



ST JAMES CATHOLIC PRIMARY SCHOOL, HEBBURN

21st February 2025

Dear Parents and Carers,

KidSafe Programme

You may remember that your child/ren previously attended KidSafe, a child friendly children's mental health and safeguarding programme.

We are now going to deliver a second KidSafe programme. The aim of this is to consolidate and deepen previous learning and help children develop further strategies to keep themselves safe.

The second KidSafe programme will continue to build children's confidence, self-esteem and equip them with effective skills to deal with unsafe situations. KidSafe enables children to value themselves and others and helps them to make wise, healthy choices and decisions in their lives. KidSafe teaches children to recognise and/or prevent any form of abuse: to know what is and is not appropriate. This is done in an age appropriate, fun and non-scary way through a variety of media including the use of our puppet KS, games and worksheets.

Topics covered during programme include:

Identifying what gives children 'yucky feelings'; difficulties children may have to speak out about bullying and cyber bullying; difference; understanding peer pressure and enabling children to understand how difficult it is to say 'no' to their peers; identifying potential harm and impact for children in relation to exposure to violent games/films; choices; identifying what makes children angry and exploring strategies to help children deal with this issue; exploring the potential impact on children witnessing parents/carers arguing; not keeping secrets that are harmful and children's mental health and emotional wellbeing.

Should you have any issues please do not hesitate to contact me.

Yours sincerely

Mrs Gofton
Kidsafe Coordinator

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