



# Ditto's Keep Safe Adventure Education Program

Dear Parent/Caregiver,

On Friday 16th September at 11:30am, combined with Sandy Bay Child Care Centre, you and your child will have the opportunity to experience our Personal Safety Education Program "The Ditto Show". Bravehearts are extremely proud of this program and believe that by providing children with the basic principles of personal safety, we are providing them with the tools to stay safe.

Just as teaching children the road rules cannot guarantee our children's safety on the roads, no program can guarantee to "abuse-proof" our children. But, by teaching them the principles of personal safety we are giving them the knowledge they need to stay safe and know what to do if anything does happen.

The 'Ditto Show' is live performance with "Ditto" being the star attraction. The show runs for 35 minutes (and we have a 20 minute one for our under 5's). The cost of the program is free, however a gold coin donation will ensure the continuation and expansion of the program throughout Australia.

Our program has been delivered throughout other states in Australia since 2006 empowering over 300,000 children.

'Ditto', the Bravehearts' mascot comes to life as the star of Ditto's Keep Safe Adventure Education Program to ensure the program is delivered in a fun, interactive and engaging manner.

Specially written songs for the show include "Private Parts" and "Run and Tell Someone You Can Trust". These are catchy songs and our experience shows children are remembering them in the same way they remember common nursery rhymes. Feedback from schools and centres has indicated that children are singing the songs in the playground. Ditto's Keep Safe Adventure Program and resources are NOT SEX EDUCATION. Private Parts are simply explained as the mouth (as we don't just go around kissing anyone) the chest, between the legs and our bottoms). The main aim of the program is to enhance children's emotional literacy.

The findings of an independent evaluation suggest that the delivery of the principles embedded in this program can reduce the prevalence of not only child sexual assault, but also other forms of abuse including family violence and bullying, in a range of settings.

Topics covered throughout the show consists of "Yes" & "No" Feelings, The Body's Warning Signs, Private Parts, Secrets and what to do if you feel unsafe or unsure.

If you do not wish for your child to attend the show please notify your school/centre. Should you have any questions about the program please do not hesitate to contact our Head Office on 07 5552 3000. For information on attending our Parent/Teacher Information Session, please contact your school for availability & times.

**PARENTS WELCOME!**

Kind regards,

Bravehearts Education Team

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