

STAY SAFE PROGRAMME

A Parent's Guide

St. Andrew's National School, Lucan uses the Stay Safe Programme.

What does the Programme do?

The Stay Safe Programme is a personal safety skills programme for primary schools – both mainstream and special. Its overall objective is to prevent child abuse, bullying and other forms of victimisation.

The programme develops children's ability to recognise, resist and report risk situations or abusive encounters by teaching children...

- To identify for themselves unsafe or upsetting situations
- Simple rules to help them avoid abuse
- To respect and value the rights of others
- The language and skills they require to seek help.

The programme also informs parents and teachers about preventing bullying and child abuse, whilst seeking to create a greater public awareness about the problems children can and do experience.

How is the Programme taught?

Ideally, children are taught the content of the Stay Safe lessons in classrooms by their usual class teacher during a period from January to March every year. Children will then discuss the lessons at home with their parents. Individual teachers will inform parents, by letter, prior to starting Lessons.

Teachers and parents work together to ensure that children learn the skills they need to keep safe.

The Programme consists of four sets of lessons, as outlined here:

<u>CLASS</u>	<u>NUMBER OF LESSONS</u>	<u>LESSON DURATIONS</u>
Junior/Senior Infants	9	20 minutes
1st/2 nd	9	30 minutes
3 rd /4 th	9	30 minutes
5 th /6 th	5	30 minutes

It is recommended that lessons are taught at the rate of one per week.

Additional supplementary lessons are available for children with special needs. This programme, entitled “Personal Safety Skills for Children with Learning Difficulties” was published in 1995 and is designed for physical disability or emotional and behavioural difficulties.

What will children learn?

1. Overview of Content for SPHE linking to revised Stay Safe

Strands	Strand Units (Year 1)	Strand Units (Year 2)
Myself	Self- Identity	Taking care of my body
	Safety and Protection	Growing and Changing
	Making decisions (3 rd – 6 th)	Safety & Protection
Myself and Others	My friends and other people	Myself and My Family
		Relating to others
Myself and the wider world	Media Education	Developing Citizenship

2. Approaches and Methodologies

Throughout the Programme approaches and methodologies such as class/Group discussion, active learning, circle work, role play, collaborative learning, problem solving, skills through content, cooperative games, drama and art work, are utilised to encourage pupil engagement and to promote learning.

The lessons teach children about what to do if they're frightened or upset. One of the central messages children learn is that if they have a problem, they should tell an adult they know and trust.

How are Parents/Guardians involved in the Programme?

As the most important people in a child's life, it is essential that parents/guardians are involved in the programme. It's been shown that programme like Stay Safe are the most effective when parents/guardians are actively involved in the process.

Worksheets to accompany the lessons may be given as homework to your child or may be brought home for you to sign. It's important that you use these to discuss the content of the lesson with your child. Doing so will give you an insight into what your child is learning and present an opportunity to discuss the issues involved in a way more personal than is possible in the classroom situation. It also gives you an opportunity to discuss personal safety issues with your child and to explain the safety rules that exist in your family. Children have sometimes used the worksheets to tell their parents/guardians about problems.

Before the programme starts...

- Make sure you're familiar with the lesson topics as outlined in the following section.
- Talk to you child about the programme. Explain that the programme will teach them how to be safe.
- Decide on a time to set aside for discussion of the worksheets.

This Policy will be reviewed annually.

Signed _____

Date : _____

Chairperson Board of Management