**KEEPING OURSELVES SAFE**

Keeping ourselves Safe is a child protection programme in which children and young people learn and apply a range of safety skills that they can use when interacting with others. Students recognise the differences between healthy and unhealthy relationships, and those who have been or are being abused are encouraged to seek help. New Zealand Police aims to assist students develop and sustain successful relationships.

**KOS has:**
- lessons for children at primary school;
- lessons for children at intermediate school;
- lessons for young people at secondary school;
- information and a video for parents and caregivers;
- information for schools and teachers.

It is intended that children and young people will do KOS a number of times while they are at school.

**What will children and young people learn?**

They will learn:
- to work out when their safety is at risk, for example walking home alone in the dark;
- how to keep safe when they meet and mix with other people;
- who and how to ask for help if they, or someone they know, is being abused;
- to go on asking for help until someone does something to stop the abuse;
- that it is important to make and follow personal, family and school safety rules.

They will know: that abuse is never okay; and that abuse is never their fault.

**What part do parents, caregivers and whanau have in KOS?**

- You can attend a meeting at school to tell you more about KOS.
- You can find out about abuse and what to do if you think a child you know is being abused.
- You can talk to your child about what they have learnt in KOS.
- You can set safety guidelines with your family.
- You can help young children with the KOS Home Book activities they bring home.
- You can give the same safety messages as the school is giving.

**Who teaches KOS?**

- Your local police education officer introduces KOS to the school staff.
- Your child’s teacher will take the KOS lessons.
- The police education officer may take part in some of the lessons.

There are five focus areas covered during the programme, to view the lessons and the resources - follow this link.


This web address in the link to an information pamphlet for parents, caregivers and whanau.


To be successful, *Keeping ourselves Safe* needs your help and support.

Your child will have a home book with activities to work on with you.

It is important that you participate as much as possible and talk to your child about what they have been learning.

This will help reinforce the message the school is giving, and help your child to use his or her new skills with confidence.