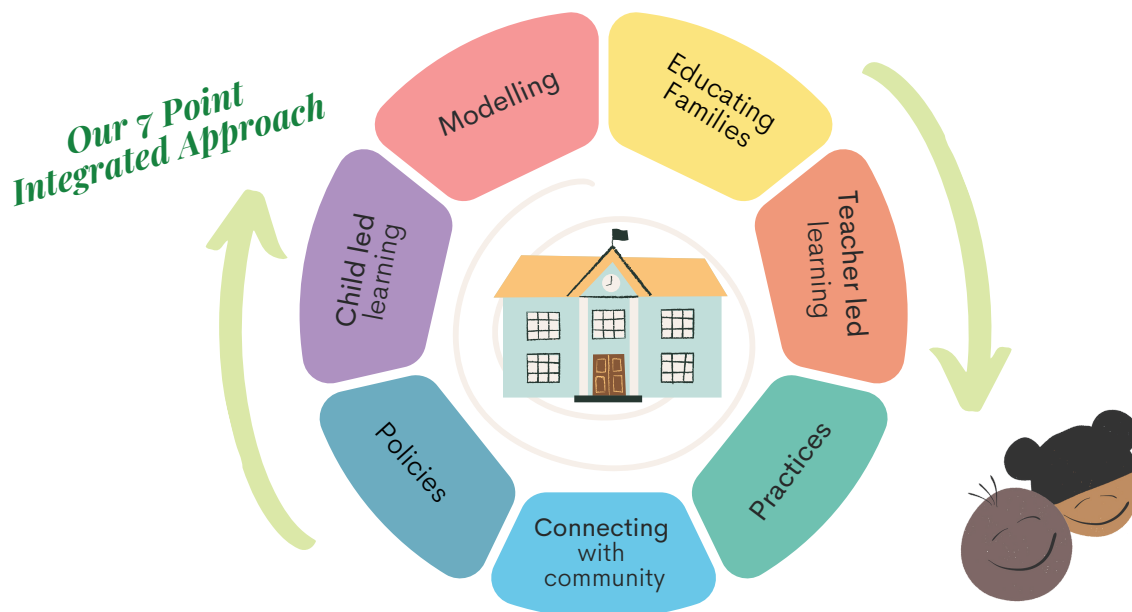


BODY SAFETY AUSTRALIA

*Promoting childhoods free from violence,
where children enjoy equitable & respectful relationships.*

Established in 2015, Body Safety Australia provides **whole community education** to protect and empower children in preventing child abuse. We have a strong commitment to provide all communities with body safety education that celebrates children of all socio-economic status, religions, abilities, sexualities, gender identities, cultures, and/or family structure.



OUR FULL SUITE OF PROGRAMS:



Child sexual abuse prevention



Relationships and sexuality



Consent, eSafety and emerging sexuality



Positive body image



LGBTQIA+ empowerment



Promoting youth leadership



Gender equity and inclusion



Child Safe Standards

Contact us at (03) 9471 2247 or email info@bodysafetyaustralia.com.au
www.bodysafetyaustralia.com.au

Child Sexual Abuse Prevention

Our **Superstars program** is designed to **empower** and **educate** children to understand and communicate their right to bodily autonomy and equip communities to prevent child sexual abuse. This program focuses on **empowerment** and is underpinned by our **10 learning objectives**. Through games, group work, stories, and guided discussion, the children are encouraged to reflect upon and explore what bodily autonomy means.

WE OFFER:

Students' Program

Foundation, Grade 1 & 2:
2 X 1 hour sessions
Grade 3, 4, 5 & 6:
3 x 1 hour sessions

Parent/Carer Workshops

1 x 2 hour session
*Available in person
or online*

Professional Development

1 x full day OR
1 x half day OR
1 x 2 hour session

10 BODY SAFETY LEARNING OBJECTIVES

1. Identify and clearly communicate **emotions** in themselves and others
2. Learn the '**early warning signs**' in their bodies that tell them something doesn't feel safe
3. Understand that humans have different fear responses – **fight, flight and freeze**
4. **Assertively communicate** their right to bodily autonomy
5. Identify their **Safe Adults** using our felt finger puppets
6. Know that **their body belongs to them** and nobody has the right to touch it without their permission
7. Accurately **name their genitals** using words that health care professionals would use
8. Understand that sometimes adults make decisions about a child's body for **health, hygiene and safety** reasons
9. Understand the difference between a **surprise** and a **secret**
10. Identify that sometimes adults and older children's behaviour can be '**tricky**'

BODY SAFETY AUSTRALIA

Relationships and Sexuality Education

UNIQUE
YOU
BODY SAFETY AUSTRALIA

Our **Unique You** program offers curriculum aligned sexuality education including the role of families, demystifying bodies, conception and birth, and puberty. Through games, guided discussion and storytelling, students reflect on concepts that recognise the diversity of families and values within the school community. The program is in line with the **National Curriculum and the Rights, Resilience, and Respectful Relationships Curriculum**.

WE OFFER:

Primary Program

Foundation – Grade 2:
3 x 1 hour session
Grade 3–6:
5 x 1 hour sessions

Secondary Program

Years 7–12:
6 x 1-hour sessions

Parent/Carer Workshops

1 x 1 hour session
*Available in person
or online*

Professional Development

1 x full day OR
1 x 2 hour session
*Available in person
or online*

UNIQUE YOU PROGRAM:

Reflecting on **family**,
celebrating diversity and
normalising differences

Exploring differences between
sex and gender

Naming **body parts**, including
public, private and personal
body parts

Defining **puberty** and physical
changes

Introducing **periods** and **sperm
production**

Discussing **emotional changes**
of puberty and how to manage
difficult emotions

Introducing **sex, pregnancy,
birth and babies**

Unpacking **online rules** and
online safety

Exploring **bodily autonomy**

Exploring **friendships**, and
upstander intervention

Exploring **help-seeking** and
identifying five **safe adults**

All content delivered in the F-2 program is age appropriate and does not cover the concept of sexual acts. Learning is scaffolded, and content is informed by age and grade of students.

BODY SAFETY AUSTRALIA

NAKED
TRUTHS

Affirmative consent, digital technology and emerging sexuality

Our **Naked Truths** program builds on students' eSafety knowledge by exploring how they use the internet to enact relationships and curiosity about sexual content. Students critically engage with **personal values** and **identity** and explore how to have **consensual**, **respectful** and **healthy** relationships online and offline. The workshop gives students the opportunity to reflect on their network of safe adults, consider help seeking behaviours, and foster empathy within their online and offline friendship groups.

WE OFFER:

Primary Program

Grades 4-6:
2 - 6 x 1 hour session

Secondary Program

Years 7-12:
2 to 6 x 1-hour sessions
Full or half day workshop

Parent/Carer Workshops

1 x 1 or 2 hour session
*Available in person
or online*

Professional Development

1 x full day OR
1 x half day OR
1 x 2 hour session

NAKED TRUTHS PROGRAM:

Reflecting on **personal identity**

Unpacking **gender** stereotypes

Defining **affirmative consent**

Exploring **power imbalance**
and **privilege**

Exploring **bystander** and
upstander intervention

Taking **positive social action**

Identifying '**red flags**' and
'**green flags**' of friendships and
relationships

Exploring what '**respect**' looks
like online and offline

Unpacking **online rules** and
online safety

Exploring **ethics** and the **law**

Exploring **help-seeking** and
identifying five **safe adults**

Positive Body Image

Our **Imagine Me** program promotes **positive body image** and encourages students to reflect on physical, emotional, and mental health. The program encourages students to recognise their own values and understand how the messages we receive from media and society can influence how we feel about ourselves, our eating habits and our feelings and thoughts about our bodies. Imagine Me has been developed as a whole of community response to the increase in poor body image and disordered eating that has occurred during the COVID-19 pandemic.

WE OFFER:

Primary Program

Grade 3 – 6:
5 x 1 hour sessions

Secondary Program

Years 7–9:
5 x 1-hour session

Parent/Carer Workshops

1 x 1 hour session
*Available in person
or online*

Professional Development

1 x 2 hour session
*Available in person
or online*

IMAGINE ME PROGRAM:

Exploring the concept of **bodies as our homes** and discussing how they function

Exploring how to **maintain** our bodies and best **take care** of them

Introducing **intuitive eating** and learning to trust

Discussing feelings of **hunger**, **fullness** and being **nourished** by food

Exploring **identity** and **self-expression**

Discussing **self-image** and the influence of the **media**

Increasing **self-acceptance** and **self-compassion**

Exploring **risk taking**, **conflict resolution** and **perfectionism**

Discussing **gratitude** and **help-seeking**

Learning is scaffolded, and content is informed by age and grade of students.

BODY SAFETY AUSTRALIA

LGBTQIA+ Inclusion

OVER THE
RAINBOW

Our **Over the Rainbow** program is designed to **affirm, increase empathy towards, and understanding of, sex, sexuality and gender diverse students and families**. Through stories, activities and group discussion, students will reflect on their own unique selves and families, and the role of diversity in our communities. The workshops will encourage students to reflect outside their selves to the influences of their greater social space, and the influences felt by others. A space is created to ask the hard questions, foster deep reflection and end in a space of **allyship**.

WE OFFER:

Primary Program

Grades 1-6:
3 x 1-hour sessions

Secondary Program

Years 7-12:
3 x 1-hour session

Parent/Carer Workshops

1 x 1 or 2 hour session
*Available in person
or online*

Professional Development

1 x full day OR
1 x half day OR
1 x 2 hour session

OVER THE RAINBOW PROGRAM:

Exploring **personal identity**

Understanding different **family**
structures

Unpacking the **LGBTQIA+**
acronym

Exploring differences between
**gender, gender identity,
gender expression, and
sexuality**

Using and respecting **pronouns**

Discussing **gender stereotypes**

Exploring the link between
**misogyny, homophobia, and
transphobia**

Discussing **cultural diversity,
disability, and faith**

Discussing **gender equity**

Exploring **coming out**

Discussing LGBTQIA+ **allyship**

Identifying **social and support
services**

Learning is scaffolded, and content is informed by age and grade of students.

Promoting Youth Leadership

Our **Connect-U** program promotes **youth leadership, advocacy and self-efficacy**. This program was developed to respond to the needs of small groups of young people in the middle years at risk of disengagement and passive compliance. Connect-U aims to re-engage these students in the school and community, building on their sense of **hope, belonging and self-worth**. Taking a whole community approach, the program also works to build on the capacity of the school and parent/carer community to best support the needs of these students. Connect-U draws on local and internationally sourced research around disengagement, acknowledging the different ways disengagement presents across gender and neurotype.

WE OFFER:

Primary Program

Grade 5 – 6:
8 x 1-hour sessions
Small group model

Secondary Program

Years 7–9:
8 x 1-hour sessions
Small group model

Parent/Carer Workshops

1 x 1 or 2 hour session
Available in person
or online

Professional Development

1 x 2 hour session
Available in person
or online

CONNECT-U PROGRAM:

Exploring **personal identity**

Exploring **passion** and the things that spark joy

Introducing '**character**' and the **strengths model**

Exploring personal **strengths** and celebrating others

Building **evidence-base** for individual and group worth

Looking forward and exploring **hope**

Introducing positive social action **project**

Brainstorming **advocacy**

Identifying **roles and responsibility**

Producing an **group advocacy project** informed by their passions, their evidence-base and the strength model

Reflecting on and **presenting** their project

Gender Equity and Inclusion

Our **Gender Glorious program** is a **gender equity and inclusivity** professional learning workshop for staff from early learning to Year 12 exploring creating inclusive and equitable environments for boys, girls and gender non-conforming children.

WE OFFER:



Professional
Development

1 x full day OR
1 x half day OR
1 x 2 hour session



Supporting you to meet
Child Safe Standards
2, 3, 4, 5, 6, 8 and **9**

Supporting you to meet
APST 1.3, 1.5, 2.6, 3.7, 4.4,
6.2, 7.2 and **7.3**

GENDER GLORIOUS PROGRAM:

Accurately defining '**sex**',
'**sexuality**', '**gender**' and
'**gender expression**'

Supporting the needs of
LGBTIQA+ (lesbian, gay,
bisexual, transgender, intersex,
queer, asexual, etc.) **people**

Identifying current **social and
legislative changes** affecting
the community and your
workplace

Discussing how to use **inclusive
language**, including pronouns

Reviewing the **gender equity**
of your physical environment

Reviewing **policies, processes,
and paperwork**

Understanding how **societal
norms of gender** negatively
impact all children and young
people

Creating learning environments
where **children of all genders**
can thrive

BODY SAFETY AUSTRALIA

Child Safe Standards

CHILD SAFE
STANDARDS

Our **Child Safe Standards** Professional Development is an inclusive, consultative and empowering professional learning workshop around the Victorian Child Safe Standards and how the 2022 changes will strengthen how you continue to improve child safety in your environment.

Body Safety Australia are Child Safe Standards specialists leading the way in community consultation, co-design and co-production when it comes to child safety. The new Victorian Child Safe Standards changes reflect that, in order to keep children and young people safe, we need to listen to them, their families and the communities to which they belong.

WE OFFER:



Professional
Development

1 x 2 hour session



Supporting you to meet your
Child Safe Standards

Supporting you to meet
**APST 1.3, 1.4, 2.3, 2.4, 2.6,
3.7, 4.4, 4.5, 6.2, 7.2 and 7.3**

CHILD SAFE STANDARDS PROGRAM:

Foundations:

Refresh on foundational
underpinnings of Child Safe
Standards

Changes:

Overview of broad 2022 changes
within standards

Tailored approach:

Tailored approach for working
through pain points within the
new standards

Standard 1:

Focus on new Standard 1 –
cultural safety for First Nations
Children

Standard 4 & 5:

Focus on new standard 4 & 5
around diversity, inclusion and
family engagement