

'I can get help' Summary Ruby's Safety Dilemma

Instructions: Teachers are encouraged to read through the scenario and provide students with the opportunity to respond to questions. The desirable answers should be covered prior to continuing. The 'Remember..' section on p.2 provides a summary of the key points.

Ruby is learning how to keep safe and is developing a Safety Hand of adults she trusts who are available, will listen, believe her and help her if she needs help. She knows that by talking with people she trusts when she's feeling sad, angry, scared or confused, she will be able to get their advice, help and support. She will probably feel better that someone else knows how she's feeling too.

Ruby thinks Mum, Aunty Fran, her teacher, Mr Edwards, her best friend's Mum, Mrs Daniels, and Kids Helpline, would all be good Safety Hand Members.

Do you think Ruby should invite these people and Kids Helpline to be part of her Network? Why? How could Ruby do this?

By being invited, trusted adults have a chance to choose whether or not they would like to be part of our Safety Hand. They will know what their job as a Safety Hand Member is, they will be ready to help us, and they will probably do a better job of helping us.

Ruby could invite them using the 'Safety Hand Member Invitation' (Worksheet 4.3), or by asking them in person, over the telephone or even via email or SMS. Ruby may ask for an adult's help to approach people she would like to be on her Safety Hand.

There is no need for Ruby to contact Kids Helpline (KHL Tel: 1800 55 1800) to invite them onto her Safety Hand, as their role is to assist children and young people. You may wish to advise that students can contact KHL via telephone or online (via email or web counselling) and they can arrange to talk with the same Counsellor each time.

Ruby's best friend's Mum, Mrs Daniels, travels a lot with work and told Ruby that she probably wouldn't make a very good Safety Hand Member as she isn't always available. Ruby decided to invite her soccer coach, Mr Harrison instead. Mr Harrison, Mum, Aunty Fran and Mr Edwards (her teacher) have all agreed to be on Ruby's Network. This makes Ruby feel good to know she has some people she can talk with if she's not feeling safe or if she has a problem. (*Note: You may wish to draw Ruby's Safety Hand on the board.*)

Ruby's Uncle Greg comes over to visit sometimes and every time he sees Ruby he gives her a big sloppy kiss to say 'hello'. Ruby thinks it's gross and it makes her feel early warning signs. Her hair stands on end and she gets butterflies in her tummy. Ruby likes Uncle Greg but doesn't like the kisses at all. She doesn't want to hurt his feelings, but she wants the kisses to stop.

What could Ruby do?

She could talk with a Safety Hand Member – perhaps her Mum, who she lives with.

Ruby decides to talk with Mum about Uncle Greg's kisses.

What could Ruby say when she sees Mum?

Ruby could tell Mum that she needs to talk with her as she is on Ruby's Safety Hand. She should then tell her exactly what the problem is and why she is feeling unsafe.

Let's say Mum tells Ruby that Uncle Greg doesn't mean anything by it and that she should let him give her sloppy kisses. Ruby still feels early warning signs around Uncle Greg.

What could Ruby do?

Ruby could approach another Safety Hand Member, such as Aunty Fran, Mr Edwards, Mr Harrison and Kids Helpline.

Ruby decides to talk with Mr Edwards at school the next day.

What could Ruby say to Mr Edwards?

Ruby could tell Mr Edwards that she needs to talk with him as he is on her Safety Hand. She should then tell Mr Edwards exactly what the problem is.

Mr Edwards tells Ruby that her body belongs to her and that *no one* is allowed to kiss or hug, or touch her without her permission. He encourages Ruby to tell Uncle Greg that she doesn't really like his kisses and they talk about some other ways that Ruby and Uncle Greg can say 'hello', such as a Hi-5. Mr Edwards offers to contact Ruby's Mum and Dad to talk with them about how they can support her in handling this problem. Ruby feels much better that she talked with Mr Edwards.

What could Ruby do if when she approached Mr Edwards he didn't really listen or help her to solve the problem?

Ruby could approach other members of her Safety Hand, including Aunty Fran, Mr Harrison or Kids Helpline. She might even decide to give Mum another try.

When should Ruby stop approaching her Safety Hand Members for help?

When she feels safe again and her problem is solved.

Remember:

- By talking with people we trust when we're feeling sad, angry, scared or confused, we can get the help we need.
- We can develop a Safety Hand of at least five adults we trust who are available, will listen, believe us and help us if we need their help.
- We should invite people to be on our Safety Hand, so they know all about their important job.
- We can approach our Safety Hand Members in person, by telephone, or even via email, SMS or online.
- We need to make sure our Safety Hand Members know we are approaching them as a Safety Hand Member and we need to tell them exactly what the problem is.
- If Safety Hand Members aren't available, or if they don't listen, believe us, or take action to help us, we need to keep approaching other Safety Hand Members.
- We should only stop approaching Safety Hand Members for help when we're feeling safe again and our problem is solved.
- We need to make sure our Safety Hand Members are all able to do their important job. If someone isn't as good at helping us as we thought they might be, we need to find a new Safety Hand Member to replace them. We need to remember to invite our new Safety Hand Member to be on our Safety Hand too!