



ST JAMES CATHOLIC PRIMARY SCHOOL, HEBBURN

2nd June 2026

Dear Parents and Carers,

Helping children protect themselves - www.kidsafeuk.co.uk

You may remember that your child/ren previously attended KidSafe, the specialised child protection programme.

We are now going to deliver a second KidSafe programme. The aim of this is to consolidate and deepen previous learning and help children develop further strategies to keep themselves safe.

The second KidSafe programme will continue to build children's confidence, self-esteem and equip them with effective skills to deal with unsafe situations. KidSafe enables children to value themselves and others and helps them to make wise, healthy choices and decisions in their lives.

KidSafe teaches children to recognise and/or prevent abuse: to know what is and is not appropriate. This is done in an age appropriate, fun and non-scary way through a variety of media including the use of our puppet KS, games and worksheets.

Topics covered during programme include:

- identifying what gives children 'yukky feelings'
- difficulties children may have to speak out about bullying and cyber bullying
- difference
- understanding peer pressure and enabling children to understand how difficult it is to say 'no' to their peers
- identifying potential harm and impact for children in relation to exposure to violent games/films
- choices
- identifying what makes children angry and exploring strategies to help children deal with this issue
- exploring the potential impact on children witnessing parents/carers arguing
- not keeping secrets that are harmful
- topics such as County Lines and Knife Crime.

Yours sincerely,

Mrs L Gofton
KidSafe Co-ordinator

Mrs Francesca Heslop
Headteacher
BSc (Hons) P.G.C.E.

Email:
info@stjameshebburn.co.uk
Tel: 0191 4832672

Solway Road,
Hebburn
NE31 2BP



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