

Keeping Ourselves Safe (KOS) Parent Presentation



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What is KOS?

**Comprehensive
child abuse
prevention
programme**

**Extensively
evaluated and
revised**



Years 0-13

**Protects
children from all
sorts of abuse**

**Introduced in
1986**



Why Teach KOS?

There is an increasing need to learn to interact safely with other people, both online and face to face, and to have strategies to use should problems arise



Aims of KOS

- To teach a range of safe practices that they can use when interacting with other people
- To encourage children who have been, or are being abused, to seek help
- To contribute to an overall community prevention programme by making parents and teachers more aware of their responsibilities to help children avoid abuse



Key Concepts

- ▶ Teach Children to:
 - ▶ Recognise abuse
 - ▶ Avoid abuse
 - ▶ Report abuse
- ▶ Listen and act on reports
- ▶ Ensure ongoing prevention education through entire schooling
- ▶ Have effective abuse policies



What is Child Abuse?

“Means the harming (whether physically, emotionally, or sexually), ill-treatment, abuse, neglect, or deprivation of any child or young person”

*Children, Young Person and their Families Act,
1989 : Section 2*



Types of abuse

What are the different types of abuse?

Physical

Sexual

Emotional

Neglect

Cyber abuse

**Family
violence**

Physical Abuse

Non Accidental Injuries

- Punching, kicking, hitting with weapons
- Visible and non-visible signs of bruises, fractures, burns, bites
- Anti-smacking law





Sexual Abuse

Child involved in sexual activities

- Unable to consent
- Unable to understand
- Bribes, threats or force
- Indecent exposure
- Touching
- Exposure to pornography
- Sexual harassment
- Witness to sexual activities on other children
- Sexual Abuse can be the most damaging

Emotional Abuse

The way a child is treated directly affects their emotional and physical development

Types of emotional abuse:

- Verbal Abuse
- Rejection
- Lack of Love
- Mocking or put downs



Neglect

Not providing:

Shelter

Love

Security

Medical / dental care

Food and clothing



Cyber Abuse

- More common in our society now
- Involves, social media and texts
- Involving bullying and sexual nature





Family Violence

- Emotional, Physical, Sexual abuse by a family member
- Children are often the witnesses or caught in the middle of parents arguing
- Home life can become unsafe and stressful to a child
- Can affect the way children behave and learn and lead to problems at school and with their friends




Stranger Danger

- “In the majority of cases the abusers are known and trusted by their victims.”
- “The emphasis on ‘stranger danger’ causes adults to miss the clues that children give when they are being victimised by trusted family friends, professionals or relatives.”
- Children need to know how to identify and tell a trusted person if anyone is behaving towards them in a way that makes them feel unsafe.

(Professor Freda Briggs)



Who is abused?

- All Children are at risk of being abused
 - Preconceived ideas of the abused being from low socio economic back grounds, Maori and Pacific Island
 - Children with disabilities most at risk
- 



Who are the Offenders

- Usually known to the child
- Family or extended family member
- All ages. From young to old
- Male and Female
- All nationalities / cultures
- Any socio-economic group
- People in positions of trust

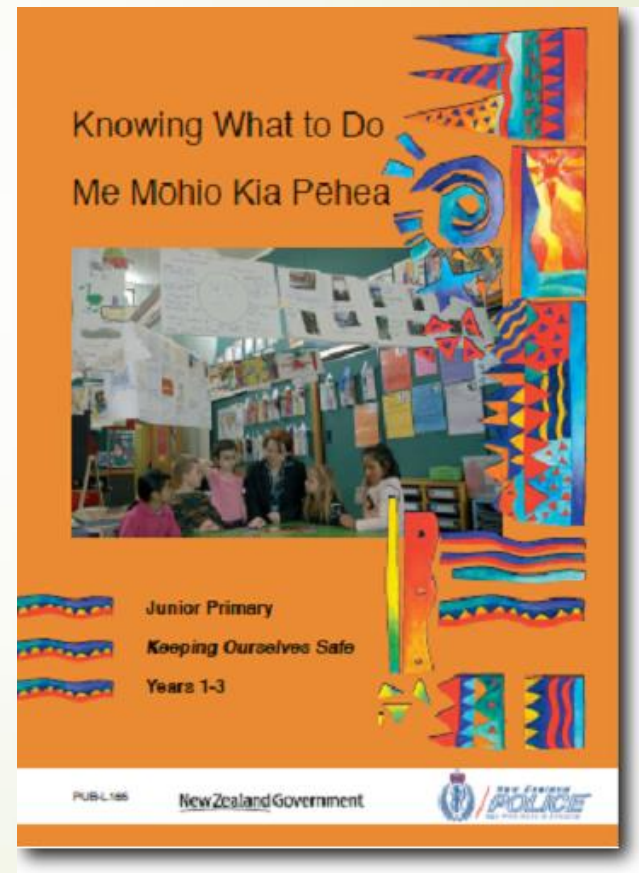


Who Teaches KOS

- KOS is taught primarily by the class teachers
- Police (SCO) can be involved with the lessons
- Taught every 2 – 3 years
- KOS fits within the NZ Curriculum for primary and secondary schools
- Taught within Health and Physical Education Learning area
- Important to look through the kits and familiarise yourself with the videos and material

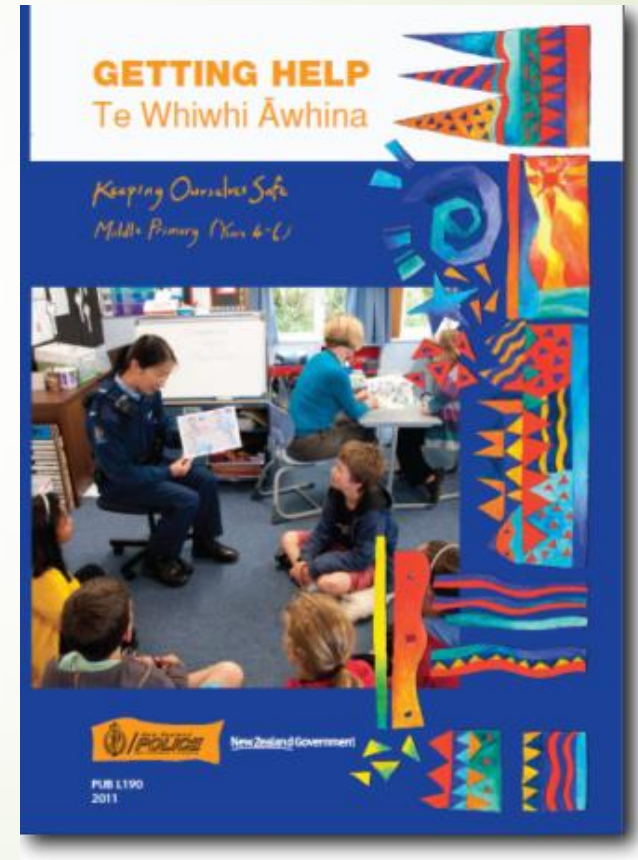
Years 0-3

- I am unique
- My body is my own
- Dealing with unwanted touch and behaviour
- Adults who help



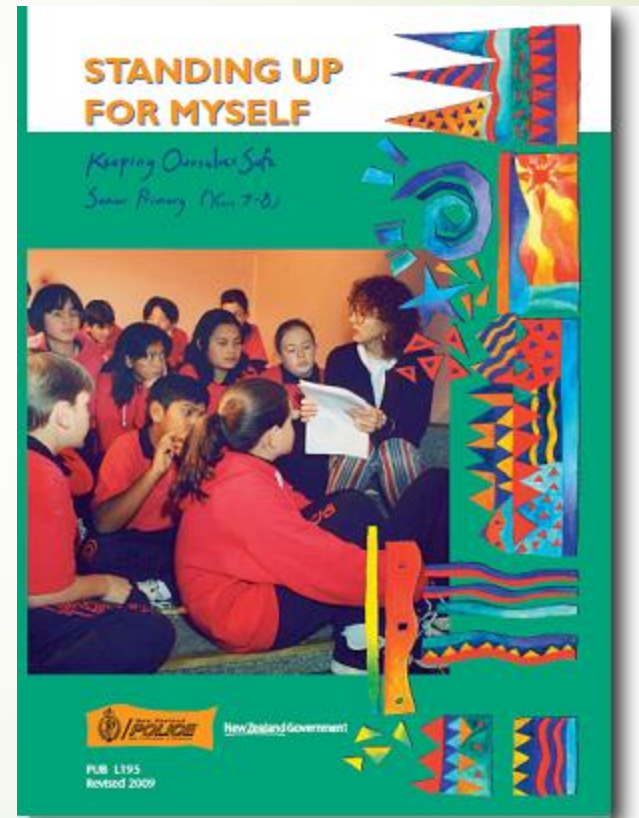
Years 4-6

- Confident me
- Safe or unsafe?
- No excuse for abuse
- Why should I tell?



Years 7-8

- Keeping one step ahead
- I'm responsible for others too
- Finding out about abuse
- Families working together
- Reporting abuse
- What happens now?



Question Time

