

How does the school get *Confident Kids*?

The school should contact their local police education officer through the nearest police station to view the programme and for help with planning.

The classroom teacher operates the programme in their class, although they may approach the police education officer to see what support they might be able to offer.

How can parents and caregivers support *Confident Kids*?

Parents and caregivers can support the programme by:

- Talking with their children about how *Confident Kids* is going.
- Reinforcing the messages that the school is giving about safety.
- Practising the safety skills with their children.
- Setting safety guidelines for the family.
- Praising their children and helping them to be confident.
- Respecting children's feelings and listening to them carefully.



Safety Skills to complement
Keeping Ourselves Safe
and *Kia Kaha*
in the Primary School



AN INFORMATION PAMPHLET FOR
TEACHERS & PARENTS/CAREGIVERS

PUB-L238



www.police.govt.nz/service/yes



www.kidpower.org.nz

What is the aim of **Confident Kids**?

To give children opportunities to practise safety skills that they will use in their interactions with other people, when out and about or with people they know. This provides the practical component of **Keeping Ourselves Safe** (the Police child abuse prevention programme) and **Kia Kaha** (the Police anti-bullying programme).

Why is **Confident Kids** needed?

New Zealanders are concerned about the levels of both abuse and bullying in our society. For the year ending June 2003 Child Youth and Family received 31,781 notifications of child abuse and neglect. Abuse occurs in all communities and bullying occurs in almost all schools. Any child can be a victim. The abuse of children is unlawful and children who are abused or bullied are less likely to reach their full potential as individuals. So all children need to be taught these skills so that they can avoid and/or report abuse and bullying.

What are the main outcomes of **Confident Kids**?

Children will be able to:

- Recognise potentially unsafe situations involving other people.
- Take responsibility to keep themselves and others safe.
- Set safe boundaries when interacting with other people.
- Deal appropriately with words that hurt them.
- Be able to talk about what worries them and get help.

What are the Essential Safety Skills?

Children will learn 5 Essential Safety Skills.

- 1 They will be confident and alert.
- 2 They will set boundaries with other people, such as how close they can get.
- 3 They will take charge in a situation, for example making sensible choices and asking before they go with anyone.
- 4 They will protect themselves, for example by yelling and using their bodies to protect themselves.
- 5 They will get help, for example by going to where they feel safe and telling an adult they need help.

Children will practise these skills in the safety of their classroom until they can do them instinctively.

