

## Body Safety Superstars! Program Outline

### Early Learning Centres

Protective behaviours education covering consent, bodily autonomy and assertive communication.

#### Week One

- Recognising feelings in our bodies, focusing on what happens in our bodies when we feel scared
- Read a Story Called *'It's My Body'*, Bodily autonomy and assertive communication ("Stop!, I don't like it).
- Safe and unsafe touch e.g. kicking someone is unsafe, holding hands to cross the road is safe
- Practicing consent ("would you like a hug from teddy?")

#### Week Two

- Naming body parts and discussing the difference between Private, Public and Personal body parts.
- Reading a story about the difference between a surprise and a secret
- Discussing what makes us feel safe and who we can talk to if we feel scared or worried.
- Children decorate a set of finger puppets which represent their Safe Adults.