



*"Inner Strength is something instilled in you. It is a determination to overcome all the obstacles that you face in life. It is the difference between excellence and failure. It is the tool to be the best you can be"*

- Maureen Bailey FRSA LLB (Hons)

BUILDING STRENGTH AMONG WOMEN AND GIRLS AND THEIR FAMILIES

**CPD**  
CERTIFIED  
The CPD Certification Service

**ISN** INNER STRENGTH NETWORK



**YOU ARE SAFE**  
**YOU ARE SPECIAL**

**Supporting schools on keeping our children safe**  
**Raising awareness on Child Sexual Exploitation**

5th edition 2018/19

# **YOU ARE SPECIAL AND YOU ARE SAFE**

## **SUITABLE FOR YEAR 5 &6 & 7**

### **CHILDREN IN SCHOOLS**

#### **Session 1**

- ♦ **Healthy Relationships**

#### **Session 2**

- ♦ **Safe from harm ( unhealthy relationships)**

#### **Session 3**

- ♦ **Boundaries/ assertiveness**

#### **Session 4**

- ♦ **Self esteem and confidence building**

#### **Session 5**

- ♦ **On –line safety**

#### **Session 6**

- ♦ **Transition into secondary school**

### **Quotes from Participants**

- ♦ *“YASS helped me remember that I am important and special in everyway”*
- ♦ *“Its important that I am a safe person to be around too”*
- ♦ *“The biggest thing I have learnt is how to keep safe how to overcome being abused on the internet”*
- ♦ *“I can use my own voice, which is very good,*

### **Quotes from Heads and teachers observing programme**

- ♦ YASS is very engaging and the trainer quickly gained the children’s attention and trust”

Parents included ad supported

**We invite parents to a short workshop providing them with tips on how to keep their child safe**

- . *“E-safety was very helpful for our school. There was lots of work on self-esteem. How to express emotions, who to talk to , who to trust, where to go for help( support networks such as friends and family etc.)”*

All TAs rated the sessions as excellent.

### **Contact Us**

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