

Updated February 2023

## Stay Safe Programme

The Stay Safe programme is the primary resource used in this school to provide education for children on abuse prevention. The programme is taught as part of the schools' SPHE curriculum under the strand unit Safety and Protection.

### Aims

- To give children the power to recognise, resist and report abuse
- To equip teachers and parents with the knowledge and skills necessary to protect the children in their care
- To help prevent child abuse by teaching children safety skills
- To increase community awareness thus rendering children less vulnerable to abuse of all kinds
- To enhance children's self-esteem

### Content

The Stay Safe programme consists of a teaching package which includes a user's handbook, worksheets, a video and a parent guide.

The Stay Safe programme is a personal safety skills programme for primary schools taught in the context of social, personal and health education. The aim of the programme is to reduce vulnerability to child abuse and bullying through the provision of personal safety education for children. It is developmentally structured to enable primary school teachers to deliver an abuse prevention education that addresses personal safety issues such as physical, emotional and sexual abuse as well as bullying and stranger danger. The importance of building confidence and self-esteem and developing assertiveness and strong clear communication is emphasised throughout the programme. Children are taught that it is not their fault if they are bullied or abused.

In the Stay Safe programme, children learn the following:

- About Feelings: To recognise the importance of feelings; how to express them appropriately and, in particular, to recognise unsafe feelings
- About Friendship: Making and keeping friends and the value of friendship
- About Bullying: What bullying is; strategies for dealing with bullying behaviour, and that it is never acceptable to bully others
- The importance of building confidence and self esteem
- How to identify and deal with inappropriate or unsafe touch
- That it is ok to say 'no' to an adult in a situation where they feel unsafe, threatened or frightened
- To identify trusted adults whom they should tell if they are feeling frightened, threatened, worried or unsafe in any way
- To understand how someone might bribe, trick or threaten them to keep a secret
- It is never their fault if they are victimised or abused
- That they should never go anywhere with or take anything from a stranger
- Appropriate language for telling

- The Stay Safe rules: Say No, Get Away and Tell, Never keep secrets about touch, Never go anywhere with or take anything from a stranger.

All primary schools are required to fully implement the Stay Safe programme (DES circular 65/2011) within the context of the SPHE curriculum. The programme should be taught in its entirety over one school year. Each topic builds on the learning from the previous topic, therefore teachers should ensure that the topics are taught consecutively, beginning with Topic 1 and working through to Topic 5. Teachers will endeavour to work through the programme in one block as recommended in the Stay Safe Teacher's Guide.

In our school the Stay Safe programme will be taught to all children on a two year spiral –

Year 1 – Full Stay Safe programme

Year 2 – Revision of chosen topics

Year 1	Year 2
Feeling Safe and Unsafe	
Friendship and Bullying	
Touches	Touches
Secrets and Telling	Secrets and Telling
Strangers	

### Current Practice

- The formal lessons of the Stay Safe programme will be taught every year in all classes. (See table above)
- The programme is taught early in term 2 of the school year.
- Parents are notified by letter that the Stay Safe programme will be taught, and are invited to discuss any concerns they may have concerning the programme with the class teacher
- The lesson plans are followed, concepts are introduced gradually and each new lesson builds on the previous material
- Worksheets are completed in school and are then sent home so that parents can discuss the content with the child
- Children are involved in role play to practise the skills outlined in the lessons
- Themes from the programme are incorporated into other areas of the curriculum e.g. drama, art etc
- Teachers let children know that they will be available after class or at break time if children wish to discuss something of a confidential nature
- All staff (teachers, SNAs, ancillary, secretarial, caretaking etc.) in this school will follow the recommendations for reporting concerns or disclosures as outlined in the school's policy on Child Protection..

### Success Criteria

The school judges the effectiveness of the Stay Safe programme by observation, by feedback from teachers and parents.

Review

This document will be reviewed every 2 years along with the school policies on SPHE and RSE.

Ratified by the Board of Management on \_\_\_\_\_

Signed \_\_\_\_\_  
Chairperson, Board of Management