



# THE WILLOWS STATE SCHOOL

*Excellence is the Standard*

Dear Parents and Caregivers

On March 11, The Willows State School welcomes Bravehearts to our school with their educational 'Keep Safe Adventure Show' for our Prep to Year 2 students. Ditto's Keep Safe Adventure Show is **aimed at children aged 3 to 8** and is delivered in **early learning centres** and **lower primary schools** to children of all abilities. This fun and interactive personal safety program has reached hundreds of thousands of Australian children since its inception in 2006. Delivered by experienced facilitators, the show duration is 30 to 40 minutes, depending on the age group (shorter show for younger children).

What will children learn?

Both the Early Years and lower primary school versions of the Ditto show are underpinned by the following six principles of personal safety:

- Differentiating 'yes' and 'no' feelings
- Recognising the bodies 'warning signs'
- Body ownership
- Helping children identify language and feelings associated with secrets
- Reinforcing that there is no secret that children cannot tell someone
- What to do if you feel unsafe or unsure

We aim to teach children these essential principals through songs such as 'Run and Tell (someone you can trust)' and 'Private Parts (they belong to me)'.

Children also learn 'Ditto's 3 Rules', which are:

- We all have the right to feel safe with people.
- It's ok to say NO if you feel unsafe or unsure.
- Nothing is so yucky that you can't tell someone about it.

As part of the program, children are each given a Ditto's Keep Safe Adventure Activity Booklet to take home. We encourage parents to look at the booklet with the children, using the activities to help cement the personal safety messages from the show. For further information regarding the content of Ditto's Keep Safe Adventure Show, please go <https://bravehearts.org.au/keepsafe>.



Helen McCullough  
Principal



Amanda Souter  
Deputy Principal



Kayla Hawkins  
Head of Curriculum

**Only return to the office if you wish for your child to NOT participate.**

I, \_\_\_\_\_ wish for my child \_\_\_\_\_ in class \_\_\_\_\_ to not

Attend the Ditto's Keep Safe Adventure Show, presented by Bravehearts at The Willows State School on  
March 11.

\_\_\_\_\_  
Parent/Caregiver signature

\_\_\_\_\_  
Date

