



About us:

The **Safe Strong and Free** Project (SSF) is an abuse prevention programme, which aims to reduce children's vulnerability to abuse and assault.

Our workshops teach children serious things in a fun way. We don't frighten children; we empower them with the skills to keep themselves safe.

Each workshop teaches different key messages through puppet play. These are repeated in the storybook your child brings home each week, enabling you to reinforce the key messages at home.



Contact us:

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*Safe Strong and Free Project is a
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An abuse prevention programme for children in their pre-school year.



Information about our pre-school workshops

safestrongandfree.org.uk



Workshop 1

Bullying

We begin this workshop discussing the concept of what is 'safe' and 'not safe'. We also discuss who are the adults who keep the children safe (referred to as 'safe grown-ups' throughout our workshops). We explain to the children that they must tell a 'safe grown-up' if anyone ever asks them to do something that is not safe.

We teach the children that bullying is when someone says or does something that makes them feel really sad and perhaps scared. We then teach them how to stay safe if someone bullies them:

- Say NO! in a strong, confident voice
- If you feel too scared to say "No!" by yourself, you can ask a friend to help you to say "No!"
- If the person who's bullying you doesn't stop, you must tell a safe grown-up



Workshop 2

Strangers

This workshop teaches that a "stranger" is someone you don't know. We explain to the children that if they are not with a safe grown-up and a stranger comes too close or tries to talk to them they should:

- RUN away (we play a game to teach them what "too close" looks like)
- Use a special YELL (we teach the children to take a big breath and scream as loud as they can)
- TELL a safe grown-up as soon as you can

We explain that if a stranger tries to pick them up, they can kick, hit, wriggle etc. and as soon as they get away they must RUN, YELL and TELL!

This workshop also covers basic e-safety. We explain that they must ALWAYS tell an adult if a picture pops up on their screen or a voice tries to talk to them. They shouldn't click a picture or talk to a voice that comes from their device without checking with a grown-up first.



Workshop 3

Secrets

We begin this workshop ensuring that every child understands that their body belongs to them and nobody else. We talk about everyone having an invisible bubble around their bodies known as "personal space". We explain that no-one is allowed to come into their bubble if they don't want them to. However, we do make it clear that sometimes someone may need to come into their bubble to help to care for them but that they would always ask permission and never ask them to keep it a secret.

We explain that kisses and cuddles must never be kept secret and that if anyone ever tells them to keep a kiss or cuddle a secret, they must **TELL** a safe grown-up. It's important that children know that if they tell a grown-up but that person doesn't help them, they must tell another safe grown-up and keep on telling their safe grown-ups until somebody helps them.