



Flimby Primary School  
Rye Hill Road  
Flimby  
Maryport  
Cumbria  
CA15 8PJ  
Tel: 01900 812264  
Email: [admin.flimby@westlakesmat.org.uk](mailto:admin.flimby@westlakesmat.org.uk)  
Head Teacher: Mrs Tanya Peers



### KidSafe UK Session 1 of 5: Introduction

Dear Parents/Carers,

The Kidsafe programme has started today in your child's class. The purpose of this programme is to develop your child's ability to recognise unsafe situations and to take action to help protect themselves.

Over the next few weeks children will be looking at the following areas:

Self-confidence and self-esteem; feelings/talking about feelings; dealing with bullying; respecting our bodies; inappropriate touching; secrets in relation to abuse; communication skills; assertion skills: saying 'No'; computer/internet safety; ratings on DVDs and computer games; how it feels to hear arguing; looking after our mental health and emotional well-being.

As parents/carers you are your child's most important people in helping to ensure their safety. After each session we will send home a letter telling you what we did during the session so that you can talk to them about what they've been doing.

Today, the KidSafe educator introduced themselves and played some getting to know you games with the children. These included talking about how children already keep themselves safe and the meaning of trust. Children were helped to become more aware of their feelings so that if they are sad, scared or worried they will have the vocabulary to voice those feelings. We called these sad, scared or worried feelings 'yucky feelings.'

We would welcome any comments you or your children have in relation to this session.

Yours sincerely,

Mrs Gorley & Miss M Little