

### Stay Safe Discussion Topics

When we return to school, we will be covering the Stay Safe programme with each class. As the children may not have covered the Stay Safe programme in school this year, we recommend having the following discussions with you child/children. The central message in the Stay Safe programme is **'Say No, Get Away, Tell Someone'** (a trusted adult).

Date	Topic	Discussion Prompts
Monday, 15 <sup>th</sup> June	Feeling 'safe' and 'unsafe'	<ol style="list-style-type: none"><li>1. Discuss with your child times when they feel safe and unsafe and ask him or her to give you examples.</li><li>2. Talk to your child about the rules he or she should follow if lost (if in a place of business ask a member of staff for help/if in an outdoor space stay where you are, do not wander) or if a stranger calls to the door or on the phone (get an adult straight away). Young children should not be answering doors/phones.</li><li>3. Encourage your child to tell an adult about any situation in which he or she feels unsafe, upset, confused or worried.</li></ol>
Tuesday, 16 <sup>th</sup> June	Friendship and Bullying	<ol style="list-style-type: none"><li>1. Talk to your child about the importance of friendship.</li><li>2. Explain what bullying is: "Bullying is when someone hurts or upsets another person on purpose more than once". If someone is mean and hurtful more than once, deliberately causing upset it is called bullying. When this happens online we call it cyberbullying. It is not the same as when someone does something bad to us just once or when we have a fight with another child because we don't agree with them.</li><li>3. Discuss bullying with your child. Talk to your child about why he or she should always respect and never bully others. Bullying can be:<ul style="list-style-type: none"><li>• <i>Physical</i>: Hitting, pushing, shoving, pinching, tripping, etc., interference with a child's possessions, e.g. books, money or lunch, forcing another child to do something for the bully, such as homework, 'jobs'.</li><li>• <i>Verbal</i>: Name-calling, hurtful, insulting or humiliating remarks about a child's appearance, ability, family, gender, race or religion, spreading mean, hurtful or untrue gossip or rumours about an individual</li><li>• <i>Emotional</i>: Deliberately excluding or isolating a child, intimidation, belittling someone's efforts, ganging up on an individual.</li></ul></li><li>4. Ask your child if he or she has ever been bullied and remind your child of the Stay Safe rules: say 'No' - get away and tell. Talk about times when it is safe to say 'No' to a bully and get your child to practise saying 'No'. Stress that your child should never be ashamed or afraid to tell an adult, even if he or she has done something wrong. Ask your child to name some adults they can trust to tell something to. Telling a trusted adult about bullying is not telling tales, it is telling to</li></ol>

		keep yourself safe.
Wednesday 17 <sup>th</sup> June	Touches	<ol style="list-style-type: none"> <li>1. Talk with your child about the types of touches he or she likes and dislikes.</li> <li>2. Tell your child it's okay to say 'No' if an adult asks him or her to do something the child feels is dangerous or unsafe. Remind your child that it's okay to say 'No' if an adult touches him or her in a way that the child doesn't like - for example, some children don't like being tickled, hugged or kissed by some adults.</li> <li>3. Discuss with your child safe and unsafe touches. Tell your child never to keep any touch a secret and that he or she should always tell an adult. Explain to your child that if someone, no matter who they are, touches them on the private parts of their body for no good reason (eg medical issue), then they must use the safety rules we have – say no, get away and tell.</li> </ol>
Thursday, 18 <sup>th</sup> June	Secrets and Telling	<ol style="list-style-type: none"> <li>1. Talk to your child about secrets. Explain the difference between a good and a bad secret. Good secrets are like surprises. Bad secrets make children feel afraid, upset or unsafe, and may involve a threat or a bribe.</li> <li>2. Talk to your child about what they should do if somebody asks them to keep a bad secret. Emphasise that nobody has the right to make anyone keep a touch a secret, and that they should always tell an adult about a bad secret.</li> <li>3. Make sure that your child knows to come to you if he or she has a problem or is upset about something. Setting aside time to listen to your child is very important. Your child is more likely to come to you when they're worried or concerned about something if they know they'll be listened to. Listening and responding to children shows them you're interested in what they have to say and in their opinions.</li> <li>4. Discuss the importance of telling, and ensure your child knows that he or she should never be ashamed or afraid to tell if he or she has a problem. Help your child draw up a list of adults who could be approached for help. These should be people both you and your child trust and your child can easily contact. Explain that adults can be busy and sometimes may not properly 'hear' what's being said. Discuss what your child should do if the adult doesn't listen or understand.</li> </ol>
Friday, 19 <sup>th</sup> June	Strangers	<ol style="list-style-type: none"> <li>1. Discuss with your child the meaning of the word 'stranger'. It's important to stress that most strangers are nice people and that we sometimes rely on strangers in times of trouble but that, at the same time, there are rules children should always use with strangers.</li> <li>2. Ask your child what he or she would do in different situations with strangers, such as if a stranger asks your child for directions or offers your child a lift. Stress that it's not rude to refuse to talk to strangers if your child feels unsafe. Discuss with your child the general rules: say 'No' - get away and tell.</li> </ol>