

# **PERSONAL SAFETY AT BDIS**



**A PSHE FRAMEWORK TO PREVENT CHILD ABUSE**

# PERSONAL SAFETY - WHAT IS IT?

- A child protection curriculum framework designed for International Schools in Africa
- We will teach it from FS2 - Year 6
- Developed from current research on child abuse prevention
- A developmentally appropriate curriculum that builds on previous knowledge each year
- Identified specific vocabulary

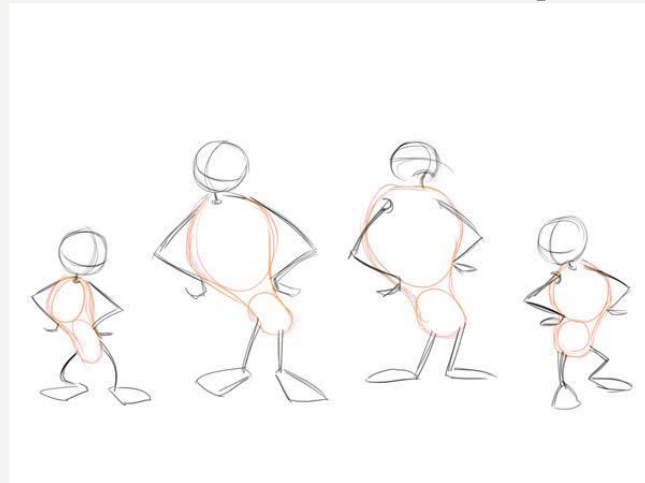
# THE CURRICULUM TEACHES:



- **SAFE TOUCH:** Safe touch is caring and comforting
- **UNSAFE TOUCH:** Unsafe touch is painful or harmful. It makes you feel scared. It is not good for you, and is hurtful
- **UNSAFE TOUCHES:** These are touches that are not good for your body. They hurt your body or your feelings
- **UNWANTED TOUCHES:** Touches you would rather not receive at this time

# CHILDREN WILL LEARN THE TOUCHING RULE.

- That no one should touch your private body parts except to keep you clean and healthy
- They will learn the anatomically correct names for private parts



# CHILDREN WILL LEARN THE SAFETY STEPS

1. Say NO in a loud and strong voice
2. Get away
3. Tell a grown up you trust

Children will need to identify adults to talk to both inside and outside the family, since you may not always be available. They will also learn that it is never a child's fault if someone breaks the Touching Rule

# VIDEOS WE WILL SHOW THE CHILDREN..

<https://youtu.be/7QxbNwAhliY>

<https://youtu.be/LnroTxz7USI>

# RESEARCH SHOWS...

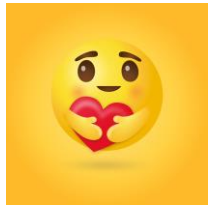
- That children retain skills they have learned by practicing them. You can help your child by reviewing the Touching Rule and practicing the Safety Steps, using pretend situations that include: household help, relatives, other children and neighbours as well as people they don't know.

**MY BODY  
BELONGS TO ME**



# BDIS Child Friendly Safeguarding Policy

Safeguarding means that at BDIS we will:



- Make sure you are happy
- Make sure you're safe
- Make sure you know who to talk to
  - Make sure you're protected
  - Listen to your worries





# Things that might make you worried, scared or upset?

- Being bullied
- Somebody touching you
- Somebody hitting you
- Not having enough food
- Being sad at home
- Somebody talking to you online
- Somebody making you do things
- Seeing someone you love get hurt
- Being shouted at
- Not having clean clothes
- Being in pain
- Feeling lonely
- Keeping a secret
- Not being able to see your family



# Are you worried?



**Why tell?** So we can help you being worried, scared or upset



**Who to tell?** Any member of school staff. Do not keep it a secret



**When to tell?** As soon as you are worried, scared or upset about something



**They said it's a secret** - If you are worried, scared or upset you must tell an adult



**Will people laugh at me?** No. We will listen to what you're saying



**Will I get in trouble?** No, it is never your fault

Our Designated Safeguarding Leads are here to help you.  
But any member of the school staff are happy to help.  
Don't be afraid to talk to us. We can help you.

Ms Kemp



Ms Simon



# REMIND YOUR CHILD THAT:

- It is never his/her fault if someone breaks the Touching Rule
- He or she should never keep secret about touching
- It is never too late to tell about a touching problem



**Braeburn Dar es Salaam International School**  
Africana / Mbezi Beach,  
off Bagamoyo Road at the Africana Junction  
PO Box 31158 Dar es Salaam  
Tel: +255 (0) 763 086 646

