

Don't just take our word for it, hear from parents who have been involved ...

"I think that We Can Keep Safe has made us think about ways that we can protect our son, without going overboard and frightening him. I would like to think it has opened lines of communication between us so if anything happens, he knows he can talk to us - not just about abuse - but about all sorts of issues."

"We really feel our son has gained great skills from We Can Keep Safe which, with reinforcements, will help to help to keep safe throughout his life."

"Our family did We Can Keep Safe last year. We say we did it rather than our child, as I think we are the ones that learned the most. The messages really resonated with our four-year-old son, who is now always saying he is the boss of his body."

Interviews with parents who took part in We Can Keep Safe with their children found:

- It helped the parents talk about difficult topics with their children
- It was age appropriate
- The course consent was valuable
- The children enjoyed it
- It was helpful and reassuring as a parent

100% of parents who were interviewed 12 months after the programme maintained that they would recommend We Can Keep Safe to others.

Evaluating We Can Keep Safe

Point Research evaluated We Can Keep Safe and found the programme to be following best practice and using methods based on international evidence.

After the programme, more or all of the children who participated could:

- distinguish between "OK" and "not OK" touches and articulate how these touches would make them feel
- articulate strategies for action if someone touched them in a way they didn't like or made them feel scared or worried
- identify at least one trusted adult that they could tell about touching they didn't like
- understanding that telling a grown up would help keep them safe
- identify and use the correct anatomical terms for their genital areas
- articulate the three touching rules
- distinguish between secrets and surprises

For the full report, visit our partner organisations website: www.helpauckland.org.nz

We Can Keep Safe



A safety education programme for ECE staff, caregivers, and children aged 3-5 year.

Connect with Tautoko Mai

 tautokomai.co.nz

 Tautoko Mai Sexual Harm Support

 [tautoko_mai](https://www.instagram.com/tautoko_mai)

email:
comms@tautokomai.co.nz
0800 227 233

Created by

HELP 

Facilitated by

tautokomai

Funded by

Wright Family Foundation

With the support from HELP Auckland, Tautoko Mai has a vision to end sexual abuse in our community.

We Can Keep Safe is a personal safety programme for 3 - 5-year-olds which aims to give children the tools to help keep themselves safe in all kinds of situations.

Using songs, games, drama, puppetry, and storytelling, We Can Keep Safe teaches children skills in a fun and age appropriate way over five weekly sessions.



HELP Auckland has been delivering the We Can Keep Safe programme since 1995, and Tautoko Mai since 2024.

tautokomai

HELP

Due to their age, development level and trusting nature, young children are dependent on adults to keep them safe. It can be a challenge for parents to know how to teach their children important safety messages in an age appropriate way.

3 Touching Rules for Private Parts



We Can Keep Safe provides the tools for consistent and appropriate messages in the home and classroom. The programme offers a whānau/caregiver session and encourages parents and caregivers to attend the sessions with their children to reinforce messages.

We Can Keep Safe offers a starting point and a vocabulary for open communication with children. Incorporating these consistent messages about personal safety into their day to day learning from a young age, children develop skills to reduce their vulnerability to abuse.

Goals of We Can Keep Safe

We teach simple but important key safety messages, in a fun and gentle way.

The programme aims to:

- Present personal safety as a component of health and wellbeing
- Foster confidence and self-esteem in young children to prevent abuse and the skills to successfully get adult help
- Provide a starting point and vocabulary for open communication between parents/caregivers and children



Specifically, We Can Keep Safe teaches children:

- language for talking about their bodies
- assertion about the ownership of their bodies
- touching rules
- identifying feelings
- how to tell someone and get help to stop abuse