



Safe
Strong
Free

EARLY LEARNING

PARENT RESOURCE PACK



ABOUT SAFE, STRONG AND FREE

SSF believe that every child has the right to grow up safe, strong and free, and that preventing children from victimisation is the responsibility of the whole community. Our programme is very well-established and informed by research, testing and feedback.

The SSF workshop programme is available to all preschool children in the Scottish Highlands, and this pack is designed as a follow-on to reinforce the important messages taught by our Project Workers, although it can also be used as a standalone resource.

The main themes we teach are respect, assertiveness, co-operation, things that should not be kept secret and that it is 'always right to tell'. **It is very important that these messages are regularly reinforced.**

We encourage you to talk to your child/ren about what their rights are, and how they can exercise their rights.

More information about SSF can be found in the following places:

- tinyurl.com/safestrongfree
- www.safestrongandfree.org.uk
- Twitter: [@SSFHighland](https://twitter.com/SSFHighland)
- Facebook: tinyurl.com/facebookssf



ACTIVITY:

PUPPET PLAY

Resources

1. SSF Puppets (cut from this pack)
2. Straws or lolly sticks
3. Story Books

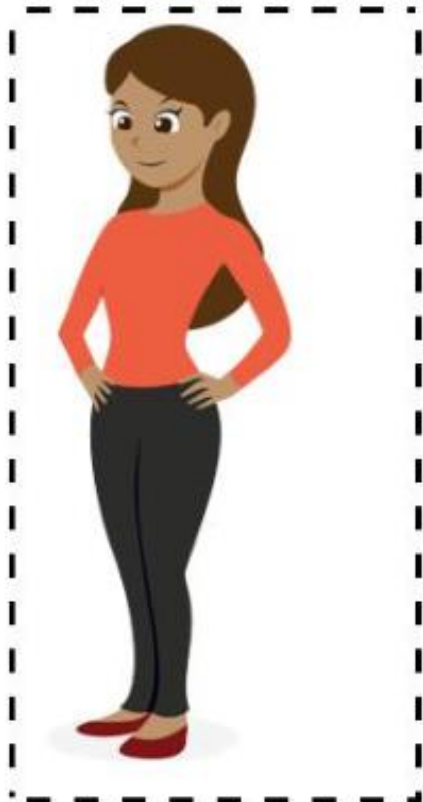
Activity 1: Retelling the stories

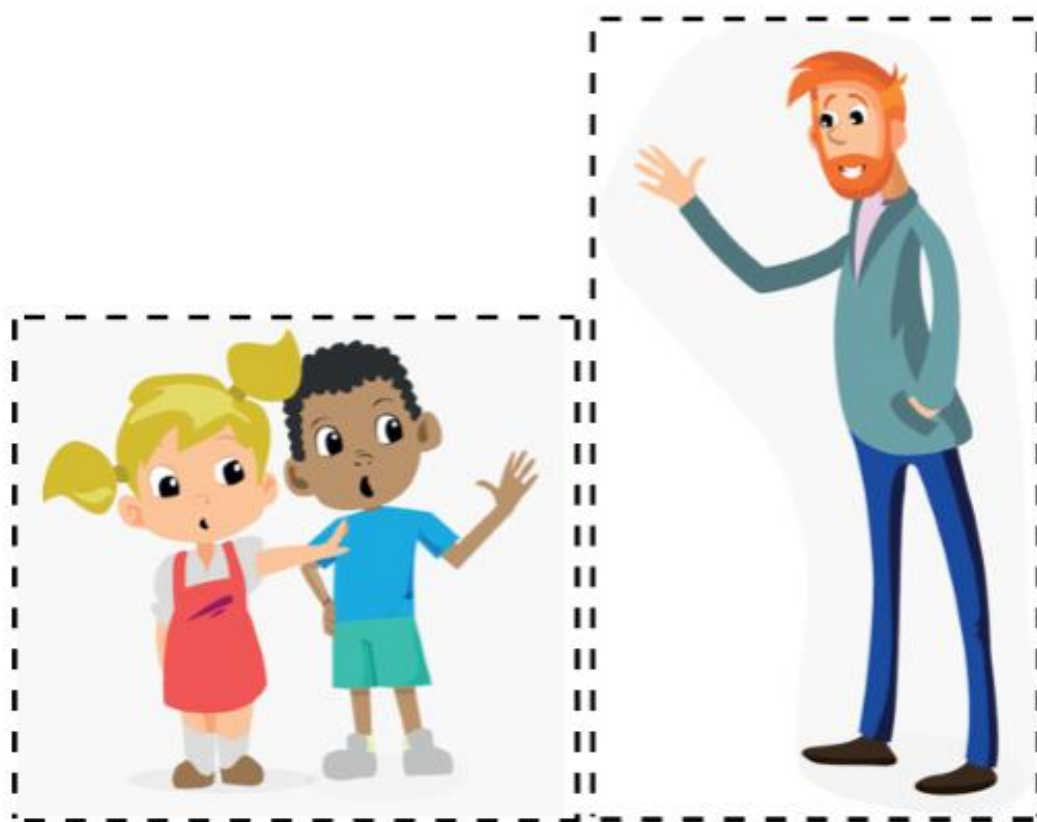
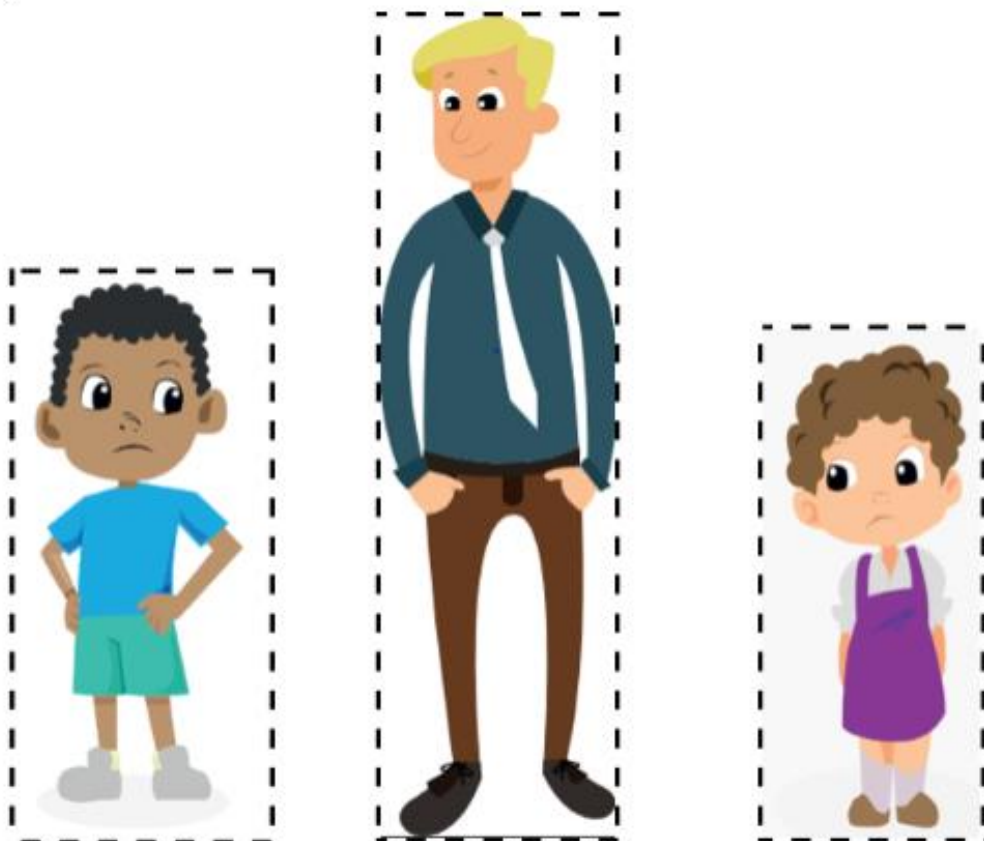
- Cut out the characters from the book and stick them onto straws/lolly sticks. Have the finger puppets freely available for your child/ren and let them retell the stories and recall the safety strategies.
- Use the story books as visual aids for your child/ren.

Activity 2: Child-led play

- Have the puppets freely available in a quiet, comfortable space for your child/ren to initiate play.
- NOTE: Children may use this 'safe space' to disclose experiences or feelings that cause concern. Please see our 'How to React' leaflet at www.safestrongandfree.org.uk.







ACTIVITY:

“WHAT IF?”

STORY STARTERS

Resources

1. Outdoor environments and localities familiar to the children
2. “What if” suggestions
3. Materials for making your own storybook (optional)

- Sit somewhere quiet with no distractions.
- Use a ‘story starter’ from the “What If?” suggestions below, or develop your own scenarios relevant to your child/ren. This activity is ideal for when you have health and safety concerns e.g. familiarity with strangers, misunderstandings around secrecy, etc
- Listen as you go along and consider your child/ren’s input into the story. Use prompts and leading where they are not able to demonstrate the correct safe behaviours, e.g. **“Freeze! Think about what should happen next?”**
- Recap what happened in the story and check understanding by asking **“What should you do if...”** questions. (If you are concerned that your child/ren is not understanding re-read the SSF booklets.)
- Optionally you can use the stories developed during the exercise to craft storybooks

Story Starters

- You are at a birthday party playing hide and seek with adults and other children. While you go to hide, an adult asks you to hide with them in the cupboard, but tells you that you should keep it a secret...
- You are playing in the park. Some older boys that you don’t know ask you if you want to play football with them...
- You are playing at nursery when you notice some of the other children are laughing at a girl because they have different coloured hair...
- You’re shopping with your parents and you find yourself lost in one of the aisles. There are a lot of adults around and you don’t recognise them but you notice an information desk near the checkouts

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ACTIVITY:

COMMUNICATION CARDS

Resources

1. Laminator
2. Scissors
3. Blu tac

- Ask your child/ren to put into words the emotion shown by each face and write this on the card – this will help them to develop their emotional understanding and allow them to tell stories about their feelings.
- Cut out and laminate the cards.
- Have the cards freely available around the home for your child/ren to use as a communication tool. This is an opportunity for them to express their concerns and feelings.
- These cards can be used to show you how they are feeling that day, and you may then be able to talk about why.



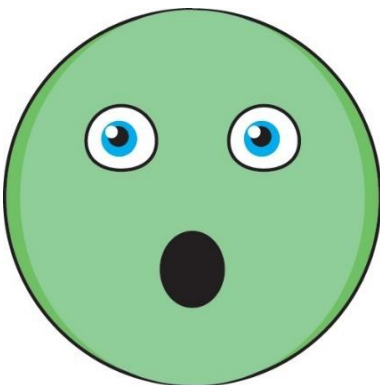
I feel _____



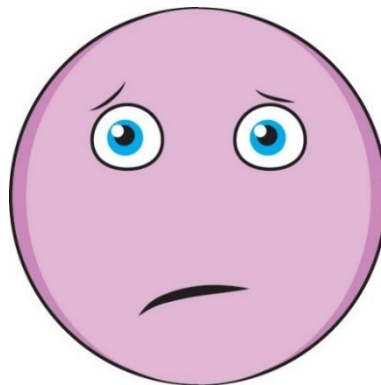
I feel _____



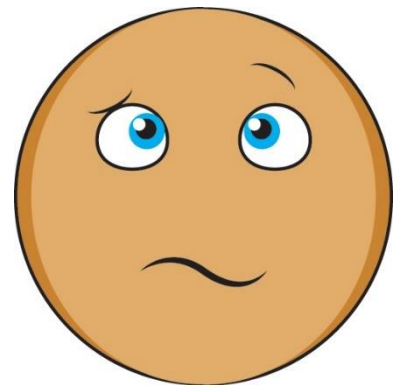
I feel _____



I feel _____



I feel _____



I feel _____

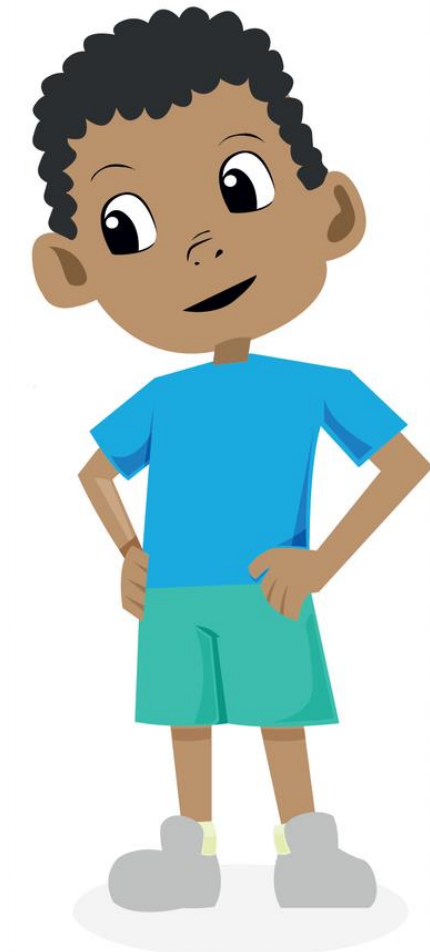
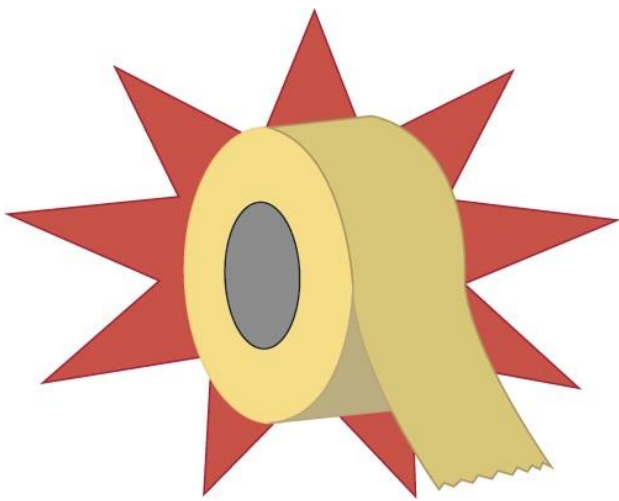
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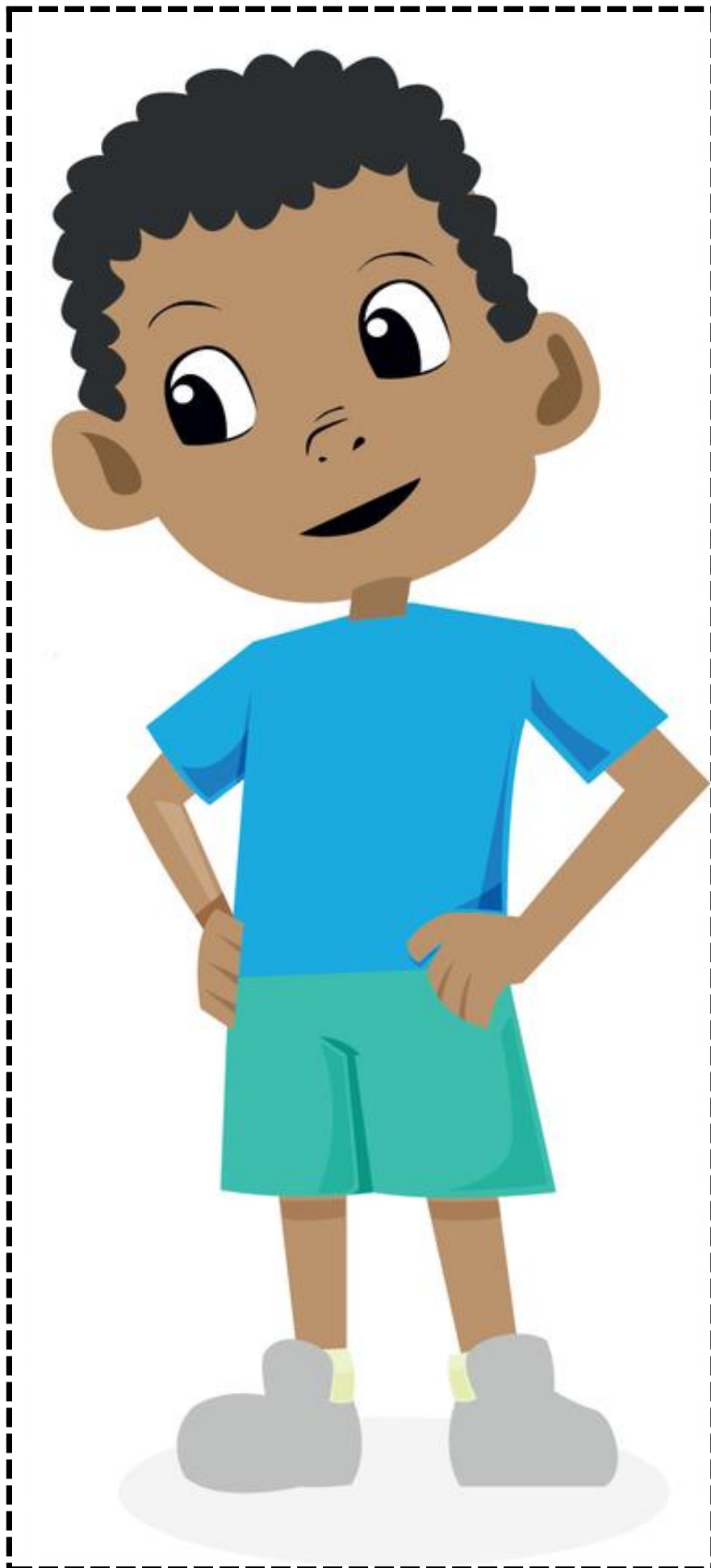
BULLYING EXERCISE

Resources

1. Scissors
2. Masking tape
3. Cut out of Callum

- Cut out the large picture of Callum provided.
- Gather suggestions from your child/ren as to hurtful things that someone might say.
- Every time a hurtful thing is said, tear off a piece of the cut-out. Explain to your child/ren that every time someone says or does something mean to another person they cause damage to that person.
- Have your child/ren give suggestions for kind things which can then be written on pieces of masking tape. Let them stick Callum back together with the masking tape and explain how being kind to others can help to build their confidence and self-esteem.





ACTIVITY:

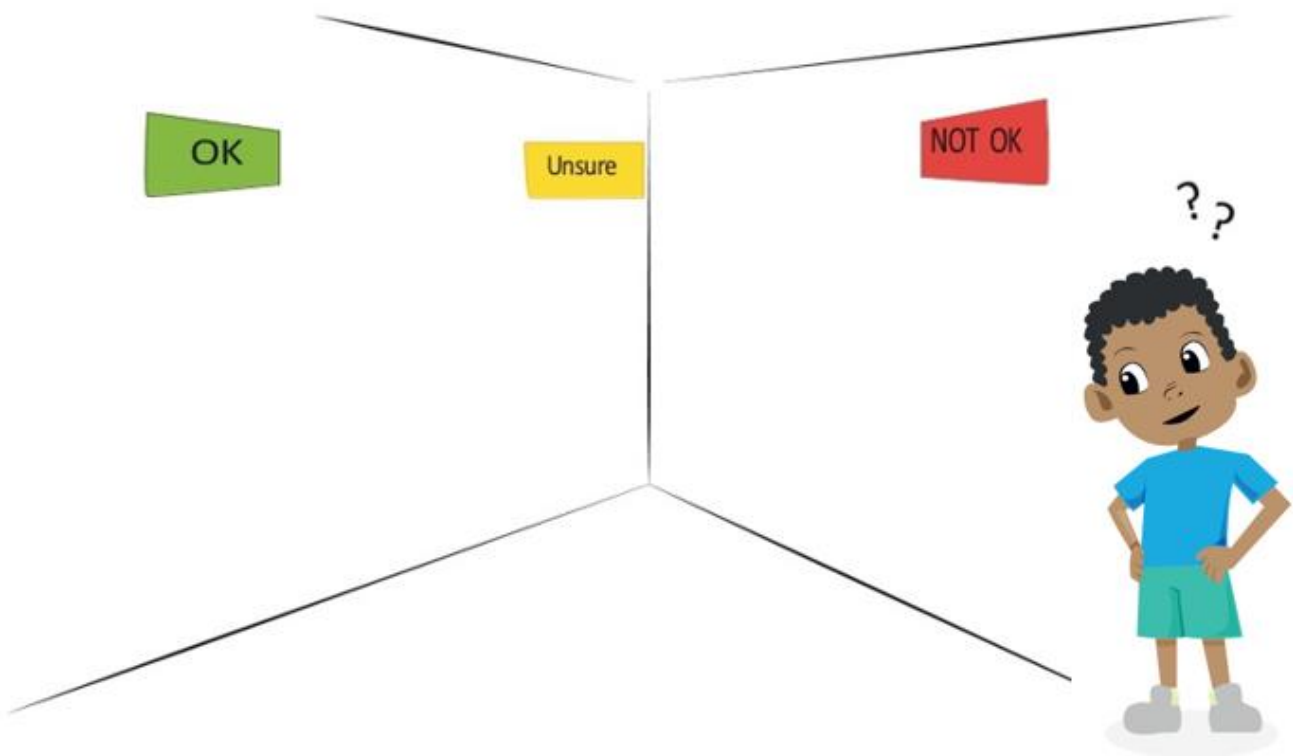
CORNERS

GAME

Resources

1. A room with space to move around.
2. "OK", "Not OK" and "Unsure" signs (optional)

- Clear space in a room or play in the garden. Set up two corners for "OK", one for "Not OK", and a third corner for "unsure" or "it depends"
- Go through some possible scenarios, similar to the "What if" story suggestions and ask if your child/ren feels safe, strong and free in each situation
- Let your child/ren decide if each situation is acceptable
- If you are concerned that your child/ren is not understanding, re-read SSF booklets



ACTIVITY:

STRANGERS SLIDE SHOW

Resources

1. Computer or laptop with projector
2. Pictures of family and friends

- Look out some photos of family and friends
- Mix your photos with other pictures to make a slideshow of various people, some of which your child/ren should recognise
- Include in the pictures some “safer strangers” - strangers who might be safe to talk to - e.g.. Police officers.
- Ask your child/ren about situations when it might be appropriate to talk to certain strangers, i.e. if they are lost
- Use this as an opportunity to check your child/rens understanding of stranger smart

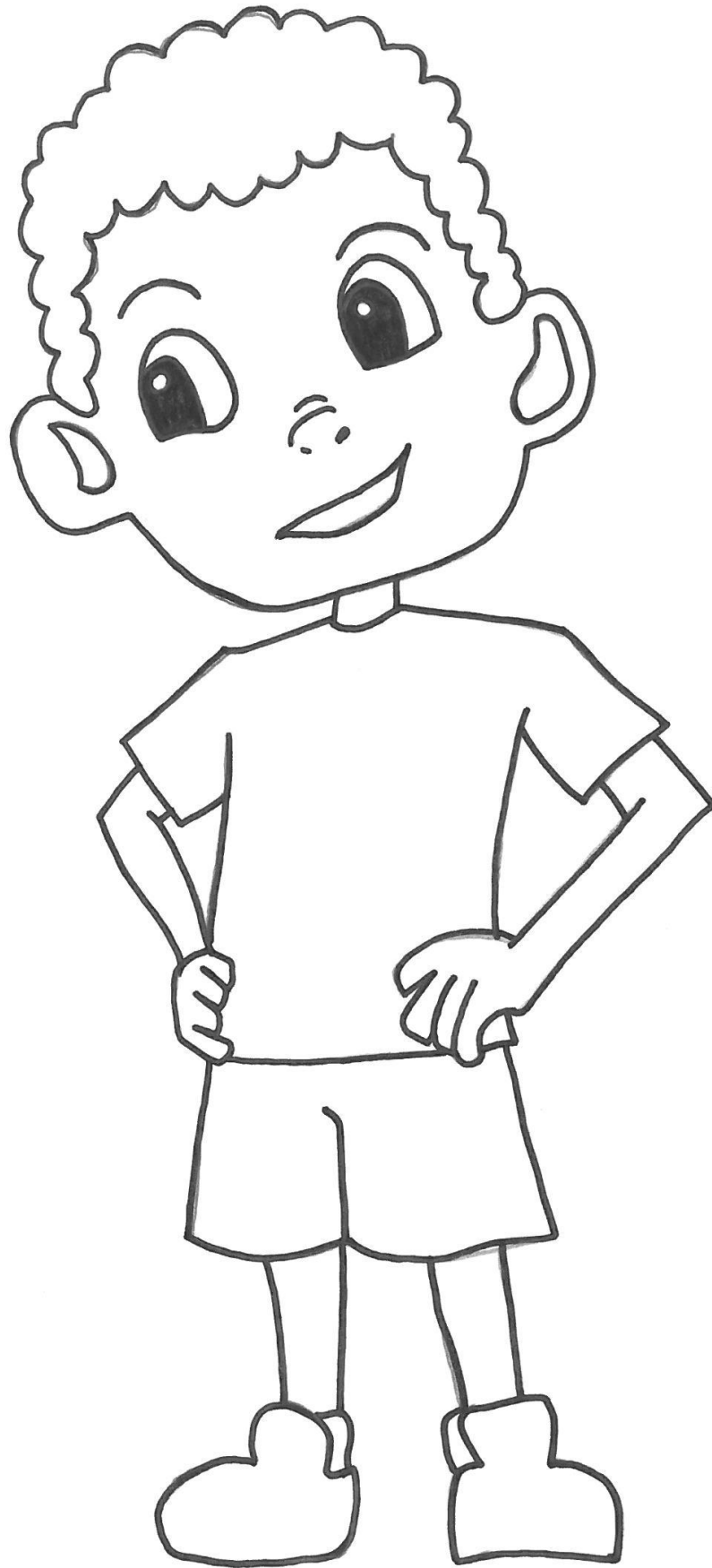
ACTIVITY:

I FEEL SAFE, STRONG AND FREE

Resources

1. I feel Safe, Strong and Free signs (optional)
2. Drawing/arts and crafts materials
3. Outside space (optional)

- Cut out the “I feel Safe when”, “I feel Strong when” and “I feel Free when” cards from this book, or make your own.
- Ask your child/ren to draw situations or things in their lives that make them feel safe, strong and free.



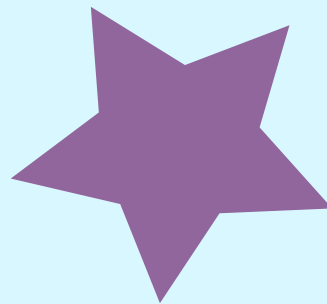




IFeel

SAFE

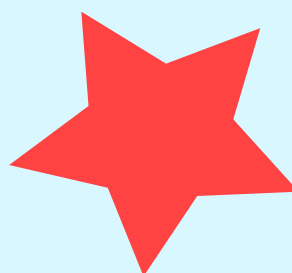
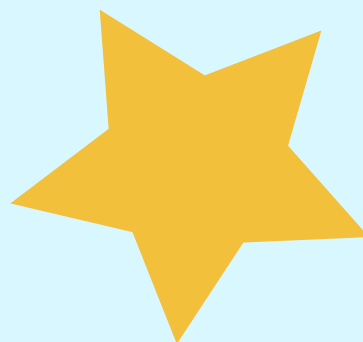
WHEN...

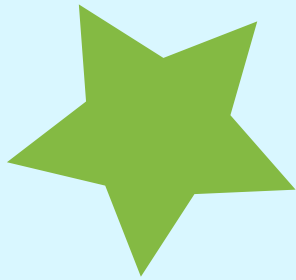


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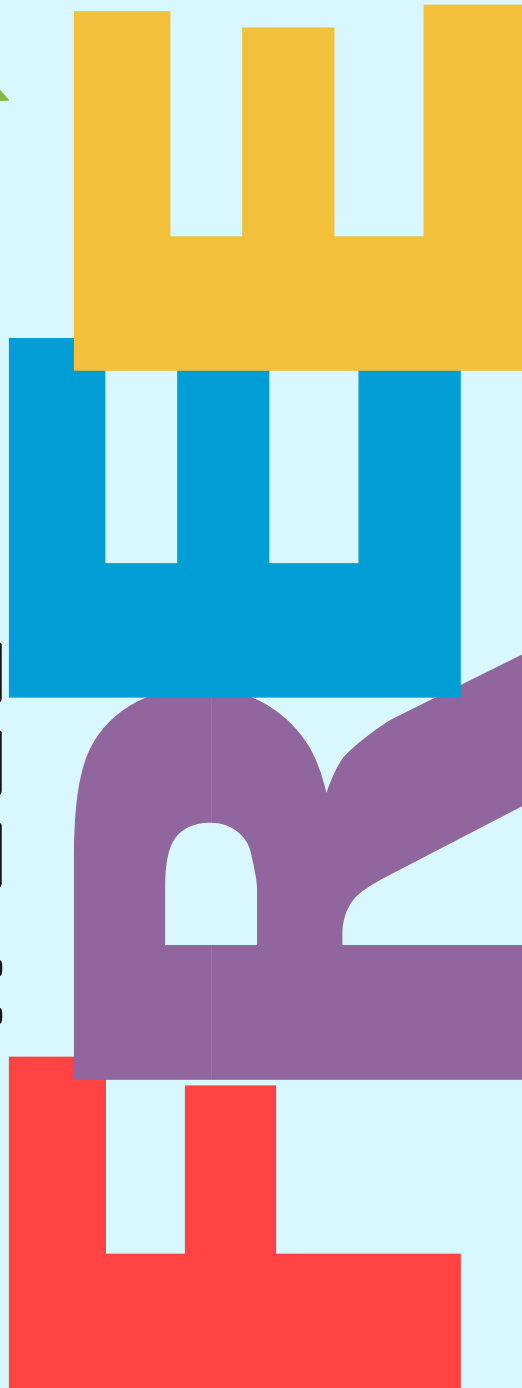
Strong

When...





IFFEEL



WHEN...



FUNDRAISING EVENT

- Host a fundraising event to support continuation of SSF workshops!
- Email SSF at info@safestrongandfree.org.uk with your idea and we can help you put on the event
- Get your child/ren to help out in different ways; for example, designing posters and invitations or getting sponsorship, taking photographs of the activities and being involved in the event itself.
- Ways to donate to Safe Strong and Free are available at safestrongandfree.org.uk/donate
- You can email photographs of your fundraising event to SSF at info@safestrongandfree.org.uk and we can put them on our social media pages.



ONLINE RESOURCES AND FURTHER READING

For Parents and Carers

General Information

- Full and child-friendly language versions of the UNRCRC Rights of the Child: <http://unicef.org.uk/UNICEFs-Work/UN-Convention/>
- Grow and Learn Together: <http://raisingchildren.net.au/>
- Kidpower International: <https://www.kidpower.org/>
- WithScotland Parents and Public: <http://withscotland.org/public>
- Home Start Family Support: <http://www.home-start.org.uk/>

Strangers

- Stranger Danger: <http://www.mychildsafety.net/>

Bullying

- Be Someone To Help Others: <http://www.besomeonetotell.org.uk/>
- Kidscape: <https://www.kidscape.org.uk/>
- Bullying UK: <http://www.bullying.co.uk/>
- Respect Me: <http://www.respectme.org.uk/>

Abuse

- VIP (Violence is Preventable): <http://violenceispreventable.org.uk/>
- NSPCC (includes PANTS Underwear Rule): <https://www.nspcc.org.uk/>

Recommended Books

- “Off Limits” – Sandy Wurtele
- “Empathy” – Roman Krznaric

Further information and resources can be found at
www.safestrongandfree.org.uk

CONGRATULATIONS

This certificate goes to

For learning how to be

SAFE, STRONG AND FREE



Safe
Strong
Free

