



The **Safe Strong and Free** Project (SSF) is a primary abuse prevention programme. It is a Highland charity, which aims to reduce the vulnerability of young children to abuse and assault.

The main method is workshops, which teach children serious things in a 'fun' way. They don't mention terms such as 'sex' or 'abuse', or what could happen if a stranger took a child. Rather than frightening children, they focus on empowering the children with tools to stay safe and the knowledge that their body belongs to them. These workshops impact basic, effective assertiveness and resistance strategies.

Funded by:



The co-operative



Safe Strong & Free Highland



@SSFHighland

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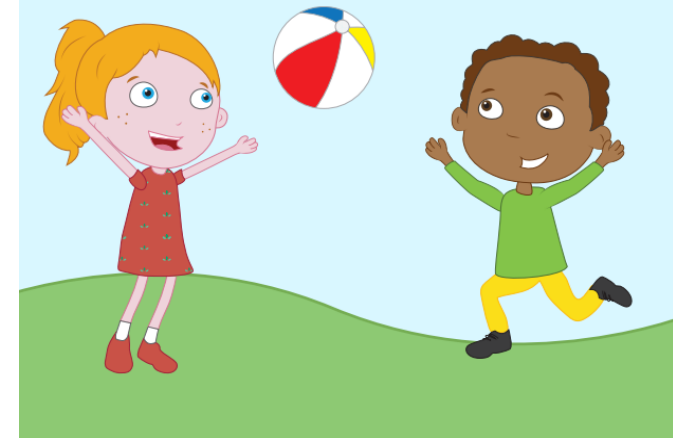
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safestrongandfree
HIGHLAND

An abuse prevention programme
for children in their preschool year



“The Safe Strong and Free Project believes that every child has the right to grow up safe, strong and free and that preventing sexual assault and exploitation of children is the responsibility of the whole community.”

Young children need help to develop understanding of their feelings and how to react if they feel uncomfortable or threatened. SSF firmly believes that children's vulnerability will be reduced by raising awareness of families and communities in conjunction with providing children with resources of their own that they can use when they find themselves in a difficult situation.

The two main themes that run through all the workshops are assertiveness and telling. In every workshop we practice assertive responses and help the child identify who the child can 'tell' if they are frightened, worried or confused. Various methods are used to introduce the strategies but the main ones are talking with the children, puppet plays, listening to the children and asking them to solve problems for the puppets ensuring that they stay **Safe, Strong and Free**.

Callum and Shona



What we do

We aim to reduce the vulnerability of young children to abuse and assault by providing:

- A set of three interactive puppet workshops in nurseries for all children in the Highlands in their pre-school year. They are usually held a week apart and last between 30-40 minutes. They cover the topics of bullying, strangers and secrets.
- Distribution of follow-up story booklets to the children after each workshop. These books contain hints and tips for parents and families to discuss and reinforce the messages
- Refresher workshops for older children when requested
- Awareness raising events across Highland communities
- Information shared through our website, email contact with parents and social media
- Input into the work of partner agencies with similar aims

Workshop 1: Bullying

The children are introduced to SSF project worker and the puppets – Callum and Shona. They talk about what bullying is and how to say 'No!' if someone bullies you.

Workshop 2: Strangers

Looks at how to stay safe if a child is not with an adult and a stranger approaches them. SSF emphasise that a 'stranger is someone you don't know' and you can 'yell and tell.'

Workshop 3: Secrets

Is about how to stay safe if someone asks you to keep a kiss, cuddle or touch secret. The main message is 'your body belongs to you; and you never keep a kiss, cuddle or touch a secret.'