

safestrongandfree
HIGHLAND



ANNUAL REVIEW

July 2010 – June 2011

Includes feedback from parents

Safe Strong and Free

Safe Strong and Free (**ssf**) is a Highland charity which believes that “every child has the right to grow up safe, strong and free and that preventing sexual abuse and exploitation of children is the responsibility of the whole community”.

Aim

The aim of **ssf** is to help reduce the vulnerability of young children to abuse and assault.

Objectives

To help parents, carers and young children develop appropriate strategies to deal with bullying, an approach by a stranger and an unwanted or inappropriate approach from a person the child knows. By:

- Providing workshops for adult carers, parents and children.
- Promoting within the community the principles of **ssf** in preventing child abuse and assault.

A further objective is that bullying and child sexual abuse is resisted or identified at an early stage to minimise the effect on the emotional, sexual and general health of children, and the adults they mature into.

Ethos

Ssf promotes a pro-active approach to keeping children safe from abuse and assault. Children, parents, carers and pre-school staff are involved in preventing children from developing bullying behaviour, being victimised by their peers, abducted by a stranger or sexually abused by adults. Raising the awareness of parents and carers about the risks children face, and of the preventative measures to take can help to minimise the risks. Caring adults need to be approachable for children to share their worries and triumphs, be good listeners and willing to prove their reliability.

Introducing strategies to young children that will help them deal with difficult or dangerous situations can be effective if they are helped to develop the confidence and assertiveness skills to enable them to use the strategies. Children need to practice the skills in a safe environment where they can get help, support and encouragement. They also need to be listened to and given help and guidance when they are confused, frightened, worried or have a problem. Children have the right to refuse unwanted or inappropriate touches and approaches on their personal space. They need to be empowered and supported if they exercise this right, regardless of who is challenging it.

The Programme

Ssf was piloted in the Inverness area of Highland in 1989. It was evaluated and fully operational by the following year. Until 1997 the service was available exclusively in the Inverness area and until 2003 available only in the Inverness Education Service Area. Between 2004 and 2006, in response to a request from the Highland Child Protection Committee, **ssf** implemented an expansion of the service to make it available in every Local Authority Nursery and Partner Centre throughout the Highland Council area that has children in their pre-school year. It is a voluntary organisation, a charity (Scottish Charity Number SC017744), and since 1999 has been a Company Limited by Guarantee, registered in Scotland (Company Number 197890).

Company membership consists of:

- Full Individual Members – Individuals normally resident within the area who support and / or have an interest in the work of **ssf**.
- Full Corporate Members – User groups, local community groups, organisations and statutory agencies within the area, which support and / or have an interest in the work of **ssf**.
- Associate members (non voting members) – Advisors to the Board of Directors, individuals, representatives of Corporate Groups, or Corporate Groups.

At 30th June 2011 **ssf** membership consisted of:

- 73 full corporate members
- 30 full individual members
- 6 associate corporate members
- 5 associate individual members

Availability

All Local Authority Nurseries, Community Playgroups, Private Nurseries and Day Care Nurseries in Highland host workshops if they have children in their pre-school year (typically age 4-5 years old).

Management

A Board of Directors manages **ssf** and maintains the quality and high standards of the service. At present there are 6 Directors who come from various backgrounds but have the common interest of children's safety. There is also a committee of advisors who represent: Highland Council Social Work and Education Services; Highland NHS; Northern Constabulary; Scottish Children's Reporter Administration (SCRA) and the Care and Learning Alliance (CALA).

See appendix 1 for list of directors and advisors

Staff

There are 8 members of staff: a full-time Co-ordinator; a full-time Administrative Assistant and 6 part-time Project Workers. In 2010 – 2011 there was one staff change, in the Inverness, South & East Ross-shire area.

The Co-ordinator and Administrative Assistant are based at the Project Office at 106 Church Street in Inverness. The Project Workers are based in Thurso, Lairg, Inverness, Smithton, Fort William and Portree; they work from home. Each Worker has an allocation of pre-school groups within a specified geographical area. They take responsibility for arranging the workshop bookings, liaising with nursery staff and delivering the programme within their area. The Co-ordinator is the line manager for the Administrative Assistant and the Project Workers; the Chairman of the Board is the line manager for the Co-ordinator.

See appendix 1 for list of staff

Staff Training

The new worker has completed her in-house training and will attend an inter-agency child protection training course in August 2011. Due to funding restraints over the past year, employee training has been restricted to free or low cost events that were held locally. This remains the policy for 2011-12.

Volunteers

When available, trained volunteers help the Project Workers deliver the children's workshops and parents' meetings. Three volunteers continued to be registered with us this year and we have recruited and trained a fourth. One Inverness based volunteer also helped the Administrative Assistant in the **ssf** office.

All volunteers complete an application form, give the names of 3 referees, are interviewed and volunteers recruited since February 2011 are required to be a PVG Scheme member. Those recruited prior to February had their background checked at Enhanced level through Disclosure Scotland. The volunteer training programme includes background information about **ssf**; bullying; child abuse & protection; and puppetry practice to prepare them for their role in the children's workshops.

See appendix 1 for list of volunteers

Funding

Ssf are facing financially challenging times for the foreseeable future. The Project funding for July 2010 – June 2011 came from The Highland Council, Highland NHS, The National Lottery through the Big Lottery Fund and from April 2011, The Robertson Trust. Several individuals have donated to **ssf** this year and our collection cans; Everyclick and Easy Fundraising have also boosted our income.

Highland NHS will only guarantee funding for 2011-12 as they are going through a restructuring process. The National Lottery funding ends in June 2012. The Highland Council informed us last year that they would reduce the funding to **ssf** by 25% for the year April 2011 to March 2012 and a further reduction of 25% will be made for the year April 2012 to March 2013. As soon as we were informed of this we tried to cut our costs but this resulted in minimal savings as we already operated on a very tight budget.

However, the combined grant from The Robertson Trust, donations and the small savings we have been able to make has secured **ssf** for another year. The Robertson Trust will consider a further 2 years funding but only if there is continued statutory financial input. After a meeting with a Programme Director from the Lankelly Chase Foundation a 2 year funding proposal will go to the Foundation's Trustees in January, but they also insist on continued statutory financial input.

Additional work done by ssf

- A Project Worker facilitated workshops with the combined Primary 1, 2 & 3 classes in two rural primary schools on request from the Parent Councils who covered her costs.
- The Co-ordinator contributed to a 'safety day' for Primary 1 children.
- The Co-ordinator facilitated a personal safety workshop with a Scout Group.

Other organisations that ssf has contributed to and / or held memberships of in 2010-11

- Connections – The voluntary sector networking partnership for child and family support in Highland. **Ssf** is a member and the Co-ordinator represents the project on this group.
- Keeping Children Safe (KCS) – provides child protection training for the voluntary sector. **Ssf** is a member; the Co-ordinator is a Director and is on the KCS Reference Group.
- British Association for the Study and Prevention of Child Abuse and Neglect (BASPCAN), Scottish Branch. **Ssf** is a member and the Co-ordinator is the Treasurer of the Scottish Branch. As a member of the management committee she contributed to the organisation of the Branch AGM & Conference held annually in June.
- Inverness Crime Prevention Panel – (ICPP). The Co-ordinator represents **ssf** and has been the only voluntary sector committee member on the panel for several years. The group meets 6-8 times a year and works with the police and the community to tackle local issues with the aim of reducing crime.
- **Ssf** are members of: Signpost (formerly Volunteering Highland, CVS Nairn and CVS Inverness); CIS'ters; Survivors Trust; and the Cross Party Working Group for Sexual Abuse Survivors.

PARENTS' AWARENESS RAISING PACKS & MEETINGS

We distribute awareness raising packs to all nurseries with a covering letter requesting that they give them to parents at least one week before the arranged date of their parents' meeting. The main reason for the meeting is to let parents see what we are going to present to their children. However, the packs contain information that parents may wish to discuss further and the meeting is an ideal opportunity to do this. Generally the packs are evaluated as informative and helpful.

We sent the parents' packs to the nurseries and partner centres by post when they could not be delivered by a member of **ssf** staff. Early in the academic year, it was brought to our attention that some parents' packs hadn't been distributed prior to the parents' meetings (*see feedback from parents below*). To try to prevent this happening for the rest of the year we put a sticker on the outside of each package stating that the contents should be distributed to parents by a specific date; usually one week before the meeting was due to take place.

Contents of the parents' awareness raising pack in 2010-11

- Invitation letter to the parents' meeting
- **ssf** leaflet – Information about **ssf**
- **ssf** leaflet – Useful contacts and book list
- **ssf** leaflet – How to react if you think a child is talking about abuse
- **ssf** booklet - Awareness of bullying and child sexual abuse
- Reply slip to indicate whether they will attend the parents' meeting
- Permission slip for the children's workshops

(All are available on request from the Project Office)

Parents' meeting general format

- Introduction and summary of **ssf** background.
- Parents are invited to ask questions at any point during the meeting. (*The Project Worker also asks if anyone has any questions at key points throughout the presentation*).
- Demonstration of the children's workshop on the prevention of bullying.
- Demonstration of the children's workshop on staying safe around strangers.
- Demonstration of the children's workshop on staying safe around adults that you know.
- Follow-up story booklets are shown to the parents.
- Invitation to contact the Project Office before, during and after the children's workshops.
- Appeal for volunteers to help in the delivery of the workshops.
- Feedback sheets distributed.
- The Project Worker remains available to anyone who wishes to talk individually or privately.

Meeting records

Between October 2010 and June 2011 there were 162 parents' meetings held for 180 pre-school groups. Six hundred and fifty one adults attended these meetings. Attendance accounts for 29% of parents whose children attended at least one children's workshop. However, 40.6% of parents who returned feedback forms after the children's programme, and who hadn't attended a parents' meeting this year, said that they had attended previously.

See appendix 2 for workshop attendance and appendix 3 for nurseries & partner centres.

Records from the parents' meetings show that **ssf** was received well by the vast majority of parents. Several parents said that it was sad that there is a need for **ssf** but they appreciated being able to access the workshops. Occasionally they worried about what the workshops contained but previewing the workshops usually reassured them and they subsequently gave their permission to allow their children to take part in the programme. On several occasions parents who had supported older siblings through **ssf** helped to convince others of its value by generally saying that their older children had gained confidence from the workshops and still remembered the safety strategies. One parent in particular, whose oldest child was 15, said "it works, but we parents must play our part by reinforcing the messages". She went on to give several examples which she felt proved the effectiveness of **ssf**. Another, whose oldest child attended last year, said that she was "impressed" by how much her child had retained. A teacher said that she uses what she has learned from **ssf** with her primary 3 class.

The strangers' messages were challenging for rural communities, particularly for parents in the hospitality industry. The advice we give is that the messages they give their child on safety around strangers must be very clear and specific to their own particular circumstances. Those running B&B accommodation often asked about this but also other parents who were running tourist orientated businesses from home. Some felt that their children were much safer in rural communities and there was no need for the workshop on strangers, whilst others took an opposing view and asked for additional messages to be included in the presentation.

One group wanted the worker to expand the message about touches not being secret to specifically mention "private parts of the body" because of a recent incident that had happened locally. Some parents in one group, for the third year in a row, were unhappy with the term "uncle" being used in workshop 3 even though it is emphasised to the children that he isn't really Shona's uncle, she just calls him that name. They suggested alternatives like using a foreign name, an unusual name or not giving the known adult a name at all. All three are not acceptable alternatives; giving the puppet a foreign or unusual name is as unacceptable as calling him Tom or Bob. Not giving the person a name gives the impression that he is a stranger and confuses the issue being addressed by workshop 3 and also creates the problem of how the presenter refers to the puppet whilst talking about what happens in the play.

At some parents' meetings young children were present. Even when the toddlers were unsettled, they usually became quiet during the puppet performances. Interruptions during a presentation by primary school staff was branded as "disrespectful" by one parent. She felt it reflected the lack of value placed on the nursery within that particular school; however, it is a problem that often arises when using a multi purpose room. It can be challenging for the presenter to stay focussed and keep the attention of the parents when there are many interruptions during the presentation.

Several parents shared that they, or other family members, had been abused in childhood. One said that she hadn't had the confidence to speak out about it at the time. A parent said her brother disclosed abuse to his mother after attending workshop 3 because the lady said he should not keep kisses, cuddles and touches secret. He realised his mum would give him a cuddle just like it happened with Shona when she told her mum.

Common comments / discussion themes and FAQ's:

- "It is nice to know that people care about making the world a better place for children."
- Cases of child abuse in the news, both local and national, were discussed.
- "Will the children get this again in primary school?"
- "Tackling the known person abuse is appreciated; I'd no idea how to protect my child from this."

- “It’s a brilliant thing, a bit frightening but I’ve learned a lot.”
- “I’m reassured after seeing the workshops’ content.”
- “Sad we have to teach children this.”
- “Can Uncle be changed to Auntie?”
- Several people said that their older children remember **ssf**.
- “Very valuable project.”
- A lot of discussion about children getting lost.
- “Why cut funding to something so worthwhile?”
- “Important messages in a child friendly presentation.”
- “Puppets are a great way to introduce this.”
- “Do the children ask searching questions?”
- Many nurseries have adopted the strategies.
- “Children get confident by knowing how to handle difficult situations.”
- Several had been before and learned more second or third time round.
- “What is the school policy on bullying?”
- “It is important not to ignore the issues.”
- “Bullying situations can get out of hand so best to nip it in the bud.”
- “I think my child might be too young.”
- “The older generation shouldn’t lull children into a false sense of security.”
- “Important to get a balance about strangers.”
- The concept of safer adults and safer places was often discussed.
- “Very glad you are doing this.”
- “Good opening to talk to their children.”

However, we were not always successful in convincing all parents of the benefits of **ssf** but the refusal rates for the 3 workshops remained low this year. Viewed as a percentage of the actual attendance, those refused permission to attend accounted for 1.4% of children for workshop one; 1.6% for workshop two; and 1.8% for workshop three.

Feedback from Parents about Parents' Packs and after Meetings

A total of 162 parents' meetings were held, attended by 651 adults. After each meeting all those present were asked to fill out a feedback sheet and 555 (85.3%) were returned.

From the packs distributed prior to the parents' meeting how helpful did you find the following?

	Very Helpful	Helpful	Not very helpful	No Answer
The information about bullying	455 (82%)	88 (15.9%)	0	*4 (0.7%)
The information on strangers	462 (83.2%)	81 (14.6%)	0	*4 (0.7%)
The information about child sexual abuse	453 (81.6%)	88 (15.9%)	2 (0.4%)	*4 (0.7%)
The information about talking with and listening to children	453 (81.6%)	86 (15.5%)	0	*8 (1.4%)

**1 parent said that the parents' pack had not been distributed prior to the meeting.*

**3 parents said that they had not yet read the parents' packs.*

Other

- *One parent felt it was between very and helpful*
- *Sorry; read it some months ago & can't comment.*
- *Sorry, didn't see these – I was late.*
- *Just browsed so will look thoroughly soon (this parent also ticked 'helpful').*
- *Too long to fully read.*

From the parents meeting how did you find the following?

	Very Helpful	Helpful	Not very Helpful	No Answer
Description & demonstration of the children's workshops	524 (94.4%)	30 (5.4%)	0	1 (0.2%)
The discussion time	476 (85.8%)	74 (13.3%)	0	3 (0.5%)

Other

- *N/A*
- *Didn't feel too much to discuss*

Do you feel the presenter was well prepared and comfortable with the material?

Yes – 554 (99.8%) No – 1 (0.2%)

NOTE: The person that said 'No' attended a new Project Worker's first presentation to parents.

Did you find it useful to attend the meeting?

Yes – 555 (100%) No – 0

Why did you find it useful to attend the meeting? *(Some didn't give a reason; some gave more than one reason)*

Know the content of the children's workshops	542	(97.7%)
Found the information and discussion reassuring	484	(87.2%)
Ensure that the ssf strategies are consistent with my / our own	478	(86.1%)
Feel more able and confident to reinforce the strategies at home	500	(90.1%)
Feel more able and confident to deal with the issues if they arise	487	(87.7%)

388 (69.9%) of the above respondents indicated that all five reasons applied

Other reasons given for why they found it useful to attend the meeting:

- Useful to know what they are learning about and what they are talking about when they are at home.
- Helpful to be able to reinforce ideas at home.
- Brings it home that you should continue to reinforce these ideas and discuss these issues with your children. Assure them they can always talk to mum / dad.
- Informative and useful for parents to follow-up and reassure children after they have been given workshops.
- To understand the overall theme / message of the sessions – to support this work at home after.
- Provoked thought. I will be looking at the website for more information. I am a bit concerned that she might be frightened.
- Reassured that child sexual abuse workshop is subtle and at same time gives clear message.
- Ensuring strategies are very consistent is important to me.
- It helps to know the language that will be used so that the message is consistent at home. Also if they have questions after the sessions about the stories or puppets I will know what has been covered.
- Interaction with other parents on these issues.
- Identify the content of the meeting onto other areas such as youth organisations to prevent and support Safe Strong and Free with older children (as an adult instructor within the Army Cadet Force).
- Very reassuring to know what is covered and how.
- Very reassured that my child will learn at school about **ssf**. It co-exists with my own way of teaching my son from what's right and what's wrong.
- Even though I have been to previous **ssf** meetings I felt it was good to have a refresher meeting raising points that maybe haven't been discussed with my children at home for a while. Thanks.
- Found it very helpful re bullying as my son has been bullied.
- I found it very useful to see and hear the material my child will be learning from – I will feel more confident in discussing these subjects with my child.
- Know the content most important to me, then able to discuss it better with child.
- It might have been more useful to have more information about how to reinforce strategies, and less about detailed content. Very useful and important session though – thank you.
- Feel confident about situation discussed.
- Just great to have the opportunity to see what the children will see and help them from the start.
- I'm happy to know that it is age appropriate and descriptive, to such sensitive subjects.
- Opportunity to ask questions / clarify.
- Helpful to know how to put things across to our child in a way they will understand and not become frightened.
- Meeting was very informative and useful as to how to start to talk about all the subjects.
- A better understanding of **ssf** and how the workshops operate, i.e. how the messages are related to each other and are reinforced.

- This person was Russian and had difficulty understanding the form, therefore did not tick anything here. *[note added by nursery assistant]*
- Put my mind at ease about how things were going to be put towards my child.
- Helpful to know how **ssf** will be presented to children. Makes it easier to discuss at home.
- To know the info would be useful but not anxiety provoking.
- Missed this workshop for my elder daughter – I can now reinforce these issues with her too. An excellent pace of presentation and reassuring to hear the level of vocals and depth of subject the children will receive.
- I will know the repeated phrases that the children are learning.

Additional Comments

- ☺ Well presented, correct format and content for audience. Just a shame not funded for follow-up through P1-P7.
- ☺ Very good at initiating discussion.
- ☺ Excellent concept. My daughter has been through **ssf** already and LOVED it. Very clear understanding. She got a lot out of the workshops.
- ☺ Very positive initiative.
- ☺ I have tried to introduce all 3 subjects but have struggled to keep it at an appropriate level for my children's understanding. I feel much more confident in my own ability to be clear, consistent and reassuring. Thank you.
- ☺ This project must be cost-effective so I would encourage it to continue in the long term. It should not be subject to budget cuts. Alison – presenter – very welcoming. Well done.
- ☺ I am a member of school staff, excellent initiative. Difficult issues sensitively put across.
- ☺ Think this project is really important for the present and future safety of the children. Preventative work like this must have a positive impact on keeping children safe and also saves on the expensive / cost of supporting survivors later on. Thank you.
- ☺ I think the **ssf** programme is a fantastic way to enable children to look after themselves. It would be tragic to lose funding for such a scheme. Children's safety MUST come first.
- ☺ Very good. Think kids will enjoy it and have fun at same time as learning.
- ☺ Seems a very good workshop for the children.
- ☺ My session was very good and I know that my child will get a lot from it.
- ☺ Think that bullying is a particularly difficult issue to deal with; it is good that the children are taught at an early age how to deal with it properly and confidently. Also helpful that parents see how the children are taught to deal with it so consistency can be maintained whilst discussing issues at home.
- ☺ I was scared to do too much at home in case I traumatised her so this is done in a good way that I can build on.
- ☺ Done this before but useful to refresh previous sessions. Should be a nationwide thing in Primary Schools as well.
- ☺ Very informative and prepares child well for certain situations.
- ☺ It's always difficult to explain stuff to them.
- ☺ Kept simple for the children. Straight to the point.
- ☺ **Ssf** will be good to reinforce discussions at home.
- ☺ Puppets supremely well handled.
- ☺ Role-play very useful.
- ☺ I learned it's nice to keep simple to teach children how to behave. Thank you very much.

- ☺ Very interesting and helpful in enforcing how safe children to make them secure.
- ☺ Thank you for the well informative session, really appreciate effort of Highland Council to do such a thing and raise such issues. Although I feel it's a bit too early for a 4 year old it is indeed the need of time *[time of need?]* unfortunately.
- ☺ Fantastic project, any loss of future funding would be a great shame.
- ☺ A great project, thanks for your time.
- ☺ Overall, very helpful to see how these issues are addressed at this age.
- ☺ Very useful content as a parent. Hope the funding continues for the future.
- ☺ Very worthwhile project for both children and adults. Feel very comfortable knowing my daughter is getting taught this.
- ☺ I think this is great and getting the discussion going at school and home is a good thing. Keep up the good work!
- ☺ It's nice to be involved and understand exactly how the information will be passed on to the kids.
- ☺ I thought the presentation was excellent and will be very useful in reinforcing the message that we as parents continually give to our children. A fantastic vehicle for getting the message across and giving the children confidence in dealing with situations appropriately. Many thanks.
- ☺ Always a horrible thought for any parent to talk about but useful for ideas to use and discuss. Thanks.
- ☺ Very well presented.
- ☺ Good to know what my child is going to see.
- ☺ Great workshop.
- ☺ It has been very helpful this and I will be able to discuss it with my children.
- ☺ Very informative and reassured such complex issues are being addressed appropriately.
- ☺ Found the workshop very helpful and helped me to have prior knowledge of what children will be taught. Book very helpful should I need to use information from it.
- ☺ I'm happy to have heard about **ssf** workshops and feel really positive that my son will be taught confident strategies to cope in difficult situations. The puppets are great.
- ☺ Excellent presentation. Very happy to have my child take part in these very informative workshops. Keep up the great work!
- ☺ Very informed meeting and beneficial to the children.
- ☺ Very useful, hope the funding continues. Thanks.
- ☺ Good workshop. Enjoyed it.
- ☺ Found it reassuring.
- ☺ Thank you for a very informative meeting.
- ☺ Excellent resource for children.
- ☺ Meeting was very well presented. I'm sure the children are kept very engaged in the topics.
- ☺ Very informative and reassuring.
- ☺ Excellent informative workshop. Very well and clearly presented.
- ☺ Very reassured by the content to be covered with the children.
- ☺ Very informative and well presented. Would be useful if the ideas could be reinforced later in primary school years with other workshops.
- ☺ Extremely useful input and because I work with children who experience these issues it has helped me professionally.
- ☺ Thank you.
- ☺ We found the presentation very informative and although my child had seen the presentation before, I found the concept of using puppets a good way to interact with the kids. Thanks.
- ☺ I actually found the format being run-through with parents of huge benefit.
- ☺ A wonderful programme. Keep up the good work please.
- ☺ A good basis to work from. Thank you for the involvement.

- ☺ Very informative and helpful. Very well prepared.
- ☺ Very useful. Would like more discussion about other children.
- ☺ I found it very helpful and am pleased my children will learn the importance of looking after themselves and feeling safe.
- ☺ Found **ssf** workshop very good and helpful on knowing how to deal with these issues as they arise.
- ☺ I feel that the three stages presented to the children are teaching a clear and strong idea of how the child can deal with these situations.
- ☺ Following up the Safe Strong and Safe [*Free*] throughout Primary / High school.
- ☺ I think the way things are in society these days it's great to give the kids some help and strategies they can understand and work with.
- ☺ Found it very helpful.
- ☺ The workshop was good and it will be helpful to my child.
- ☺ I think these workshops should be in the schools more than once a year to the whole school so it stays in their minds.
- ☺ It was good to find out what is included in the course and how it would be put over to the children.
- ☺ I found it very helpful to me and my family. Thank you!
- ☺ Found the meeting has given me a good understanding of the workshop content and that I will be more comfortable when dealing with my child's response.
- ☺ Very useful and helpful / well presented.
- ☺ I'm very happy for my children to take part in this workshop, very useful, helpful for the children if they have to deal with difficult situations.
- ☺ Feel the children getting these workshops is a good starting point to discuss it more with them at home and go into more detail with them.
- ☺ After attending the parents meeting it has encouraged me to address these issues consistently at home.
- ☺ I thought it was very helpful. I didn't know how to teach these things to my kids. It's good to share the information to kids. Thank you very much.
- ☺ Very good resource.
- ☺ Excellent and extremely worthwhile for both the children and adults. Thank you.
- ☺ It is nice to be invited to a session to learn about what our children are going to learn whilst at nursery. It is helpful to be shown the content of the workshops so that I can go over the content with them and answer any questions they come home with.
- ☺ It is reassuring to know that my child will be taught all the dangers they could face, and how to deal with them.
- ☺ Very interesting to understand what will be happening in the workshops, very informative, very nice lady.
- ☺ Found the information very helpful and informative. Michelle did an excellent job and very reassuring to know my child is being taught such things.
- ☺ I found this really useful as the last workshop can be a tricky subject to approach at home, but I now feel able to do this and discuss with my child.
- ☺ Very reassuring and informative. Not too graphic. Thank you!
- ☺ Everything was excellent.
- ☺ Very well organised. It would be good to see this for each age group, not just pre-school.
- ☺ Excellent.
- ☺ I found the workshop excellent – it was very reassuring. I do hope that the children's workshops continue – it is vital that all children know how to deal with situations and know who to tell and that they're not in the wrong.

- ☺ This was a very, very useful meeting for parents. Sometimes my 4 year old's favourite word when asked what he's done that day is 'nothing'. To be able to see for myself what will be happening at these workshops is very reassuring in making sure that I am consistent in my methods. The way in which the sexual abuse is handled is brilliant. I always found this a difficult subject to approach without being too 'grown-up' but now I will feel very confident in raising this subject. Please, please keep up the good work as I'm quite sure you've 'saved' many children!
- ☺ Glad I came very helpful and useful can reinforce it at home now, we will be saying the same now.
- ☺ Would like to see follow-up sessions as child goes through Primary School.
- ☺ Follow-up sessions in Primary School would be a great idea!!
- ☺ Found it very interesting. Glad I came along. I can discuss it with my child as I have an understanding what it's about.
- ☺ Very worthwhile!
- ☺ Found the parents' workshop most helpful, having prior insight to what my child will be doing so can respond to questions, etc.
- ☺ I think it is very important children get taught these things. It is done in a way that is fun and doesn't scare them. Parents can give them follow-up at home and give further details that are appropriate to their child's needs and development stage.
- ☺ Everything seems very child orientated, very active learning. There is a helpful theme of ideas throughout; tell – who, etc. Simple puppets but I think would get the ideas over. Hope you get your extra funding!
- ☺ I found it very useful to know what they would be learning and how good it is for children to be taught this information.
- ☺ It would be great if these workshops, or similar, could be repeated again in Primary School (P2 or P3).
- ☺ Really informative and reassuring demonstration.
- ☺ I enjoyed finding out how it was explained and enjoyed watching **ssf** being played out with the puppets and found it to be really enjoyable and child friendly.
- ☺ Such a worthwhile project.
- ☺ Very useful and a shame not many other parents are here.
- ☺ Think would be good to follow on through to older kids (P4 upwards) as a refresher.
- ☺ Very well demonstrated.
- ☺ Found this meeting very interesting. Lots of information and would now know how to handle a situation.
- ☺ Thank you.
- ☺ A very worthwhile project that will benefit both children and parents greatly.
- ☺ Really glad I came today. Lots of good advice I can continue to use at home.
- ☺ I am glad that this project has started as there was nothing like this to help kids before. I hope it give the kids the confidence to come forward and speak out which is something I never had.
- ☺ Very good way of introducing issues that it can be difficult to know how to deal with or whether and how to talk to your children about.
- ☺ I was a little hesitant about these workshops for pre-schoolers as I wondered if they might become fearful of the issues presented to them. However, I was very impressed with the depth of knowledge and research behind the Project which has reassured me. Thanks so much for a brilliant scheme – we are very lucky to have access to such an important part of our kids' social education.
- ☺ Very worth while course would be great to have follow-up in later years.

- ☺ It's a very fun way of learning how to do the right thing. I'm glad that my daughter will have this shown to her so she knows what to do if any of this happens.
- ☺ Very worthwhile. Thank you.
- ☺ Very informative and well presented.
- ☺ Only wish my child in year 1 got this workshop.
- ☺ Very good value.
- ☺ Very informative and reassuring workshop. Thank you.
- ☺ Very pleased I attended. Very important messages portrayed in a simple way.
- ☺ Very worthwhile and helpful. Was glad to attend and hope it will continue.
- ☺ Good clear method of raising the subject of self awareness and what steps a child can take to empower themselves. Would recommend to parents unsure about content, the **ssf** project would cover.
- ☺ Very helpful and really well presented talk. It is a shame the Council are going to reduce the funding for this scheme as it is such an important and worthwhile course.
- ☺ Info and language used seems age appropriate.
- ☺ Very helpful, good to see what the children will be working through in the workshops.
- ☺ Found it very helpful and hopefully will practice what we have been told this afternoon!
- ☺ Found the meeting very reassuring and set at a good level for my 4 year old as was a bit concerned about that. Thank you.
- ☺ The child sex abuse was interesting. I've never known how to deal with this.
- ☺ Workshops very beneficial for children.
- ☺ This workshop should never be stopped; it is very useful and important to children & parents!!!
- ☺ It's a very important topic. Funds should not be cut!!
- ☺ This workshop should never be cut because it is so beneficial for our children.
- ☺ An excellent programme with essential information – thank you for your hard work and time.
- ☺ Very well presented. Materials are reassuringly age appropriate and lots of role learning. Thank you.
- ☺ Thank you.
- ☺ Think it would be really good if they had another meeting with the kids when they got into school.
- ☺ I feel this workshop is very important for children and adults and should never be stopped!!!.
- ☺ This is the second time I have attended and both times have been helpful. There was 3 years since I was previously here so nice to see it hasn't changed. ☺
- ☺ As the presenter informed us that she herself was in training, this was very useful. However the constant coming and goings, to and from the room were very disrespectful to the presenter. No signs were placed upon the door to advise others not to enter. The presentation was very beneficial.
- ☺ I found the safe strong and free scheme to be an excellent idea, very helpful for parents who may not know how to broach the issues raised. Having a run through of the exact workshops is very helpful, and will allow me to carry on the message once my child attends the workshop. Excellent work.
- ☺ I liked the fact it reinforces. It's never too young to be taught about this subject and have great strength knowing my young child has some knowledge of what to do in this situation. Thank you.
- ☺ Found it very helpful and reassuring to know what the children were going to be told and see.
- ☺ Very informative, well presented and I thought the content of each course was a great way of teaching children about these issues.
- ☺ Very helpful. Remind *[ed me of]* my childhood, when I was abused.
- ☺ Very interesting and helpful and useful for the children.

- ☺ Very good – hope it continues.
- ☺ Very good.
- ☺ Fantastic workshop to make children aware from a young age.
- ☺ Really useful meeting. Really useful to know how to deal with these issues without scaring the child.
- ☺ Good to deal with issues before going to Primary School.
- ☺ Excellent introduction to keeping safe.
- ☺ Thank you!
- ☺ Thought it was very valuable, especially for my daughter going to school and getting more independent.
- ☺ The parents' workshop was definitely worthwhile as it will help to speak to my child about the workshops.
- ☺ Found this very helpful after attending course 5 years [ago?], definitely worth attending again to refresh memory and know what children will be talking about after they have had their session.
- ☺ An excellent project / programme.
- ☺ Very informative.
- ☺ Great to have this presentation. Thanks!
- ☺ The workshop is very helpful.
- ☺ Meeting very helpful to find out about the content of **ssf**. Excellent way of approach for the children. Puppets are a great idea to picture the situations. Enjoyed, thank you very much!
- ☺ Keep up the good work. Hope the funding is boosted; not cut.
- ☺ I found the workshop fun and helpful. Hope my child enjoys the workshops at the pre-school.
- ☺ Glad to attend the meeting, very useful and reassuring.
- ☺ Very helpful to see the way the workshop is presented to the children, simple but effective and very important.
- ☺ I feel the Safe Strong and Free Project is a very valuable Project. In teaching our children what to do in an event of bullying, or a stranger trying to take them away, us as parents do tell our children about stranger danger **ssf** reinforces it. And the sexual abuse part of it is done in such a way the children will understand and hopefully will save some children from exploitation by adults. I hope that **ssf** project is around for a long, long time to help protect our children from all three subjects.
- ☺ Really good to know that these protective strategies are being actively taught.
- ☺ Fantastic fun for the children to receive these workshops and reinforce important messages. Would be really good if the children get the workshops again in P2 or P3 to reinforce again.
- ☺ Wonderful, I was really impressed with the workshops. The presentation was very friendly and very confident and reassured me about safe strong and free. Thank you.
- ☺ I was involved in abuse as a child and I would have benefitted from safe strong and free as a child. Also I think strangers should be referred to as 'they / them' instead of 'him'.
- ☺ Very good. Easy and fun for children to understand.
- ☺ Very helpful indeed. Also very grateful to have this available for my child here in the Highland region. Long may this education be available. Thanks.
- ☺ Very, very helpful and informative. Very glad I attended and to know my child will learn a lot from these workshops.
- ☺ I found the workshop really good and helpful.
- ☺ Great that it's nice and basic for young children to understand. Was worried that it may be too intense or difficult for them to understand.
- ☺ I found it very helpful and think it is a very good thing to do with them, very useful.
- ☺ Delivery very good to target audience. Well structured.
- ☺ Absolutely fantastic workshop, very helpful and brilliant for kids to learn.

- ☺ Very helpful. Looking forward to my child attending workshops.
- ☹ Understand 'not keeping it secret' is good message to get across at this age – but perhaps some reassurance that the right / clever thing to do is tell - maybe needs reiterating as likely to be told it will cause trouble etc. if they tell. *[The telling message and who to tell is reinforced repeatedly in all the workshops].*
- ☹ Worried my son who is only just 4 will not be mature enough or concentrate enough to take messages on board.
- ☹ The puppets were quite old fashioned I thought. Children may respond to a more modern presentation.
- ☹ Cartoon or kids programme characters that they relate to would be better than home made DVD. Understand that funds are tight. Thank you.

CHILDREN'S WORKSHOPS

A total of 888 workshops were held in the 2010-11 academic year in Highland. They were held for 180 Local Authority nurseries, community playgroups, private nurseries and day care centres. The Project Workers submit a record of each workshop to the Co-ordinator, which includes attendance, number of children refused permission to attend, adults present during the workshop, children's reactions to the presenters and the workshop content, recall, emphasis, questions and discussion. The Co-ordinator monitors the records and discusses any issues that arise with the Project Workers at support and supervision sessions and staff team meetings.

CHILDREN'S WORKSHOP ATTENDANCE	2010 - 2011
Attended at least 1 workshop	2,242
Attended at least 2 workshops	2,083
Attended 3 workshops	1,898
Attended workshop 1	2,102
Attended workshop 2	2,068
Attended workshop 3	2,053

See appendix 2 for workshop attendance in the last 5 years and appendix 3 for nurseries & partner centres that hosted workshops.

The average attendance at each workshop was 7. Of those attending workshops 84.7% attended all 3 workshops and 92.9% attended at least 2 workshops.

CHILDREN'S WORKSHOPS' CONTENT

Note - It is the policy of ssf that a member of staff from the nursery / partner centre is present during all three children's workshops.

WORKSHOP 1 – Prevention of Bullying

The puppets used in the plays for this workshop are Callum, Shona and the girl who bullies Callum. She doesn't have a name and is referred to as "the girl that bullies Callum" throughout, but however much we try not to label the puppet; many children refer to her as the "bully".

This workshop serves as an introduction for the children to the presenter and the volunteer helper. Feeling and being safe, strong and free are explained by showing positive images and discussing them with the children. Times when the children might not feel safe are explored and what bullying is. The Worker then goes on to give clear messages to children on how to react if someone tries to bully them. They accept telling an adult more readily than getting a friend to help so we ask them to identify friends that could help them as well as adults and older siblings. The message that bullying is not an acceptable way to behave is also very clear and good, positive behaviour is discussed.

Assertiveness and telling are the main themes of this workshop. We teach the children to:

- Say NO in a strong voice if someone bullies you, and we practice this.
- Get a friend to help you say NO if someone bullies you and you don't feel strong enough alone.
- If the person bullying you still won't stop, tell an adult.
- Explore which adults you can tell.

WORKSHOP 2 – Staying safe around strangers when you are not with an adult

The puppets used in this workshop are Callum, Shona, Callum's Mum and the Stranger. When the Worker doesn't have a volunteer for this workshop a DVD of the puppet play is used. It is played twice and the children are given tasks to do during the 2nd viewing. They are asked to tell Callum and Shona what to do when the stranger talks to them; to remember what the stranger looked like; and to listen for the tricks the stranger tries to use.

The workshop gives clear messages to the children on what a stranger is and how to react when they are not with an adult and a stranger tries to talk to them or comes too close. The definition of a stranger used is "someone you don't know". We tell the children that a stranger can be a man, a lady or older children that they don't know and they don't look, talk or dress differently from anyone else. The only difference is that you don't know them. Understanding this is the key to the effectiveness of the entire workshop.

We build on the message of "don't talk to strangers" that most parents pass on to their children and teach them what to do instead. We tell them:

- Don't talk to strangers when you are not with an adult.
- If a stranger speaks to you just ignore them: it is okay to do that, you are not being rude.
- Stay well back and keep walking.
- If a stranger gets too close, yell and run away.
- If a stranger tries to grab you, yell and run or yell and kick.
- If a stranger does grab you or picks you up, you should yell, wriggle, kick, punch and make as much noise and fuss as you can.
- Always tell an adult you know if a stranger tries to talk to you.
- Explore which adults they can tell.
- We teach the children a special yell to use if they feel frightened and let them practice it.

WORKSHOP 3 – Staying safe around adults that you know

The puppets in this workshop are Callum, Shona, Shona's Mum and Uncle. It is explained to the children that Uncle is not really Shona's uncle; she just calls him that name. They do grasp this concept as they include their uncles in their list of people that they can tell.

In this workshop the messages given are:

- Your body belongs to you.
- Kisses, cuddles and touches are not secret things. Children should never keep them secret, no matter who tells them to.
- Tell an adult if anyone tells / asks you to keep a kiss, cuddle or touch secret.
- Explore which adults they can tell.

The plays are very important in this workshop to demonstrate that when Shona is asked to keep a kiss secret she does the right thing and tells her mum. This makes her feel better, safer, happier and her mum reassures her that telling was definitely the right thing to do.

Workshop Records - General

Project Workers record how the children respond, concentrate and participate in each workshop. Most groups are recorded as doing well or very well in all three categories. However, challenges were faced at times from individual children and very occasionally from a group. When this happened the situation usually improved as the workshops progressed. Most children grasped the messages and strategies but occasionally there was doubt about individuals. When recapping at subsequent visits

particular attention was given to these individual and most remembered the strategies well. The Project Workers are adept at including quiet children and encourage their contribution.

The opportunity to observe how the children react with other adults was welcomed by most nursery employees. This is a rare chance for them to observe particular children and see how their behaviour differs from when doing usual nursery activities. Some children get 'lost in the moment' and are unusually vocal whilst others that are usually very vocal will be quiet initially until they regain their confidence.

It is ideal if there is a room, separate from the nursery, to use when not all the children are attending the workshops or it is a large nursery and the class needs to be split. However on a few occasions, due to there not being a spare room available, the workshops had to be held in the nursery and any noise or other distractions coped with. This makes concentration a challenge for both the Project Worker and the children. Sometimes it was possible for the non attending children (usually 3 year-olds) to be taken outside to play so that the workshops could be held in the nursery. Another challenge to concentration is interruptions by other school staff and / or children during the presentation, especially when a multi-use room is allocated for the workshops. Project Workers now carry a "meeting in progress" sign to put on the door to let others know that the room is in use. We hope this will help to minimise the number of interruptions.

Where the workshops are held is just one of the challenges faced by the Project Workers. Another is when nurseries like to keep to a strict timetable which doesn't make allowances for groups of children that are chatty. In all communications with nurseries we ask for 45 minutes to be available for each presentation but this is sometimes cut to 30 minutes because of the nursery timetable. On one occasion we were asked to do a workshop in 20 minutes which was not possible. The children need to be involved and 20 minutes is not enough time for the Project Worker to deliver the presentation and involve the children in that delivery. This would have resulted in little or no learning.

It is pleasing to see how the children respond to the puppets with empathy. Puppets are a good medium to engage quiet, shy or uncommunicative children; and children with special needs. The visits are appreciated by the children who give gifts of cards and pictures. One told a Project Worker that she was the nicest lady they've ever met; another said "thank you for everything, you are a good friend"; and one child said they were very sad at the end of workshop 3 because they wouldn't see the Project Worker, Callum and Shona ever again.

Nursery workers use our story booklets within the nursery setting and one Gaelic medium school gets the older primary children to read the stories about Callum and Shona to the nursery children. They see it as a way to revisit the subjects with the older children and it also gives the nursery children the experience of the stories in Gaelic.

Workshop Records - Workshop 1

According to the children this year bullying is: a bull, a daddy cow with horns, fighting, hitting, hurting someone, name calling, being nasty to another person, stealing things from people, saying bad words to people and throwing stones. Some told of their experiences of bullying or of the experiences of their older siblings. There were occasions when they spoke about being bullied by the older brother or sister. One child said "I'm not free when my friend hits and pushes me".

How young children feel that they should react to bullying is very interesting. The most common answer by far is to run away and tell mum or dad. Other answers we got this year are: fight them;

ignore them; head butt them; duck; take them out; give them a thick ear; throw stones at them; and retaliate in some way. Some said they'd get someone else to retaliate e.g. "my Dad would smack the bully" or "get all your friends to bully back". We were also told that "dad says I should bully them back", however, we are glad to say we weren't told this often.

One girl complained about being bullied by an older girl. Her parents were not previously aware of this. The Nursery Teacher said that because of the **ssf** workshops the parents and child can now deal with the situation. Several parents took their child to nursery to access the workshops even though their child didn't usually attend on the arranged workshop days. Several nursery workers said that the messages from the workshop had been utilised to positive effect in a variety of situations.

One parent said that her child had enjoyed the first workshop immensely and was taking his book everywhere with him, even to bed. She also said that **ssf** has a big impact and he is looking forward to the next 2 workshops. Another parent said that her son had already put the strategies to use with a successful result.

Workshop Records - Workshop 2

The key to this workshop is the children understanding what a stranger is. Before we introduce that a stranger is 'someone you don't know' we ask the children what they think a stranger is. Some children get the answer correct, other answers we got this year were quite sinister and others fanciful e.g. a bad man, they wear a hood, they come out at bedtime, they are armed with a gun or knife, a ghost, a dragon, they put you in a cage and chop you up, a robber, a burglar, a power ranger, an alien, they take you away, a hunter, a soldier, a fox, bad guys, they have bags to put you in, and they might have tablets or poison. Some were closer to reality e.g. someone you've not met before, someone who helps you when you get lost, a granny or granddad you don't know. One child was very specific and said that a stranger is a man with 2 dogs.

One child said that a stranger would grab you and put you in a bag and take you away to a dark house. He said he had seen that on the TV.

Before we introduce our strategies we ask the children how they think they should react if a stranger tries to talk to them when they are not with an adult. Here are a few of their answers: it is okay to speak if they are nice, shoot them, tie them up, knife them, chop their heads off, blow them up, stick your tongue out, hit them with dad's hammer, bite them, don't give them your phone number, get a superhero like Ironman, kill yourself, use sign language, lie to them. One child said that his dad would go to the loft for the Christmas tree and hit the stranger with it! The Project Workers were asked many questions e.g. "Why does my mum speak to strangers all the time?" "If you bump into a stranger can you say sorry?" "Do they have handcuffs?"

One nursery worker said that her 10 year-old daughter attended **ssf** in nursery. She was recently approached by a stranger who tried to entice her into his car. She remembered what to do and told the police the colour of the car and what the stranger was wearing.

Workshop Records - Workshop 3

It is important for children to learn that their body is theirs. When asked who their bodies belong to, most children answer correctly, however, several have other ideas. They say their body belongs to mum, dad, teacher, God or Jesus. A more unusual answer we got this year was "whoever wants it". Another child said their body belongs to Jack, he makes our bodies in space and they fall down.

We had many different responses to the question of what to do if asked to keep kisses, cuddles and touches secret. The following are some of the most common: tell, don't listen, keep it secret, don't keep it secret, whisper it to someone, say no, ignore them, kick them, wipe the kiss away, don't tell the person that you are going to tell on them. Project Workers were very occasionally asked what if it is mum, dad or the teacher that asks you to keep a secret and why don't you keep kisses, cuddles and touches secret. One child said "grownups should know that kisses aren't secrets"; another child said not to tell the police because they take you away to jail.

Follow up story booklets

In feedback the majority of parents (92.9%) indicated that the story booklets had helped to enable them to talk with their child on the subjects that we had raised. At the Parent's meetings the Project Workers give a few suggestions on how the booklets and puppet characters can be used to keep the themes going long after the programme has been completed.

Children say the funniest things!

- ☺ My dad has broken feet because he is old – he's 40! (*turned out that Dad had cracked skin*)
- ☺ My Dad had a sore tummy. He went to the doctor and had it cut open and now he has a zip in it.
- ☺ To look after your body you need to drink hot chocolate with squirty cream.
- ☺ Jaggy beards are not nice touches.
- ☺ If a stranger tries to grab you just say "get your filthy hands off me."
- ☺ My body wobbles when I am cold.
- ☺ Girls' bodies and boys' bodies are not the same. Boys have an extra bit called Mr Wiggly; there wasn't enough to give girls a Mr Wiggly.
- ☺ The stranger used really tricky tricks.
- ☺ To keep your body healthy you could eat lots of flowers and trees. (*cauliflower and broccoli*).
- ☺ My mum says to look after your teeth because the tooth fairies have run out of money and they would only leave an IOU.
- ☺ If you don't take care of your body everything would be sucked out and you would just be hair and skin.
- ☺ My mum can do a handstand because she looks after her body, but if my Dad tried to do one he would end up in hospital.
- ☺ My hamster only bites when I put my finger in its mouth.
- ☺ When asked what you do to look after your hair, one child replied "keep it on your head".
- ☺ We all have a button on our tummy and if you press it you can run much faster.
- ☺ I think I'm going to be Spiderman when I grow up!
- ☺ A boy said that when he had a headache one day he went to bed with his clothes on and slept with them on all night. The girl next to him was very taken aback by this and said that you shouldn't ever do that and it isn't allowed. Another child said his dad sleeps with his bare belly and just his pants on. Most of the children said their dad did the same. So, in the world of a 5 year-old child, sleeping naked except for your pants is okay but sleeping fully dressed is a very shocking thing to do.

Feedback from Parents after Children's Workshops

A total of 888 workshops were held in the 2010 – 2011 academic year. After all three workshops were completed parents were asked to fill out a feedback sheet. 2,242 children attended at least one workshop and 462 (20.6%) feedback sheets were returned.

Have you and your child talked about the workshops?

Yes – 454 (98.3%) No – 8 (1.7%)

If yes who raised the subject?

You – 94 (20.7%) Your child – 91 (20.0%) Both - 263 (57.9%) No answer – 6 (1.3%)

Which parts did they talk about?

Bullying

Did not attend this workshop	10	(2.2%)
Bullying / the girl	284	(62.6%)
Say NO	359	(79.1%)
Get a friend to help	286	(63.0%)
Don't be nasty to other children	332	(73.1%)
Tell an adult & who to tell	357	(78.6%)

221 (48.7%) of the above talked about all aspects of this workshop.

Strangers

Did not attend this workshop	10	(2.2%)
What a stranger is	350	(77.1%)
Don't speak	347	(76.4%)
Stay well back	276	(60.8%)
Yell & run	348	(76.7%)
Make a noise & fuss if grabbed	312	(68.7%)
Tricks a stranger may use	284	(62.6%)
Tell an adult & who to tell	341	(75.1%)

224 (49.3%) of the above talked about all aspects of this workshop.

Staying safe around people that you know

Did not attend this workshop	18	(4%)
Who their body belongs to	248	(54.6%)
The Body Song	200	(44.1%)
Kisses, touches and cuddles are not secret	297	(65.4%)
Tell an adult & who to tell	285	(62.8%)

176 (38.8%) of the above talked about all aspects of this workshop.

General

Puppets and plays	341	(75.1%)
Actions	266	(58.6%)
Feeling safe, strong and free	326	(71.8%)

218 (48.0%) of the above talked about all the general aspects of the workshops

Other

- My child found the workshops fun and interesting. I feel more confident in my child's ability to deal in certain circumstances which he might come across in the future.
- My child attended first 2 subjects.
- The importance that it is ok to talk about it and to tell.
- Spoke about Sheila who took workshops – obviously liked her.
- Saying NO – that not to speak to strangers.
- Spoke a lot about Sheila. Sad she had to leave nursery.
- We discussed the areas she brought up.
- My child enjoyed working with lady in the workshops.
- My child spoke about other children being 'bad' to others in nursery.

How has your child reacted to the workshops? *(Most gave more than one answer)*

Found them fun	288	(63.4%)
Was curious to find out more	61	(13.4%)
Took in the messages	276	(60.8%)
Seems more confident	77	(17%)
Talked about the workshops	302	(66.5%)
Seemed to be confused	10	(2.2%)
The workshops worried them	2	(0.4%)
No answer	6	(1.3%)

Other

- My daughter loved the **ssf** workshop and has already asked me to read her the books several times, inclusively as a bed time story, at night before falling asleep.
- Sung songs.
- Not sure that she understood 'staying safe around adults that you know', but not confused or worried.
- My child only understands about strangers, he does not understands any thing else just yet.
- He takes my hand better now when out walking.
- Excited about the song and books and telling us what she learnt and what to do.
- She (my daughter) didn't understand much because of her unknowledge [*lack of knowledge*] of English language.
- My child found these fun.
- Staying safe around adults you know – I don't think he understood because he didn't really talk about it or engage in conversation about it.
- Slightly confused as older people say hello in street.
- Did not have much to say.
- Said the workshops were 'a little bit fun and a little bit boring'.
- Was confused around some aspects of workshop 3.
- Not sure he took much in as he just said he did not like it.
- Liked but due to delay in development not quite understood.
- Less confident around strangers now. Struggles, a little, to say hello. Possibly not a bad thing?
- Wants puppets.
- He was very shy and quiet when I asked him about the workshop.
- I did initially feel he may be scared by 'strangers' workshop but no, he enjoyed it and felt stronger for it. Well done.
- Strangers' workshop scared my child a little and unsettled them. Is fine now though.

- Not really that bothered.
- A little quiet after the last workshop. Wanted to tell us about it but would stop in middle of a sentence.
- Talked about not talking to people he did not know and shouting loud if approached.
- Was very tired after the workshops!
- Little bit confused. I felt at time he was still too young to understand.
- When asked about it will talk about it. Strangers-was speaking in sleep one night – shouting & trying to get away from someone – practising shouting at stranger.
- Talked to his friend about saying NO.
- No mention unless prompted.
- Not keen to talk about kisses, touches and cuddles.
- Started hitting people after ‘stranger’ workshop.
- My son took in the first two workshops but when pressed to talk about third he said he couldn’t remember – mainly spoke of insects tickling his arm!!
- Didn’t talk much about it.
- Has loved the workshops.
- Didn’t say much about the workshops. Found them boring. Thought they all seemed the same.
- My child needed reminding at home of key messages as could not remember everything.
- Found the puppets fun, asked questions to clarify points.
- Likes to colour the small booklet pictures.
- Bad dream about strangers.
- My child didn’t talk much about the workshops but doesn’t tell us much about what she does in nursery anyway.
- Watched DVD together. Only managed one workshop unfortunately, but enjoyed and took in messages. We have covered most of the stuff ourselves anyway.
- Reinforced what I have been explaining / saying to him.
- Seems oblivious to them happening, they seem to have gone in one ear and out the other, maybe some info stuck in there on the way.

Did you attend the Parents’ Meeting?

Yes – 195 (42.2 %)

No – 266 (57.6%)

No answer – 1 (0.2%)

If no – why didn’t you attend?

Have attended previously	108	(40.6%)
Inconvenient time	65	(24.4%)
Know enough already	10	(3.8%)
Not interested	0	(0%)
Forgot	10	(3.8%)
No childcare	42	(15.8%)
No answer	5	(1.9%)

Other

- 21 had work commitments
- 10 said personal illness or illness in the family
- 8 said they didn’t know about the meeting
- 4 worked in the nursery or primary 1 and had attended the children’s workshops.
- Felt all the information had been given and because it was through the school would be handled wisely.

- I spoke to another parent who attended parents meeting and she told me what material was being shown / used so that was helpful!
- I don't understand much English language, that's why I didn't attend to the meeting.
- I was on holiday
- Aware of the good work done by **ssf** so was happy
- Had to attend a family funeral.
- Cancelled due to bad weather conditions.
- Had an antenatal appointment.
- I didn't have enough spare time.
- Granny attended
- On holiday. Not invited too!
- Short notice.
- No transport available that day.
- An unusual reason was "Sorry I was lambing. Had no help so I could not attend".

If yes – has it helped?

Yes – 227 (116.4%)

No – 1 (0.5%)

No answer – 1 (0.5%)

(Several said yes based on attending previously)

Other

Yes

- We were able to discuss topics as we already knew characters.
- Great to have parents meeting.
- Preparation for your child's experiences of it.
- Helped when attended previously.

No Answer

- I attended with my older child and found the parents meeting really put my mind at ease. I have told other parents to go.

How did attending the Parents' Meeting help? *(Several responses were based on previous attendance)*

Knowing the contents and aims of the workshops 214 (109.7%)

Raising awareness 129 (66.2%)

Able / confident to reinforce the strategies 161 (82.6%)

Reassured you 139 (71.3%)

No answer 3 (1.5%)

Other

- Was helpful for work.
- I only wish that this workshop happened when I was at school.
- Has made me more confident to raise these topics with my own child.
- The session was very well presented.
- Knowing how to get the messages across simply.
- Saw exactly what the children would see so could talk more readily about the situations.
- Sad as well that we have to raise awareness with our children.
- How to approach these issues.
- I knew what he was being taught if he brought up questions or didn't understand I could help him.
- Better to know what info kids are getting and at what level.
- Good to be aware of subjects being covered so I could reinforce.
- The session was very well presented.

- Always pleased to be involved in child's education and know content & aim.
- My son missed workshop one due to illness so I could go over the book with him.
- Able to prompt child about workshops.

Did the information distributed prior to the Parent Meeting raise your awareness of the issues?

Yes – 355 (76.8%)

No – 34 (7.4%)

No answer – 69 (14.9%)

Other

Yes

- Made sure we as parents discuss this at an early stage.
- But I do talk to my child about issues like these.
- A friend updated me. I was very glad she had or I would not have seen the importance.
- Clear; why project is necessary and what will be covered.

No

- Already aware.
- We'd already spoken at a younger age generally about these issues.
- As aware from previous children and training.
- Already aware due to previous attendance. Good info.
- Already aware of the workshop and its aims.
- I was very aware of all the issues.

No Answer

- Already aware of issues – but pleased to be aware that being discussed *[with]* my child.
- Knew already.
- My oldest child has done workshops already.
- Already aware of these issues but certainly opened up the opportunity for discussion.

Did the follow-up story booklets help to enable you to talk with your child?

Yes – 421 (91.1%)

No – 9 (1.9%)

No answer - 31 (6.7%)

Other

Yes

- Very helpful for talking about issues after the workshops.
- They were excellent.
- They were very helpful.
- He enjoyed being able to explain them to me!
- Definitely beneficial.
- Read them at bedtime.
- I enjoyed, my son and his sister, found them interesting.
- Grandparents also read them so that the same message was being reinforced.
- Wanted to read them the same night at bedtime.
- He remembered a lot of it very well.
- Reinforcement of ideas in sessions.
- She also enjoyed colouring in the **ssf** pictures.
- They were very helpful in reinforcing the messages.
- Well written.
- Was good as we read them with big sister who already did **ssf** 4 years before – and she remembered messages.

- Yes
- Felt the no secrets one a bit confusing for our child.
 - Books have been coloured in and we talk about them.
 - We went over the books after each session.
 - I knew where to start discussions.
 - My child really enjoys the booklets.
 - Helped clarify points.
 - These booklets were I feel a very important part of the course.
 - Familiar for them and will read frequently to remind ourselves about what to do.
 - Definitely.
 - We've read them together a lot and talked about them.
 - We talked about everything in it.
- No
- He wasn't interested in looking at them at home
 - I tried to speak but he was not interested.
 - He wasn't interested.
 - I didn't use them but my child read over them (from memory).
- No Answer
- Too early – haven't read / got them all yet but will read them.

Do you now feel more confident talking with your child about the issues ssf covers?

Yes – 406 (87.9%)

No – 16 (3.5%)

No answer - 28 (6.1%)

Other

- Yes
- Helped to introduce these topics in conversation.
 - A lot more confident.
 - Mostly. The third one was still a little confusing at 4 years old. Could do with a refresher at about 7 [*years old*].
 - More so since the workshops and books we get.
 - They are more so aware.
 - Great way to bring up difficult / awkward subjects.
 - A great programme.
 - Helped 'someone' different initially approaching these areas.
 - I feel this workshop would be more appropriate to them when they are older.
 - Was useful to have as starting point and good booklets to re-read.
 - Well, I certainly wasn't lacking confidence in talking about anything with my son but it helped me to know what way to guide any discussion with him.
 - Was always confident to speak to my child.
 - Thank you very much. A very valuable resource.
 - Good to have a base to work from.
 - Aware from my childhood.
- No
- Already talked about these issues previously.
 - I don't feel it changed me but it's great that these preventative measures are there for those who wouldn't otherwise hear.
 - Not because there is anything wrong with the material – just that I felt confident anyway (especially as this has been for my 2nd child).
 - Already OK – especially as elder child already done it.
 - Always spoke openly but good that info came from another service too.

- No
- Have discussed issues with them before workshops, but workshops are still a good thing.
 - No more than before as we are always confident / open about talking over issues with our children.
 - Feel the same.
 - Always discuss everything at home anyway.
 - Always feel confident about speaking with him.
 - Already had a good knowledge and confidence etc due to my job.
 - I feel just as confident as before.
- No Answer
- Much the same but has highlighted it for my child.
 - Was confident before. Being from a big city meant I have been.
 - We have discussed some issues before.
 - I felt quite confident already, but am pleased that **ssf** have provided the same messages as ourselves.
 - No change.
 - I didn't lack confidence previously but workshops have reinforced and elaborated on things already discussed.
 - Neither – we have these discussions anyway.
 - Not really.
 - No different.
 - He is easy to talk to on that level. Although he does not always listen.
 - Had already been discussing issues.

Additional Comments

- ☺ The Safe Strong and Free Project is an excellent and invaluable tool to help young children understand and be aware of possible dangers. I think it is very bad that the amazing work this project does is due to lose some of its Council funding.
- ☺ I think it's a fantastic workshop and it would be great if teachers in schools looked back at these principles at least every 2 years to keep all aspects in children's minds – it will also help create a more confident and safe group of children in the Highlands. I can't believe this isn't a national programme!
- ☺ Excellent way of introducing all the topics explored. Opened the doors for that type of discussion with my child and was pleasantly surprised how much he understood and grasped from these sessions. I would most definitely recommend to other parents to allow their children to attend these workshops (as I did have concerns). I may never have had these particular discussions with my son in feeling he would be too young to understand. There is a fear of while you want to protect your child, you may take away some of the innocence in doing so, but I felt this workshop was so cleverly put together and a great way of helping parents communicate some of the issues discussed with your child.
- ☺ The funding for this project must always be found.
- ☺ Thank you, it is nice to know that people care about making the world a better place for children.
- ☺ I feel that these workshops are very helpful way of starting parent-child conversation on bullying and how to stay safe from abuse. I don't think that I would talk to my son about these issues until there was a problem if he hadn't attended the workshops. Thank you very much!
- ☺ These workshops are very helpful as children listen more to the messages in the nursery environment than they would at home. Both my children have enjoyed the workshops and regularly get the books for me to read to them.

- ☺ I feel that this programme is extremely important as I have 3 children who have done the **ssf** workshops and they talk about it. It has helped them to be very aware of strangers. My son got lost in Eastgate and he refused to go anywhere with an elderly woman and ran to the last shop we were in and told the lady behind the counter, which made it much safer and easier to find him. It was terrifying but it proves that these workshops work, the children remember. I love how the “adults you know” (workshop) discusses this very difficult situation and explains to children it is always ok to talk about it; no-one should take this away from children. To feel confident to tell no matter what, even if it's to a teacher, lets these children feel safe, so very important. This is something every child all over the UK should be taught an asset to children and parents.
- ☺ I think that the workshops are a good idea and that the issues raised at them are very important for young children to understand.
- ☺ I feel all 3 workshops are vital for all children to attend. They deal with very important issues but in a fun and child orientated way. I do however feel that these pre-school sessions should not be the only safe strong and free that children receive. I believe it should be followed up throughout primary school and at an appropriate level for their age.
- ☺ Absolutely excellent workshops and covered subjects with sensitivity (especially the safe around adults one) and was very age appropriate. I think to cover things like this at pre-school age has given them the coping techniques for primary school, and made myself as a parent guidelines on how to talk to my child about these subjects. Thank you for a very constructive and cleverly structured course.
- ☺ This was an excellent workshop for the children. As a parent working in the nursery I was able to attend the workshop too. I think the issues raised are very important and will work on these at home. Using the puppets help the children remember the message. Alison put it over really well and the songs kept the children's interest. Excellent. Hope it comes again.
- ☺ Fantastic work, well done. If this project were to stop, there is no way the teachers could take over at the same standard and teach it in an equal way to your work. I fully support you.
- ☺ My child seemed to really enjoy the workshops and took in all the messages. He seemed slightly confused by the 3rd workshop but later that day we went through the follow-up story booklet and he understood by the end. He practises his loud 'NO' to bullying daily as he has felt a bit intimidated by bigger boys and felt much happier after the workshop. And strangers workshop we played the role plays when he arrived home and he understood it all and again he and I are much happier for it. Well done in tackling and explaining some very delicate subjects in a very child friendly way. Thank you.
- ☺ Excellent workshops! My little girl really enjoyed the workshops and it provoked some interesting conversations! I was a little hesitant initially (wondering if she was too young to be exposed to these issues) but the parents meeting reassured me of their value. I think it has opened up good lines of communication for the future. Keep it going!
- ☺ I am very glad those workshops take place and the booklets the children bring home are really good. Thank you.
- ☺ Thank you [x 4].
- ☺ I'm very pleased with the workshop as it helped my son. He seems to be learning a lot on it.
- ☺ I think the workshop on keeping secrets was possibly the least successful from our point of view. The leaflet skirts around the value of 'my body' and I think it went over my child's head a little. He understood about not keeping secrets about kissing games and the like though. The strangers one was very good indeed and has enabled me to have a plan with my son for what he would do just in case. I will admit I was sceptical but I think these workshops are a good thing. My son talked enthusiastically about Alison and the puppets. I think No.3 'Adults the child knows' could usefully be repeated when they're a bit older.

- ☺ My child really enjoyed the workshop and thought Alison was amazing. She was a helper with a workshop and was so chuffed, she talked constantly about all 3 workshops and when I collected her I heard a few children talking about **ssf**. Think this is a wonderful way to get important messages across to children.
- ☺ I am glad this workshops, booklets are in place, as they need as much information as possible about these subjects, so they know what to do in these situations and how to deal with them, even at a young age. Great work! Booklets are great.
- ☺ Fantastic workshops for all school aged children. My eldest did it last year and it definitely built her confidence in her 1st years at school. Many thanks.
- ☺ I think Safe Strong and Free workshops are a fantastic resource for educating children in ways to keep them safe. It is without a doubt a vital part of our children's education and must be maintained. Thank you!
- ☺ We think the Safe Strong and Free workshops are great – our children have all enjoyed the experience – thank you all.
- ☺ Thank you. Keep up the excellent work.
- ☺ Although my child enjoyed the workshops and seems to have taken it all in, he hasn't really spoken about them much, despite my trying to strike up conversation about them and get him to talk about it.
- ☺ A super workshop enabling parents and children to talk about issues that can be difficult. Excellent, would recommend to all parents.
- ☺ These messages are so important. Keep **ssf** going! Children remember this throughout their school life.
- ☺ Workshop was succinct – very informative but also made the kids enjoy the course. Good level of interaction and reinforced their confidence to know what to do in a given situation.
- ☺ My son found the workshops interesting especially as you had puppets.
- ☺ My child was very enthusiastic to tell us all about the workshops. She really liked **ssf**.
- ☺ Found them very helpful and my child understood well the way it was put forward. Thank you.
- ☺ I have found the safe strong free workshops very effective to my grandchild. He brought up lots of questions and has become more aware of the problems that he could face in life.
- ☺ As parents we feel the **ssf** workshops are a very valuable tool in addressing what can be sensitive and difficult subjects to broach. All credit to Alison who delivered the workshops and interacted with the children beautifully.
- ☺ Very positive initiative. Thank you.
- ☺ The booklets are a good resource – we can know what the children have been learning and reinforce and explain the points / situations. It's also very helpful that it's available in Gaelic too.
- ☺ My child enjoyed the workshop. He seemed to understand about strangers and how to cope in certain situations. He remembered the actions to safe strong and free. He also like reading the booklet about Shona and Callum and asked to read it again. A positive response to the workshop which has been reinforced by Sgoil Araich leaders.
- ☺ My child remembered a lot about the workshops. We talked at length about the different issues. Very worthwhile!
- ☺ Fun and easy to understand way to teach the children about serious matters.
- ☺ My wee boy loved these workshops. He sings the songs, plays Jack in the Box with anyone that will play it with him. The workshops were engaging and held the kids attention well. I would recommend these workshops it is a good starting point to discuss these topics.
- ☺ I think this is an excellent programme to bring awareness to a difficult subject and approaches it in a fun way to make it not seem scary but still gets the point across. Thank you.
- ☺ My daughter found these workshops very helpful. I think they are a great idea to raise awareness in a fun way for kids.

- ☺ This is a good class for the kids and it brings issues up that wouldn't necessarily be brought up.
- ☺ Good workshop for the children.
- ☺ The course is very valuable and an excellent approach to dealing with the sensitive subjects raised.
- ☺ I hope this service keeps going.
- ☺ My son really enjoyed the workshops. This is a very worthwhile project.
- ☺ Excellent course for kids, helps explain in an easy and understandable way.
- ☺ I think the workshop were very useful to my child. She is more aware of strangers and I think she would know what to do if she ever found herself in one of these situations brought up in the workshops she would know what to do.
- ☺ Fantastic workshop for children. These are very serious issues being discussed and Michelle interacts in such a way with the children so they aren't afraid, but the message is put across to them. Both myself and my child has benefitted from this workshop.
- ☺ I was a bit concerned that issues were being discussed that would concern my child (worry her). This was not the case. The way the subjects were covered were child friendly and appropriate and my child enjoyed them all and was happy to discuss issues.
- ☺ I think these workshops are invaluable, knowledge is always positive and these issues are very delicate and I'm glad the right advice and techniques are taught here. Well done!
- ☺ I found it very helpful. My son understood and has talked about it a lot.
- ☺ The workshop seems to have been delivered in a way which engaged the children. The booklets the children got to take home were a good way of reinforcing the content of the workshop and distributing information to parents. The first bullying workshop seemed to have quite an impact and the children seemed to be quite taken with the actions. The subsequent workshops though did not seem to have such an effect and were talked about very little.
- ☺ Fantastic workshop, leader was brilliant, a great way to tackle difficult subjects. Hope you get funding for more children to get the benefit from the workshop. Keep up the good work.
- ☺ Would like to see this brought to the child's attention again in Primary School.
- ☺ It would be great if this material could be covered again in primary school. Perhaps one refresher session. My son has already used the 'NO; to try and stop bullying behaviour. We've been talking about what else he can do, he found it helpful.
- ☺ Will there be another meeting for the parents at the school?
- ☺ I feel that the workshops are a great idea and I feel that all children would benefit from this as it can be quite hard for parents to express the dangers to their children without scaring them. With these workshops it helps them to understand all the dangers and how to recognise all the dangers that are out in the world. Also, how to help others that might be in danger. So all in all I feel these workshops are a very great idea and would encourage all parents to let their children attend.
- ☺ My child has spoken about safe strong and free often. It obviously made an impression. He really enjoyed it and seemed to take it all in.
- ☺ I was very impressed with all. Well put to the children on their level.
- ☺ This is a very important scheme. I would be incredibly disappointed if it was scrapped and very much hope that there will be a follow-up when my daughter is a little older.
- ☺ Workshops great help to parents to discuss subjects which are perhaps put off by parents with their children.
- ☺ I think the workshops are very worth while and well run. In my son's case, however, he went very quiet when I tried to discuss things with him. I think it is more a reflection on nature than the workshop. He did not want to discuss things further so I didn't push things.
- ☺ My daughter really enjoyed the workshops and it really was a great way to introduce and reinforce some of the messages.
- ☺ Very worthwhile, child enjoyed how puppets were used. Great way of introducing sensitive topics.

- ☺ My child really enjoyed all the workshops. Think bullying and stranger workshops were particularly pertinent in the transition from nursery to school. Thanks to all concerned.
- ☺ My child really enjoyed going to the workshops. He looked forward to the following weeks and was asking for Sheila. The booklets that came home after each workshop were great. They allowed us to read over the story again and discuss each part. He also coloured them in and spoke to his sister about it. It allowed us to discuss serious topics in a fun way with lots of enthusiasm.
- ☺ I feel the workshops are a great way of educating our children in safety matters and certainly help reinforce what I teach my son at home. Thank you. ☺
- ☺ I think the children should have a refresher course in P4 upwards. As it might come better from a different adult rather than 'parents nagging'!!
- ☺ My child is quite confident and has enjoyed the workshops to reinforce and support what she has been taught at home.
- ☺ An excellent and very worthwhile workshop. I have been through this with 3 of my 4 children and we have all found it enjoyable, fun relevant and very worthwhile. Thank you.
- ☺ Am pleased that **ssf** was available to my child. The booklets were good to read after and remind child what was covered. My child hasn't spoken about the workshop unless I bring the subject up first. But I think if I re-read the booklets a few times it will be useful.
- ☺ Excellent workshop that should be done again for Primary 2. This would reinforce the message. Cannot say enough positive things about **ssf**!!
- ☺ Very informative & educational for awareness of danger from strangers. An excellent idea one which my child has really taken on board even to the point of reminding his dad! Well done Caol School.
- ☺ Hopefully the workshops will be followed through in early primary years to reinforce the learning from these workshops.
- ☺ I think it would be helpful to both child and mother if this was done on a regular basis to keep it fresh in both mother and child's mind... Thanks.
- ☺ Child enjoyed all the workshops. Thank you.
- ☺ The workshops have been useful and the simple messages have made my child more aware of dangers and how to say 'no'.
- ☺ I think the safe strong and free workshops are a brilliant idea. Really happy with them.
- ☺ My daughter and I loved the workshops, we discuss them frequently. It really hit home to me, the last workshop, and I felt Shonda delivered it brilliantly.
- ☺ Very helpful.
- ☺ The workshop really helped me as a parent as I was unsure how to explain these issues to my 4 year old.
- ☺ Have now had 2 children attend **ssf** course. Both have enjoyed the experience and learnt valuable messages which I feel they have taken on board. A sensitive issue addressed in a non-threatening way. Would recommend other parents to enable their children to attend.
- ☺ The workshops gave my son a good idea of how to react in the set of situations. I liked the fact that he was told the importance of not keeping secrets and the importance of talking to adults. As a parent it has opened a door to make it easier to talk about these tough subjects in an un-frightening way.
- ☺ I felt the topics raised in the **ssf** workshops were handled in a good way for the children to understand without making them worry about it. It has definitely made it easier for me to discuss it at home.
- ☺ Very worthwhile project.
- ☺ After being concerned initially that my child was too young for this, I have been really impressed with the way the topics were handled and that the content was appropriate.

☺ These workshops have been very helpful, since they go into P1 this year and I have had issues with a child already in primary school. With the work done in the nursery I hope I will not have any problems with the following years.

☺ As I have lost the feedback form about the 3 workshops I am writing this in support of the **ssf** programme:

I went to the Parents Info Session on **ssf** and found this really useful as I had an idea of what my daughter would be doing and at that point it sounded like a carefully thought out, sensitively presented programme of workshops which started off with the subject of bullying.

After workshop 1 my daughter came home and when asked about it she was able to do the actions for safe (cuddle) strong (biceps) and free (arm circles), and because she likes to talk she was asking questions about the characters and we went through why the bossy girl wasn't really being very nice (my daughter did say at one point she quite liked the naughty girl!! But does understand she was naughty). We spoke about how getting a pal to help is a good idea.

Workshop 2 was about the ice-cream and strangers and my daughter and I went through the importance of NOT talking to someone you don't know and of how important it is to talk an adult you do know – we went through what sort of people are good to tell: dad, mum, nursery teachers, nana, granny, someone else's mum, aunties, etc and she got this too. (Also ok to kick and scream).

After workshop 3 we spoke about how no older child or adult should ask her / children to keep things like kissing a secret and how my daughter wouldn't like the kissing anyway by someone saying it's a secret and, again how clever it was for the girl to tell her mummy straight away and that it could be another (safe) adult she could tell – that it's really good to tell.

My daughter seems to have grasped the messages from all 3 workshops and it doesn't seem to have increased her anxieties in any way (about life, etc). Every now and again we'll go over it and she also can just suddenly do the actions and the rest of family join in. We've not done so much around the scream but will do.

My daughter has also said that she really, really likes Shonda and how she told the stories (and that she has lovely hair!) and I think it takes real skill to deliver this type of subject matter well, clearly and without alarming children.

☺ We had already talked about these issues, as I felt with him going to nursery and 'out in to the world' without us, I wanted him to be aware. I think that these workshops have been great, he's understood them and enjoyed telling me all about them. He really liked the Body Song as well. Overall we are very pleased with the workshops and really glad that he took part.

☺ Safe Strong and Free are helping to reinforce delicate issues which can sometimes be hard to deliver accurately to children of a young age.

☺ I am lucky to have an outgoing confident child who definitely speaks his mind. I am however aware of children who do not share these qualities and felt this project to be an invaluable measure to raise awareness.

☺ My son has enjoyed the workshops; he was very keen to speak about the first two. However, I think the third has gone over his head somewhat. We were very happy for him to attend the third workshop and expected him to talk about it as much as the first two but he doesn't seem to have grasped the info – he just keeps saying he hates to have beasties on his arm but some other boys and girls might like it! On the whole we are happy with what he has learnt. Safe Strong and Free is a great project and we are grateful that its members take the time to help our children – thank you!

☺ I feel this is a very important project, so the children can take it all in at a very early age, and to keep them safe from approaching adults or older children they do not know. Thank you.

- ☺ My child does the actions to this and does speak about it and what he saw and was told to keep a distance and not to talk to strangers. I hope this charity keeps getting the funding in which it deserves. Thank you.
- ☺ Really hope you could do it again in primary years as well!
- ☺ I thought that having the parents meeting to explain the workshop content was an excellent idea – it gave me useful information to help discuss / do role play with my sons.
- ☺ Safe strong and free prompted me as a parent to raise the issues of how my child can stay safe and feel confident. The parent session was excellent and was useful to know how the key messages would be presented with what language. This made reinforcement of the messages easier at home. 3 sessions for my child seems appropriate to engage and maintain interest with enthusiasm. My child enjoyed safe strong and free and the teaching methods used were effective. Thank you very much, an excellent service / resource.
- ☺ My child particularly enjoyed the puppets. I read over the follow-up literature with her in order to clarify some points with her. She asked a lot of questions about who strangers were but I feel she greatly benefitted from the input and found it fun and informative and I feel that she is better equipped to deal with any of the situations should they arise.
- ☺ Child questioned why people would be 'bad' to others anywhere, and said she would help others if she saw it happen. It has increased her self awareness. Pleased the sessions occurred. *(Signed)*
- ☺ My child really enjoyed all workshops. She talked a lot about Yvonne? And would ask daily if it was **ssf** day today. A very worthwhile project. Thanks.
- ☺ A valuable resource and learning experience. A difficult topic to explain to young children but at least it raises awareness and gives them some clear strategies.
- ☺ I was very impressed at the Parents Meeting with the content, message and delivery of these workshops. I was surprised at the little impact it seemed to have on my daughter who was almost more interested in other day-to-day things at the nursery on the workshop days – she certainly enjoyed them and did not seem concerned about any of the issues raised. I have actually just quizzed her today about all the main points and she can remember it all so the message has certainly sunk in! Thank you very much for this excellent service.
- ☺ Overall very good!
- ☺ Excellent provision.
- ☺ Safe Strong and Free is an excellent workshop for pre-school children, finding excellent ways to introduce the three topics.
- ☺ Great opportunity to talk to children at home and also a chance to raise issues again with older siblings who was interested in the books that were brought home.
- ☺ Very worthwhile workshops for children. Glad that my child attended. It would be a shame if workshops did not continue due to lack of funding.
- ☺ Very good workshops although I think something at Primary 1-2 level would be better as the children are away from their parents more and are also better able to understand what is going on and right from wrong within these issues.
- ☺ My son enjoyed workshops, and I think it's good that there are these sessions to reinforce what parents tell their children at home.
- ☺ This is a good thing to do, important messages.
- ☺ The workshops were enjoyed by my child. We have used the story booklets to discuss strangers, etc.
- ☺ **Ssf** is an excellent project which does some very good work helping children to learn about how to keep themselves safe.
- ☺ My child enjoyed the puppets best. He took in some very useful info to help him stay safe, strong & free.

- ☺ One of the messages my son picked up was that ‘God made our bodies’. *[ssf comment - This possibly came about because another child said this. If a child says their body belongs to God, we reply by saying that God gave you your body so now it belongs to you, it is YOUR body.]* I was surprised and bemused (as an Atheist) that this was included in the workshop but it sparked a discussion about God which is no bad thing, I suppose, prior to school where there will be more of the same. (This is a comment not a complaint by the way). It interested me that this was the first thing he mentioned to me about the workshop but he did go on to say that ‘our bodies belong to us’ so had obviously picked up the message correctly.
- ☺ Very valuable tool to enforce the very necessary information concerned in the workshop.
- ☺ You have helped me to explain difficult subject matter in a simple way without causing confusion or taking anything away from childhood. We have talked a lot about feeling safe, being nice to people and what to do if someone is not nice. We have talked about all the people my son can tell if he feels unsafe or uncomfortable. Absolutely invaluable workshops that we have both learnt from. So important to make children aware that they are themselves and they matter a great deal. A great boost to self confidence!
- ☺ Absolutely fantastic project. My elder child missed this and as a result my younger is more ‘streetwise’ now! All messages are what I was instilling in their minds but instructions and messages from parents never seem to be remembered – having these important and essential topics dealt with, and remembered, at their age is going to stay with them forever. THANK YOU.
- ☺ & ☺ My daughter had a nightmare about mummy and daddy not being her ‘real’ mummy and daddy – maybe a result of an uncle who is not a ‘real’ uncle in the puppet show. Maybe this is too confusing a concept?! I do approve of the **ssf** workshops. I think it does give confidence to children in knowing what options are available in getting help.
- ☺ & ☺ I feel a lot of the issues brought up, my son was too young to understand, but what he did understand he took in well. The lady who took and led the workshops was great! Thank you!
- ☺ & ☺ Our daughter attended the same **ssf** workshops at 4 years old, 4 years ago. However, she doesn’t really remember them and there was no follow-up once she got in Primary School. It would be good therefore if the **ssf** programme continued in more depth in Primary School when the children are more able to understand and when their memory and concentration improves. This is especially important in rural / highland areas where many children often don’t come into contact with many strangers or bullies.
- ☺ & ☺ I found my child was a little scared of the stories, but also asked many questions.
- ☺ & ☺ My son did not seem to understand the staying safe around adults you know. I don’t know if he missed that session or just didn’t understand. The rest he grasped easily.
- ☺ My only concern about the feedback from my child was they seemed confused by the fact that an Uncle is not allowed to be affectionate to them. I had to clarify the point of it being alright as long as they aren’t asked to keep it secret.
- ☺ I don’t think this added to my child’s knowledge but there’s nothing wrong with her hearing it from others. However, I think some of your material is a bit clichéd and quite removed from my child’s life experience. Generalising new info is not easy for children at this age and the stranger example was particularly unhelpful. Talking to strangers is not abnormal in rural areas and I’d be surprised if any predator was still using “come and see my puppies” – this is a cliché and needs reviewed and updated to match real life.
- ☺ My child possibly didn’t take in very much of the information as it is above his level of understanding but he enjoyed having the books about Shona and Callum read to him.
- ☺ Unable to get feedback from daughter. She has speech problems.

- ☹ & 😊 Re: Workshop – Staying safe around adults that you know. We decided not to allow our child to go to this workshop as we felt the use of the “uncle” character was too personal. My child’s uncle is one of her favourite people and we do not want her relationship with him affected by this workshop. I know a friend’s daughter (who attended this workshop last year) was extremely upset by the “uncle” character and the possibility of being harmed by him, which only made our decision easier to her not attending. Perhaps a different name / character could be used to portray the “bad man” in future, rather than “uncle”. I think **ssf** workshops are an excellent learning process for children but feel I had to make this comment to enable improvements to be made or considered for the future.
- ☹ I feel that although I understand the reason for the workshops, at the age of 4-5 children are far too young to be introduced to some of the content. It seems that, especially now when so many cuts are being made within the education system, a lot of time and effort is being wasted by running these workshops. I had my doubts as to whether to send my child to them (especially the 3rd) but decided to see how he coped with them – the concepts went completely over his head luckily. I feel that it would be more beneficial and cost effective to introduce the subjects later in P1 or even P2. The 3rd workshop I have a problem with as unlike the others it is just confusing as the children have no idea (thank God) what it is about. A waste of time is how I would sum up the set of workshops.

Nursery staff member:

- 😊 All the children responded very positively at every workshop. Each child was fully involved and stimulated by Yvonne, who delivered the workshop extremely well. Each week every child seemed to respond very well and very good at remembering what had been discussed in previous weeks. Sometimes when children are tired, they don’t feel like telling mum about things when they get home!

SAFE STRONG AND FREE

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PARENT MEETING AND CHILDREN'S WORKSHOP ATTENDANCES

2007 – 2011

YEAR ENDING JUNE	2007	2008	2009	2010	2011
CHILDREN'S WORKSHOPS					
Number of workshops	816	853	941	900	888
Attended one workshop	2,094	2,116	2,264	2,192	2,242
Attended two workshops	1,947	1,978	2,108	2,013	2,083
Attended all three workshops	1,787	1,800	1,916	1,852	1,898
Attended workshop 1	1,965	1,974	2,124	2,070	2,102
Attended workshop 2	1,938	1,971	2,122	2,002	2,068
Attended workshop 3	1,925	1,951	2,042	1,985	2,053
PARENTS' MEETINGS					
Number of meetings	165	171	165	157	162
Number in attendance	738	738	751	641	651

Notes

Workshop 1 - Prevention of bullying

Workshop 2 - Staying safe around strangers

Workshop 3 - Staying safe around adults that you know

NURSERIES AND PARTNER CENTRES THAT SSF WORKED WITH

JULY 2010 – JUNE 2011

Badenoch & Strathspey

Abernethy School Nursery
Aviemore Community Group
Aviemore School Nursery
Carrbridge School Nursery

Deshar School Nursery
Gergask School Nursery
Grantown School Nursery
Kincaig under 5's

Kingussie School Nursery
Les Enfants Daycare (Aviemore)
Newtonmore School Nurseries

Caithness

Bower Busy Bees Playgroup
Canisbay School Nursery
Castletown School Nursery
Croileagan Inbhir Theorsa
Dunbeath Playgroup
Halkirk Playgroup
Hillhead School Nursery

Keiss School Nursery
Lybster School Nursery
Miller Academy School Nursery
Mount Pleasant School Nursery
North (Wick) School Nursery
Pennyland School Nursery
Playden Nursery

Pultneytown Academy Nursery
Reay Playgroup
Scallywags Playgroup
South (Wick) School Nursery
Thrumster School Nursery
Watten Pre-school Playgroup

Inverness

ABC Day Care Nursery
Andy Pandy Playgroup
Ardersier School Nursery
Balloch School Nursery
Beauly School Nursery
Bun-sgoil Gháidhig Inbhir Nis
Cannich Bridge School Nursery
Careshare Day Care Nursery
Cauldeen School Nursery
Central School Nursery
Cheeky Monkeys Playgroup
Cradlehall Day Care Nursery
Cradlehall School Nursery
Crown School Nursery
Croy School Nursery
Dalneigh School Nursery

Dochgarroch School Nursery
Drakies School Nursery
Duncan Forbes School Nursery
Farr School Nursery
Fliperz Day Care Nursery
Glenurquhart Childcare Centre
Glenurquhart School Nursery
Hickory Dickory Day Care
Hilton School Nursery
Holm School Nursery
Inshes School Nursery
Inverness College Nursery
Kilchuimin School Nursery
Kindergarten Day Nursery
Kinmylies School Nursery
Kirkhill School Nursery

Les Enfants Daycare (Inshes)
Les Enfants Daycare (Westhill)
Lochardil School Nursery
Merkinch School Nursery
Muirtown School Nursery
Nessies Nippers Playgroup
Playpen Day Care Nursery
Raigmore School Nursery
Smithton School Nursery
South Loch Ness Nursery
St Joseph's RC School Nursery
Strathdearn School Nursery
Teanassie School Nursery
Tiny Tots Day Care Nursery
Tomnacross School Nursery
Wimberley Way Day Care

Lochaber

Acharacle School Nurseries
Ardgour School Nursery
Arisaig School Nursery
Ballachulish School Nurseries
Banavie School Nursery
Caol School Nursery
Duror Pre-school Centre

Fort William RC Sch. Nurseries
Invergarry School Nursery
Inverie School Nursery
Inverlochry School Nursery
Kilchoan School Nursery
Kinlochleven School Nursery
Lochaline under 5's

Mallaig School Nurseries
Nevis Bank Day Care Nursery
Roybridge GM Playgroup
Spean Bridge School Nursery
St Brides School Nursery
Strontain School Nursery
Upper Achintore School Nursery

Nairn

Auldearn School Nursery
Cawdor School Nursery

Croileagan Inbhir Naraan
Junior World Playgroup

Millbank School Nursery
Rosebank School Nursery

Ross-shire

Acorns Playschool
Ankerville House Nursery (Alness)
Ankerville House Nursery (Tain)
Ardross Playgroup
Avoch School Nursery
Badcaul School Nursery
Bridgend School Nursery
Bualnaluib (Aultbea) Sch. Nursery
Conon Bridge School Nursery
Coulhill School Nursery
Craighill GM School Nursery
Culbokie School Nursery
Dingwall Children's Nursery
Dingwall Ducklings

Dingwall School Nurseries
Fearn Pre-school Centre
Fortrose Pre-school Ltd
Gairloch School Nurseries
Hilton of Cadbol School Nursery
Kilcoy Kindergarten
Kiltearn School Nursery
Kinlochewe School Nursery
Little Angels Day Care Nursery
Lochcarron Playgroup
Marybank School Nursery
Maryburgh School Nursery
Milton School Nursery
Mulbuie School Nursery

Munlochy Preschool
North Kessock School Nursery
Obsdale School Nursery
Park School Nursery
Poolewe School Nursery
Resolis School Nursery
Shieldaig School Nursery
South Lodge School Nursery
Stepping Stones Nursery
Strathpeffer School Nursery
Tain Nursery (Craighill School)
Tartat Old School Nursery
Tarradale School Nursery
Ullapool School Nurseries

Skye & Lochalsh

Auchtertyre School Nursery
Broadford School Nurseries
Carbost School Nursery
Coniston Nursery
Dunvegan School Nurseries

Elgol Pre-school Centre
Glenelg School Nursery
Kilmuir School Nursery
Kyle School Nursery
MacDairmid School Nursery

Portree (GM) School Nursery
Portree Nursery Ltd
Sleat School Nurseries
Staffin School Nursery

Sutherland

Altnaharra School Nursery
Bonar Bridge School Nurseries
Brora School Nursery
Dornoch School Nursery
Durness Playgroup
Edderton School Nursery

Farr High School Nursery
Gledfield School Nursery
Golspie School Nursery
Helmsdale School Nursery
Kinbrace School Nursery
Lairg School Nursery

Lochinver Pre-school
Melvich School Nursery
Rogart School Nursery
Scourie Playgroup
Stoer School Nursery
Tongue Pre-school Centre

Total – 180 pre-school groups

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