help children identify the adults they could tell if they had a bad secret and to give them the opportunity to practise telling.

Clarify for the children who strangers are.

Give children safety strategies for dealing appropriately with strangers.

## **Parents /Guardians**

Parents / guardians are informed at enrolment that Kilmaley N.S. teaches the stay safe programme.

Also where possible parents will be reminded in advance of commencement of lessons by way of the school app/ letter attached/ below.

Parents are invited to contact the school if they have any queries or concerns about their child's participation in the programme.

Parents can familiarise themselves with the content of all Stay Safe lessons at [www.staysafe.ie/teachers/resources.htm](http://www.staysafe.ie/teachers/resources.htm) and [www.pdst.ie/staysafe](http://www.pdst.ie/staysafe)

Parents/Guardians are encouraged to become involved by discussing each lesson with their child and helping their child to complete each worksheet based on the lessons in the programme.

information.

In the event that a parent withdraws their child from the Stay Safe Programme a written record of their reasons for doing so will be kept on file.

## **Staff**

Staff will be facilitated to attend CPD training in the revised Stay Safe programme.

Pdst website for updates and resources

## **Letter for stay safe**

Dear Parent,

We are planning to teach a personal safety education programme called Stay Safe over the next few weeks. The aim of the Stay Safe programme is to teach children personal safety skills so they can look after themselves in situations which could be upsetting or dangerous. It deals initially with common situations which most children will experience at some stage or other, e.g. getting lost or being bullied. The programme also teaches children the safety skills necessary to protect themselves from physical or sexual abuse and emphasises the importance of telling a trusted adult about any problems they have. The Stay Safe programme is part of the Social, Personal and Health Education curriculum which all primary schools are required to implement. Co-operation between parents and teachers is essential to the success of this programme. It is important that parents are aware of the content of the Stay Safe lessons and are able to discuss the lessons with their children. Your child may bring home worksheets which will inform you on the topics being covered in class and how you can reinforce the messages at home. You can familiarise yourself with the content of the Stay Safe lessons at [www.staysafe.ie/teachers/resources.htm](http://www.staysafe.ie/teachers/resources.htm). Please contact the school if you wish to discuss the programme further.

Thank you for your co-operation,

### **Ratification :**

This plan for stay safe was ratified by the B. O. M. and will be reviewed on a regular basis.