

# Mrs Simpson's Sizzling Spotlight



This week's sizzling spotlight is about our **Ditto Show - Bravehearts**.

Each year Mareeba SS hosts the Ditto Show for students in years Prep-3. This show fun, interactive live show teaches children essential personal safety skills and knowledge using age-appropriate language, song, and dance and stars the Bravehearts' lovable lion cub Ditto, alongside a specially trained presenter.

## What will children learn?

Following is an overview of the Ditto show content for the lower primary school version of the Ditto show. Each show is underpinned by the following six principles of personal safety:



- ◆ Differentiating 'yes' and 'no' feelings
- ◆ Recognising the bodies 'warning signs'
- ◆ Body ownership
- ◆ Helping children identify language and feelings associated with secrets
- ◆ Reinforcing that there is no secret that children cannot tell someone
- ◆ What to do if you feel unsafe or unsure

The show aims to teach children these essential principals through songs such as 'Run and Tell (someone you can trust)' and 'Private Parts (they belong to me)'. Children also learn 'Ditto's 3 Rules', which are:

- ◆ We all have the right to feel safe with people.
- ◆ It's ok to say NO if you feel unsafe or unsure.
- ◆ Nothing is so yucky that you can't tell someone about it.



As part of the program, children are each given a Ditto's Keep Safe Adventure Activity Booklet to take home (although some of our classes keep these at school to work through as a whole class).

Personal safety skills and knowledge are important skills for your children to be equipped with but these are often tricky conversations to have with your child/ren. There are a number of frequently asked questions with great advice located on the Bravehearts website found at <https://bravehearts.org.au/keepsafe>

- ◆ How often should we be talking about this with our children?
- ◆ How do we help them work out who is a safe person?
- ◆ How do you name the body parts and why don't you use the anatomical names in the show?
- ◆ After seeing the program, how will my child determine safe people?
- ◆ Why does my child need to see this program?
- ◆ Is this sex education?