

START SMART STAY SAFE FAMILY SESSIONS



The Start Smart Stay Safe Family Sessions are brief workshops facilitated by a police officer that explore issues that impact children, families, and schools.

These sessions provide parents with ideas and strategies to respond to these issues before they turn into real problems.

Any of these sessions can be requested by parents or schools!



Unhealthy Influences and Stress – Making Healthy Choices

This session explores some ways parents and other caring adults can help children learn healthy ways to handle stress and difficult situations. Parents can help children learn to listen to their own feelings and know how to make good choices.



"Stranger Danger" & Community Safety – Safety through Community Involvement

This session looks at ways for parents to support children in recognizing and responding to unsettling feelings to be safe in the community, and also looks at what parents and other community members can do to take part in keeping their communities safe.



Negative Peer Culture & Gangs – Building Healthy Relationships

This session explores some ways that parents and caring adults can model positive relationships, so children learn to meet their need for belonging and excitement through healthy relationships and don't become involved with unhealthy peer groups.



Bullying – Effective Communication Strategies

This session outlines strategies for supporting children to use their skills to deal with disagreements appropriately by focusing on using respectful communication, listening, and applying conflict resolution skills.



Internet Bullying – Digital Citizenship

This session explores ways to establish boundaries with children around acceptable use and time spent online and with technology, so that children learn how they can stay safe online.



Peer Pressure – Community Safety

This session looks at ways parents can help children develop skills to make healthy choices and to stand up for their values and beliefs, without having to compromise their sense of belonging along the way.

Contact your school's Principal or School Council to let them know which sessions you would like to see at your school.