

# Feeling Safe Together

## Special Developmental School Program

### SECASA Primary Prevention Program



#### Objectives:

**Your Rights and Consent** is a trauma-informed education program designed for students attending Special Development Schools.

The program supports students to understand **their rights, body safety, consent, and help-seeking** using clear visuals, repetition, and concrete language. Sessions are adapted to support diverse communication, sensory, and learning needs.

#### Key Topics:

- Rights and Safety.
- Body Ownership.
- Consent with Different People.
- Safety in Different Locations.
- Personal Space and Respect.
- Feelings and Body Signals.
- Body Alarm Responses.
- Trusted Adults and Help-Seeking.

#### How the program is delivered:

- Strong visual supports and symbols.
- Clear, repeated rules and key messages.
- Simple, concrete language.
- Use of AAC and communication supports, in consultation with speech pathologists where appropriate.
- Delivered in collaboration with classroom teachers and education support staff.
- Whole-class participation with opt-out options.
- No personal disclosures required.
- Flexible pacing tailored to student needs.
- Whole-class participation with opt-out options.
- No personal disclosures required.
- Flexible pacing tailored to student needs.

Sessions are delivered in a predictable, calm, and supportive structure.

#### Tips for Parents:

- Safety conversations work best when they happen often and in small moments.
- Use the same words and visuals your child sees at school for consistency across environments and situations.
- Let your child know they can always talk to you or another trusted adult.
- If your child is not ready to talk, remind them the door is always open.

#### Resources:

- Kids Helpline – [here](#)  
1800 55 1800
- eSafety Commissioner – [here](#)
- SECASA – [here](#)  
03 9928 8741 – Business hours  
1800 806 292 – After hours

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#### Key Topics Content Overview:

- **Rights and Safety**

Students learn that everyone has the right to feel safe and comfortable, and that these rights apply at all times, across different places and with different people.

- **Body Ownership**

Students learn that their body belongs to them and that they have the right to make choices about their own body.

- **Consent with Different People**

Students learn that consent applies with everyone, including family members, teachers, support workers, and health professionals. They practise recognising and communicating yes, no, and stop, using words, visuals, and key word signs.

- **Safety in Different Locations**

Students explore safety and consent across different places such as school, home, transport, toilets, change rooms, and the community, and learn that rules can change depending on the location.

- **Personal Space and Respect**

Students learn about personal space, respecting other people's bodies, and recognising when someone is not respecting their space.

- **Feelings and Body Signals**

Students learn to recognise safe and unsafe feelings and notice early warning signs or "uh-oh feelings" in their body.

- **Body Alarm Responses**

Students learn that bodies can react automatically when something feels unsafe, and that these responses are the body's way of trying to keep them safe.

- **Trusted Adults and Help-Seeking**

Students identify trusted adults at school and at home and learn that telling a trusted adult helps keep them safe. Students are encouraged to keep telling until someone listens and helps.