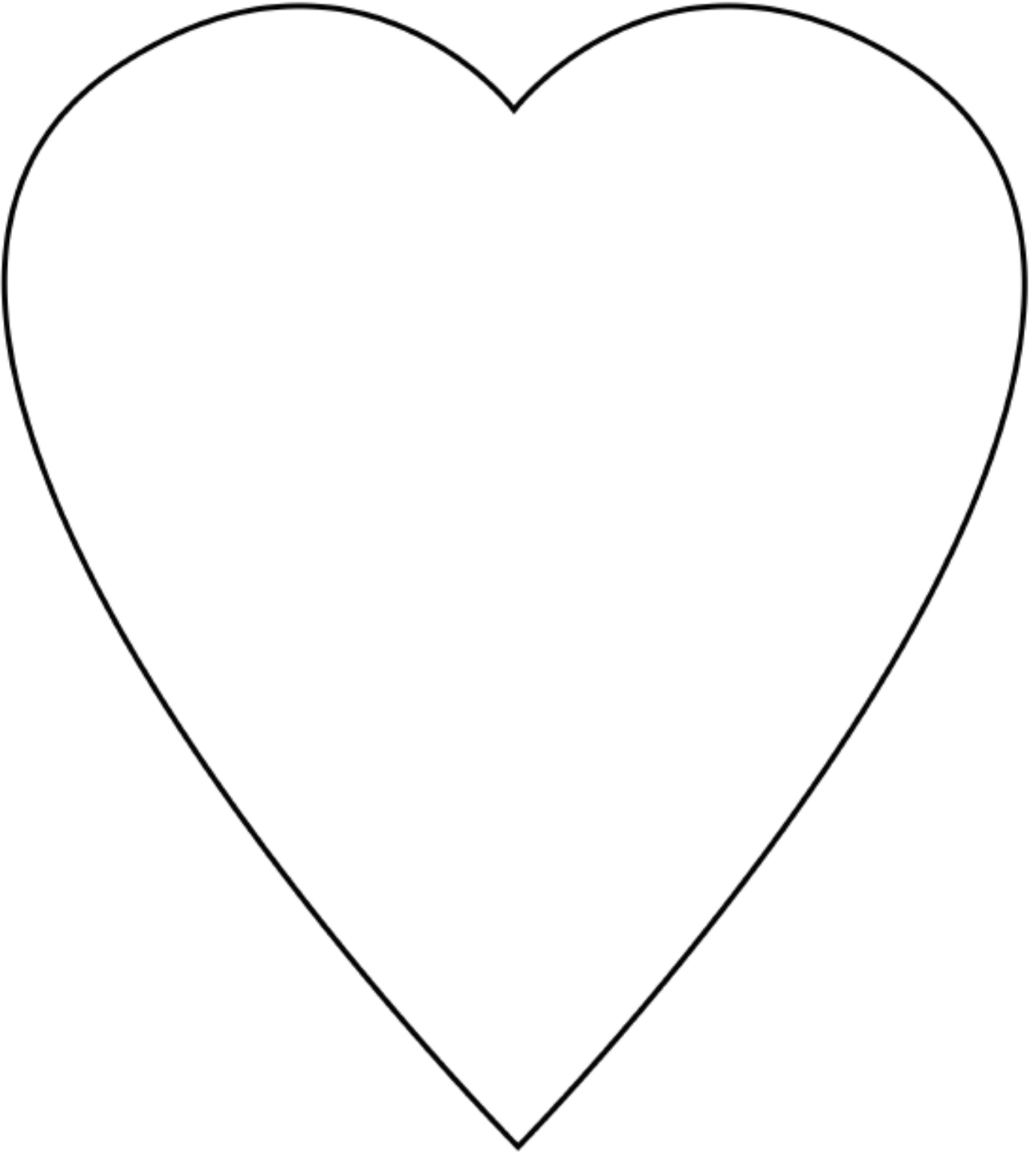


ACTIVITIES PLAN

The following activities would suit Early Learning and lower primary levels, however there's no reason why the whole school couldn't get involved. Have fun!

ACTIVITY 1: Show Your Heart to Protect Kids		
<p>Description:</p> <p>Photocopy and give each child in your class a heart-shape template.</p> <p>Have them write their name and/or draw/paint a self-portrait inside the heart.</p> <p>Cut out the hearts and display in the classroom or around the school so that they can be shared with the wider school community.</p>	<p>Personal safety message /discussion questions:</p> <ul style="list-style-type: none"> Protecting children is everyone's job - we all have to look out for each other. How can we help to look after each other? If we see that a friend is sad or needs help, what can we do? Who can we go to for help? 	<p>Resources:</p> <ul style="list-style-type: none"> Heart-shape template (Appendix 1) Pencils/crayons/textas/paint for decorating String or ribbon (option to use when displaying hearts)
ACTIVITY 2: Ditto's Helper Plan		
<p>Description:</p> <p>This activity will help the children identify their support network.</p> <p>Ask the children if they can name an adult who makes them feel safe. Explain that a person who makes us feel safe is a person we can trust.</p> <p>You can use the following definition for trust:</p> <p><i>Trust is something we feel when we know somebody will do the right thing to protect us, help us, support us, or care for us and we feel safe.</i></p>	<p>Personal safety message /discussion questions:</p> <ul style="list-style-type: none"> Safe adults are people we can trust that we can go to if we need help. What makes you feel safe? Who makes you feel safe? 	<p>Resources:</p> <ul style="list-style-type: none"> Ditto's Helper Plan worksheet (Appendix 2) Coloured pencils/textas

<p>Give each child a copy of the Ditto's Helper Plan worksheet. Help them to identify four trusted adults to put on their Helper Plan. These trusted adults could be a teacher, family member, coach, etc.</p> <p>Encourage them to take their Helper Plan home and discuss with parents/guardians.</p>		
ACTIVITY 3: Ditto's 3 Rules		
<p>Description:</p> <p>Make copies of the Ditto 3 Rules worksheet.</p> <p>Explain to the children that Ditto has 3 rules to help us keep safe:</p> <p>RULE 1) We all have the right to feel safe with people: Kids have the right to feel safe and secure where they live, play, and learn with the people that surround them.</p> <p>RULE 2) It's OK to say 'NO' if you feel unsafe or unsure: It's OK to stand up for yourself and to say 'no' if something doesn't feel right/unsafe.</p> <p>RULE 3) Nothing is so yucky that you can't tell someone about it: Even if something seems scary or terrible, it's important to tell a trusted adult.</p> <p>Encourage children to take home their completed worksheets and discuss with parents/guardians.</p>	<p>Personal safety message /discussion questions:</p> <ul style="list-style-type: none"> • Children have a right to feel safe and speak up if something makes them feel unsafe or 'yucky'. 	<p>Resources:</p> <ul style="list-style-type: none"> • Ditto's 3 Rules worksheet (Appendix 3) • Pencils/crayons/textas/paint for decorating



Bravehearts Day

Ditto's Helper Plan



To fill in this Helper Plan, use the names of people that make you feel safe.



Who can help?

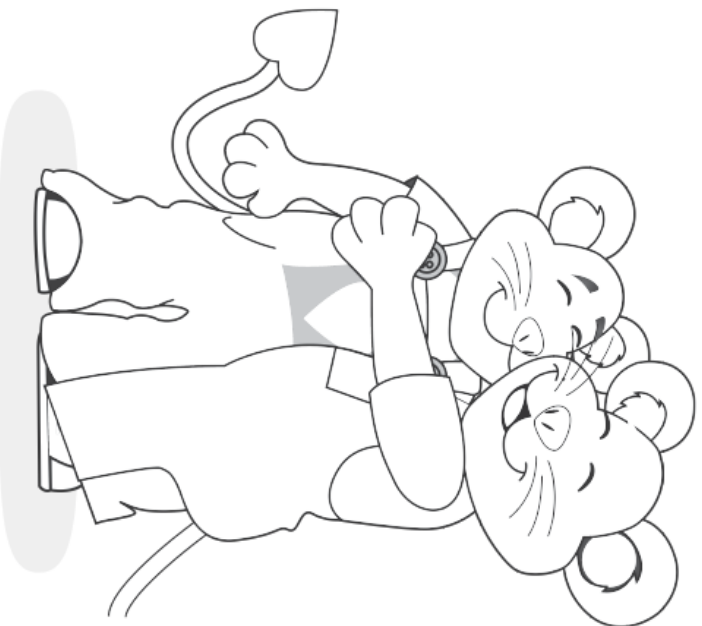
Bravehearts - 1800 272 831

Kids Helpline - 1800 55 1800

Police (Emergency) - 000

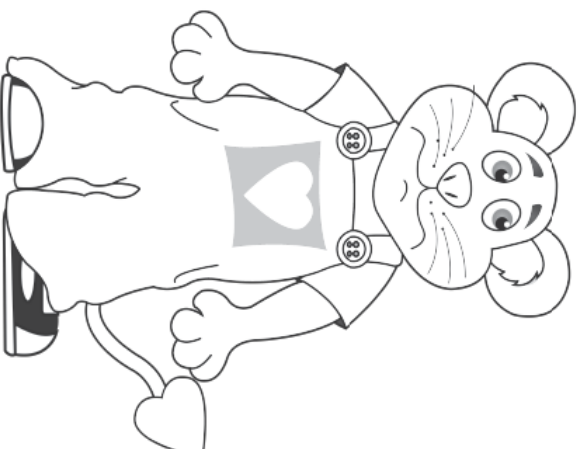
Ditto's Rule 1

We all have the right
to feel safe with people.



Ditto's Rule 2

It's ok to say 'NO'
if you feel unsafe or unsure.



Ditto's Rule 3

Nothing is so yucky that
you can't tell someone
about it.

