PDHPE

Stage 2: Child Protection Education

# Resources

# My Right to be safe

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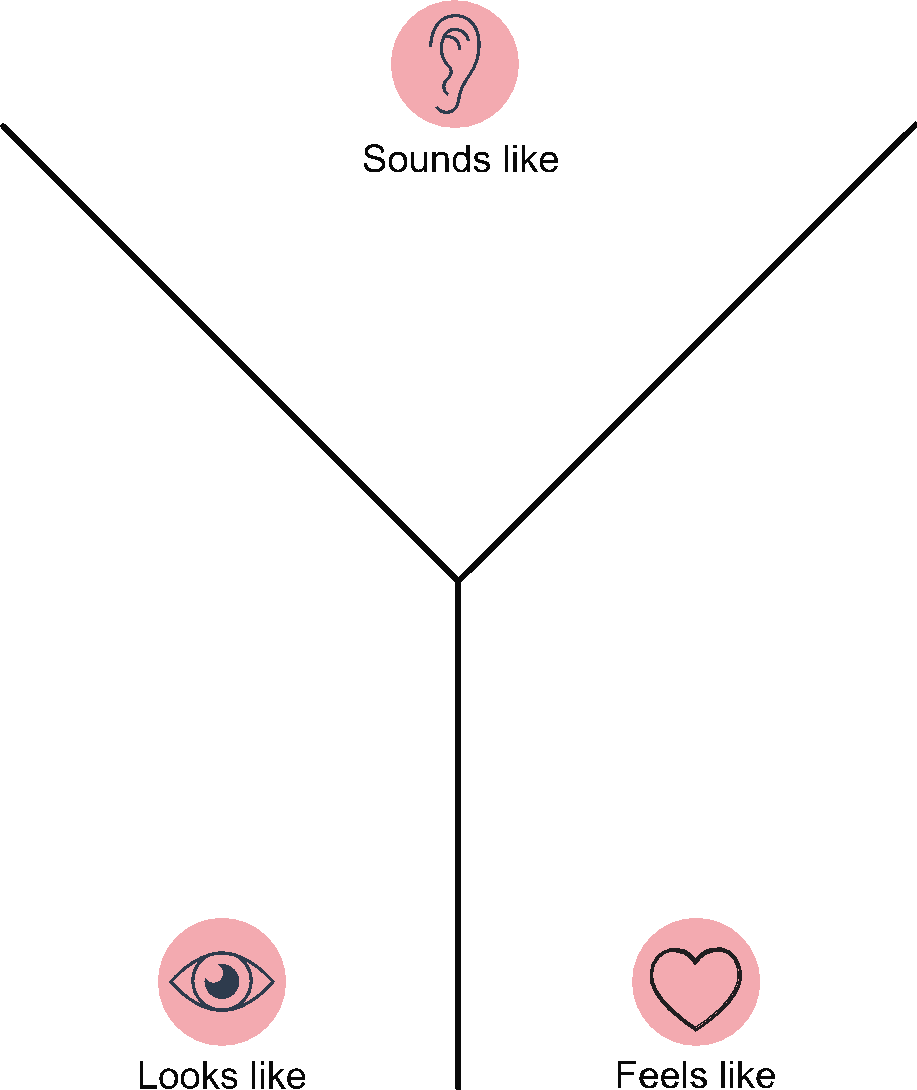
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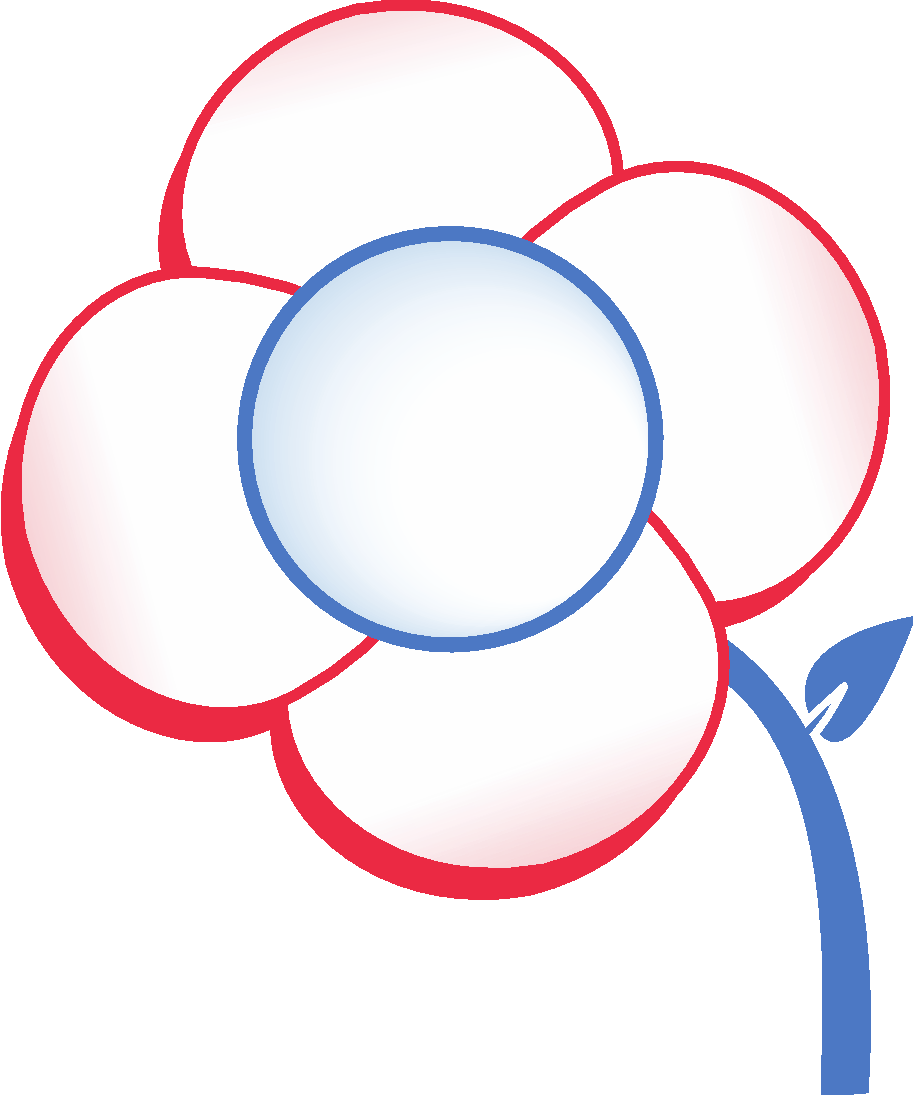
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## Worksheet: Y-chart

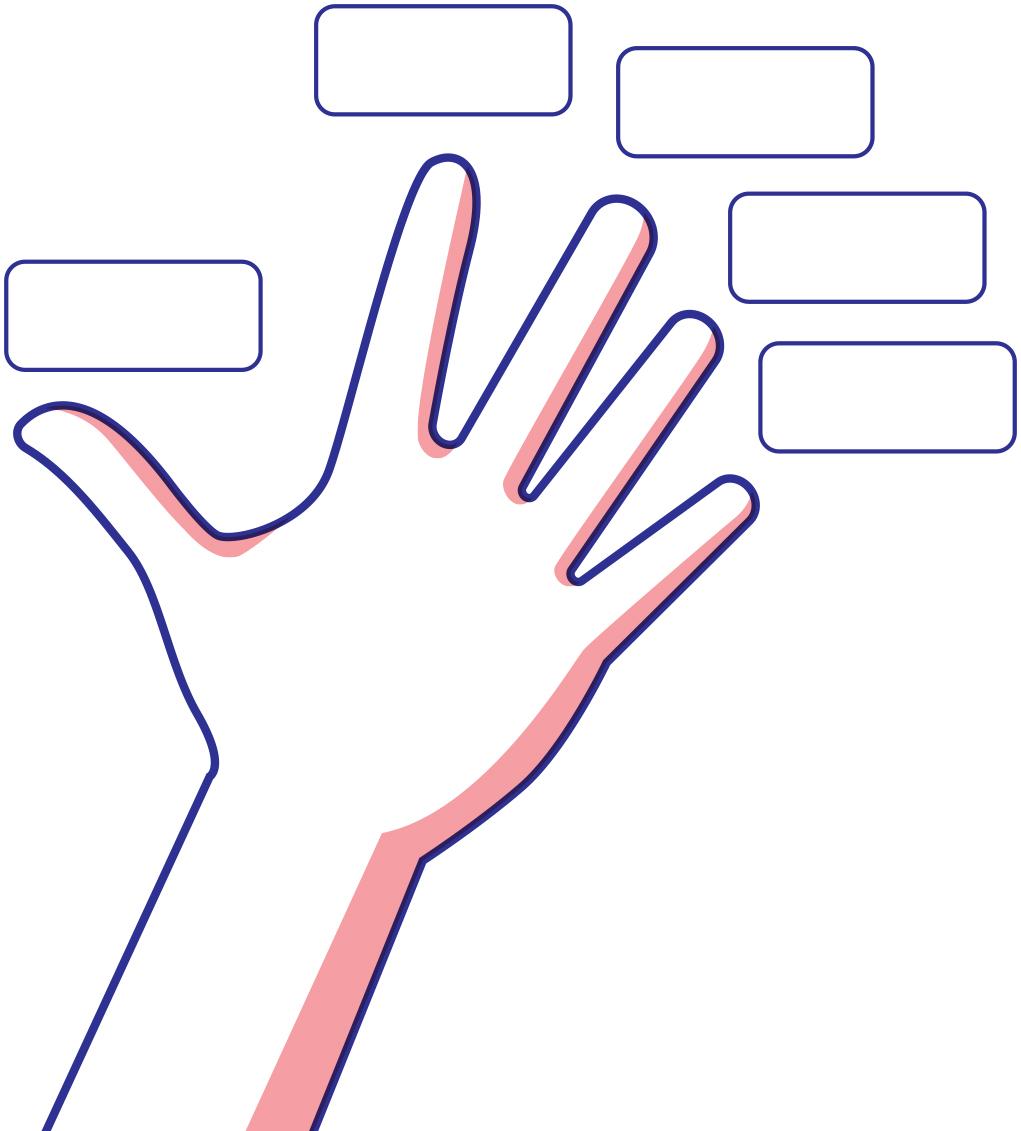


## Worksheet: My support network of adults

### Flower template



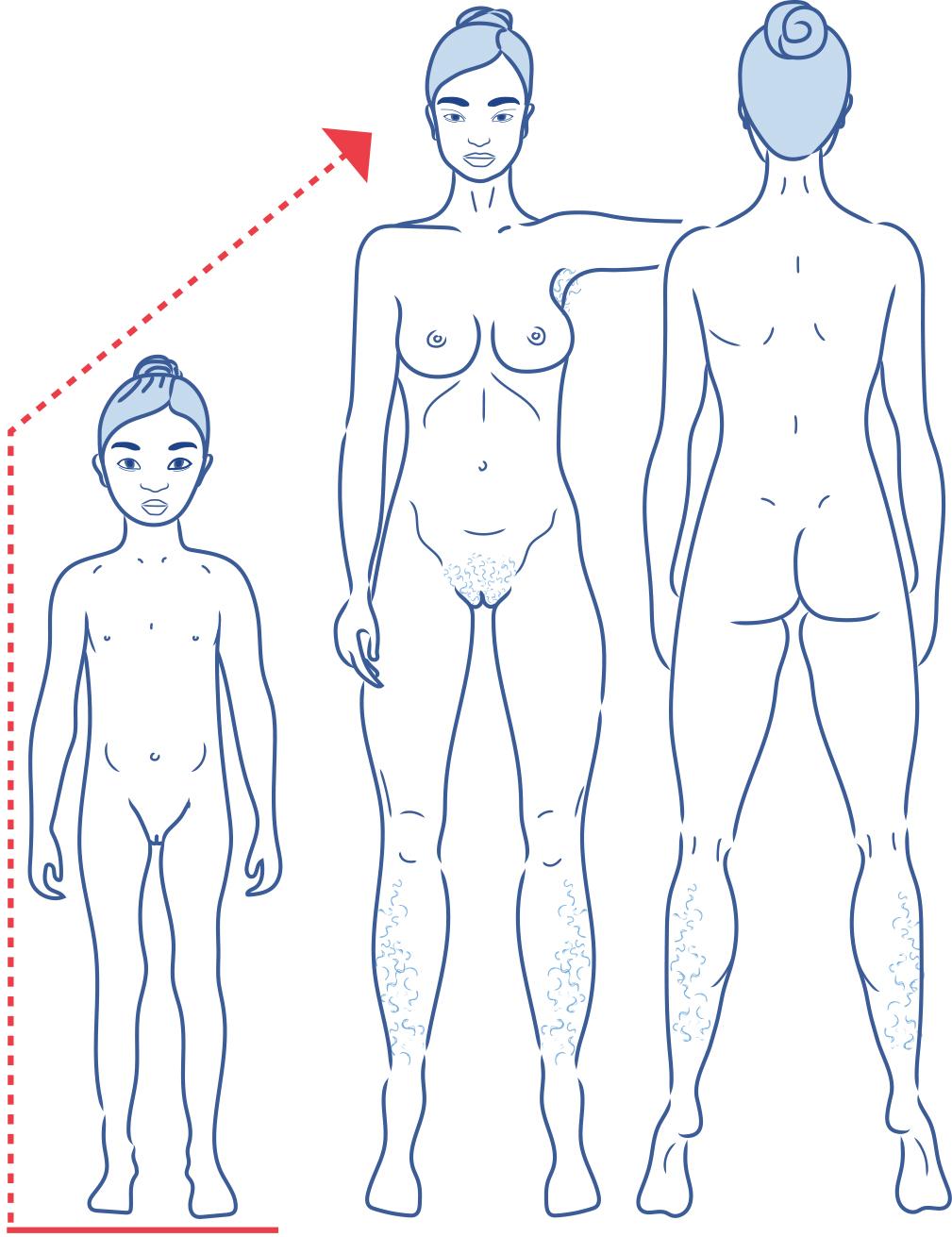
### Hand template

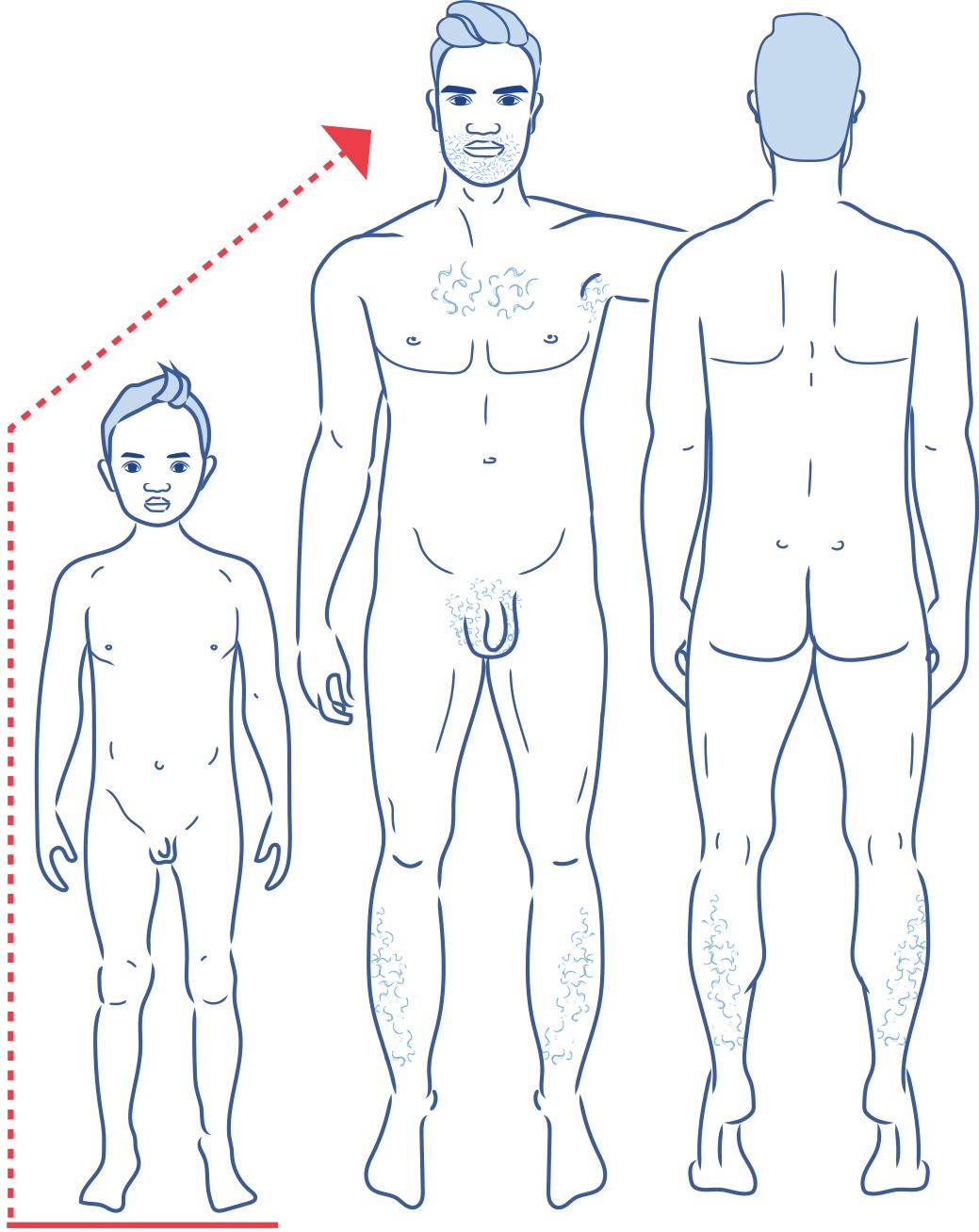


## Cards: Body parts

|  |  |  |
| --- | --- | --- |
| arms | ear | neck |
| elbows | eyes | thighs |
| face | feet | nipples |
| fingers | hands | breasts |
| head | knee | anus |
| legs | lips | bottom |
| mouth | nose | testicles |
| shoulder | toes | penis |
| vulva | vagina |  |

## Worksheet: Body outlines





### Body parts

|  |  |  |
| --- | --- | --- |
| Close-up of two arms, from the shoulder to the hands, belonging to a girl and a boy running on grass. | Close up of a teenage boy’s ear. | A close up of a girl with her arms folded in front and showing her elbows. |
| Arms | Ear | Elbows |
| A close up of a pair of brown smiling eyes belonging to a young girl. | A close up of a young girl’s face showing her eyes, nose and mouth. | A close up of a teenage girl in a crouch position with her heels touching and her toes bent outwards to the side. |
| Eyes | Face | Feet |
| A close up of a young person’s hand showing four fingers covered in red, yellow and black paint. | A close up of three different teenager’s hands held high in the air and silhouetted against the sky. | A close up of a girl’s head showing her blowing bubbles. |
| Fingers | Hands | Head |
| A close up of a young soccer player balancing a ball on top of his knee. | A close-up of two pairs of girl’s legs running next to each other on the grass. | A close up of a young girl’s mouth showing her lips in a smile. |
| Knee | Legs | Lips |
| A close up of a young girl’s mouth open wide showing her teeth and her tongue. | A close up of a young girl's nose showing the bridge and nostrils. | A close up of a teenage girl in a leotard showing her shoulder. |
| Mouth | Nose | Shoulder |
| A close up of a girl’s foot showing her toes peeping through her sandles. |  |
| Toes |  |

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## Worksheet: Feelings can change

Highlight the changing or mixed feelings the character may be feeling in each situation. Next to each situation record whether you think the character is safe or unsafe.

|  |  |
| --- | --- |
| Ellen was at the park with her friends. They were playing a game of soccer. Ellen’s team was behind. In the last minute Ellen kicked a goal and her team won. It was time to go home. Ellen was feeling proud. She said goodbye to her friends. She walked across the park. A group of three older kids sitting around the swings whistled and made fun of her. | \_\_ Safe  \_\_ Unsafe |
| Himal was at home by himself. His Father would be home soon. Himal let himself into the house and phoned his Mother at work to let her know he was home safely. Himal’s Mother told him she had a special surprise for him tonight. Himal felt happy and started to do his homework. Someone knocked loudly on the front door. Himal looked outside and saw a neighbour. His parents had told him not to open the door to anyone. | \_\_ Safe  \_\_ Unsafe |
| Kegan went to stay at his friend’s house. They were having a great time playing until his friend had a fight with him and started teasing him. | \_\_ Safe  \_\_ Unsafe |
| Natasha’s Mother is in hospital as she had a baby. Natasha wonders if her Mother is ok and if she will like the baby. When Natasha’s Mother brings the new baby home, Natasha holds the baby and the baby seems to smile at her. Natasha likes the new baby but her Mother spends so much time with the baby that she doesn’t have time to play with Natasha anymore. Natasha starts to think that her Mother likes the baby more than her. | \_\_ Safe  \_\_ Unsafe |
| Roland is laughing loudly. His Uncle is tickling him. His Uncle keeps tickling him and starts to wrestle him. Roland starts to feel uncomfortable. He wants the tickling and wrestling to stop. He asks his Uncle to stop but his Uncle ignores him. | \_\_ Safe  \_\_ Unsafe |
| Tina is starting a new school. She meets the Principal and her new teacher and then she goes to her new class. She sits in her new seat. She sees that she is sitting next to a boy that she has met before. They smile at each other. At lunch time Tina asks if she can play with some girls from her class. One girl says she can’t and that she should go and play with her boyfriend. Some of the other girls laugh. | \_\_ Safe  \_\_ Unsafe |

## No-Go-Tell image

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## Cards: Help-seeking situations

|  |  |
| --- | --- |
| Essie gets into trouble all of the time at home. Sometimes she doesn’t even know what she’s done wrong but her Mum always hits her hard with an old broom handle. It hurts so much sometimes she can’t sit down properly. | Sandi was playing in his room and his older brother keeps throwing things in his room and constantly annoying him. He has asked him to stop but he won’t listen and Sandi is getting really annoyed. |
| Kane’s babysitter has been babysitting him since he was little. His babysitter always gives him special cuddles and touches his private parts. | Alex catches the bus home from school every day. In the afternoons some kids from another school share Alex’s bus. One of these kids keeps bumping into Alex, pushing Alex and throwing things at Alex from behind. |
| A neighbour in Mia’s street stares at her when they ride past her. They are older than Mia and when they are with their friends they point at Mia and laugh. | Dani’s friend has told her that someone in his family touches his private parts. He has asked Dani not to tell anyone. |
| Archer got into trouble at school for something he didn’t do. One of his friends let him get in trouble for something they did and now it’s Archer’s word against theirs. | Milla’s Aunty comes over to visit regularly. When she sees Milla she makes her kiss her and she squeezes Milla’s bottom. |
| Two of Suni’s friends at school have had an argument and won’t talk to each other. They both want Suni to be their friend and not be friends with the other person. Suni feels like she can’t play with either of them without the other one getting angry at her. | Patrick lives with his Grandparents and they fight a lot. One day Patrick’s Grandfather got so angry he hit Patrick’s Grandmother. Patrick’s Grandfather told him if he said anything he would hit him too. |

## Cards: Body signals

|  |  |
| --- | --- |
| A mid-shot of a nervous teenage girl with both arms bent at the elbows, her hands placed at her shoulders with fingers crossed on both her hands. Superimposed over her belly is a view inside her stomach with colourful flying butterflies to indicate she is nervous.5 | A mid shot profile of a young boy with his mouth opened gasping for air. Symbols of swirls and arrows describe his inhaled and exhaled breath as fast.6 |
| Butterflies in your tummy | Quick breathing |
| A person posing for the camera  Description automatically generated7 | A full length shot of a young boy standing with his hands on his head and his eyes and mouth wide open. Squiggle lines near his knees indicate that he is shaking at the knees. 8 |
| Racing heart | Shaky knees |
| A mid shot of a young girl with a sad expression on her face, wearing a beanie and a scarf. Her arms are crossed tightly over her chest and her shoulders are hunched. Squiggly lines down the side of her upper arms indicate that she is shivering with cold. 9 | A mid shot of a young boy looking down with a sad expression on his face, his left hand is pressed against his tummy and his right arm is straight beside him. Superimposed over his belly is a view inside his stomach which is full of colourful wriggling worms indicating unrest. 10 |
| Cold-shivery body | Squirmy tummy |
| A head and shoulders shot of a young boy holding his right hand up with lots of droplets of water in his palm.11 | A young girl gazes upwards pressing her hand against her tilted forehead. He forehead is flushed red indicating pain.12 |
| Sweaty hands | Warm body |

## Cards: Secret scenarios

Read the scenarios and record your answer to the questions.

|  |
| --- |
| Dan was riding home from school when an older boy pushed his bike as he rode past. Dan fell off his bike. The older boy laughed and told Dan not to tell anyone or he would get him again.  Discussion questions:   1. What body signals might you feel with this secret? 2. Is this a happy secret or an unhappy secret? 3. What might happen if you tell this secret? 4. What might happen if you don’t tell this secret? 5. What would you do? |
| Zara’s Mum was organising a special night out for Zara’s Dad for his birthday. Zara’s Mum asked her to keep it secret.  Discussion questions:   1. What body signals might you feel with this secret? 2. Is this a happy secret or an unhappy secret? 3. What might happen if you tell this secret? 4. What might happen if you don’t tell this secret? 5. What would you do? |
| Samuel was playing a game online when someone asked if he could send them some photos of him. They said if Samuel sent a photo they would send him a new game for free.  Discussion questions:   1. What body signals might you feel with this secret? 2. Is this a happy secret or an unhappy secret? 3. What might happen if you tell this secret? 4. What might happen if you don’t tell this secret? 5. What would you do? |
| Freya caught the bus to school every morning. An older kid from another school started to take her hat. When she told them to stop they took her bag as well. When Freya got off the bus the older kid told her if she said anything they wouldn’t give her stuff back next time.  Discussion questions:   1. What body signals might you feel with this secret? 2. Is this a happy secret or an unhappy secret? 3. What might happen if you tell this secret? 4. What might happen if you don’t tell this secret? 5. What would you do? |
| Zen’s neighbour asked him to come inside because he’d bought him a new toy and wanted to give it to him. The neighbour said he couldn’t tell his parents that he had bought him a toy because they would be upset that he didn’t buy Zen’s sisters something as well.  Discussion questions:   1. What body signals might you feel with this secret? 2. Is this a happy secret or an unhappy secret? 3. What might happen if you tell this secret? 4. What might happen if you don’t tell this secret? 5. What would you do? |
| Koa was at the shops with his parents and saw a friend from school. His friend was buying a birthday present for one of their classmates and asked Koa not to tell them what they had bought.  Discussion questions:   1. What body signals might you feel with this secret? 2. Is this a happy secret or an unhappy secret? 3. What might happen if you tell this secret? 4. What might happen if you don’t tell this secret? 5. What would you do? |
| Emma’s dad is planning a surprise birthday party for her Mum. He told her not to tell her Mum.  Discussion questions:   1. What body signals might you feel with this secret? 2. Is this a happy secret or an unhappy secret? 3. What might happen if you tell this secret? 4. What might happen if you don’t tell this secret? 5. What would you do? |
| Annie was playing with her friend Fran and noticed big bruises on her arm. Fran told Annie that her Dad gets angry sometimes and hurts her. She asked Annie not to tell anyone.  Discussion questions:   1. What body signals might you feel with this secret? 2. Is this a happy secret or an unhappy secret? 3. What might happen if you tell this secret? 4. What might happen if you don’t tell this secret? 5. What would you do? |

## Worksheet: Secret to keep or secret to tell

Read each scenario and mark whether it is a secret that is ok to **keep** or if it is a secret that you should **tell** a trusted adult.

|  |  |
| --- | --- |
| Dan was riding home from school when an older boy pushed his bike as he rode past. Dan fell off his bike. The older boy laughed and told Dan not to tell anyone or he would get him again. | \_\_ Keep secret  \_\_ Tell secret |
| Zara’s Mum was organising a special night out for Zara’s Dad for his birthday. Zara’s Mum asked her to keep it secret. | \_\_ Keep secret  \_\_ Tell secret |
| Samuel was playing a game online when someone asked if he could send them some photos of him. They said if Samuel sent a photo they would send him a new game for free. | \_\_ Keep secret  \_\_ Tell secret |
| Freya caught the bus to school every morning. An older kid from another school started to take her hat. When she told them to stop they took her bag as well. When Freya got off the bus the older kid told her if she said anything they wouldn’t give her stuff back next time. | \_\_ Keep secret  \_\_ Tell secret |
| Zen’s neighbour asked him to come inside because he’d bought him a new toy and wanted to give it to him. The neighbour said he couldn’t tell his parents that he had bought him a toy because they would be upset that he didn’t buy Zen’s sisters something as well. | \_\_ Keep secret  \_\_ Tell secret |
| Koa was at the shops with his parents and saw a friend from school. His friend was buying a birthday present for one of their classmates and asked Koa not to tell them what they had bought. | \_\_ Keep secret  \_\_ Tell secret |
| Emma’s Dad is planning a surprise party for her Mum. He told her not to tell her Mum. | \_\_ Keep secret  \_\_ Tell secret |
| Annie was playing with her friend Fran and noticed big bruises on her arm. Fran told Annie that her Dad gets angry sometimes and hurts her. She asked Annie not to tell anyone. | \_\_ Keep secret  \_\_ Tell secret |

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3. Go footprints: Background vector created by macrovector\_official – [www.freepik.com](http://www.freepik.com/)
4. Tell girl: People photo created by master1305 – [www.freepik.com](http://www.freepik.com/)  
   Trusted people headshots: People vector created by freepik – [www.freepik.com](http://www.freepik.com)
5. Butterflies in your tummy butterflies: Background photo created by freepik – [www.freepik.com](http://www.freepik.com/)  
   butterflies in your tummy girl: Woman vector created by freepik – [www.freepik.com](http://www.freepik.com/)
6. Quick breathing boy: Food photo created by diana.grytsku – [www.freepik.com](http://www.freepik.com)
7. Racing heart girl: People photo created by wayhomestudio – [www.freepik.com](http://www.freepik.com)
8. Shaky knees: Shaky knees boy: Cute photo created by drobotdean – [www.freepik.com](http://www.freepik.com/)
9. Cold shivery body girl: Winter photo created by freepik – [www.freepik.com](http://www.freepik.com/)
10. Squirmy tummy boy: Background photo created by freepik – [www.freepik.com](http://www.freepik.com/)  
    Worms: Food photo created by freepik – [www.freepik.com](http://www.freepik.com/)
11. Sweaty hands boy: School photo created by jcomp – [www.freepik.com](http://www.freepik.com/)  
    Droplets: Water vector created by pch.vector – [www.freepik.com](http://www.freepik.com/)
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