



**The
MacKillop
Institute**

Power to Kids Out of Home Care

Strengthening prevention and responses to sexual exploitation, harmful sexual behaviours and dating violence for young people in residential care.

Why we need Power to Kids

Despite accounting for only 5% of all children in care, children in residential care account for 33% of child sexual exploitation reports on children in care in Australia (Royal Commission, 2016). Prevention and early intervention are critical.



"We should be doing everything we can to stop [Child Sexual Exploitation]. That's why we've recommended that Power to Kids be rolled out to all residential care houses."

Liana Buchanan, Principal Victorian Commissioner for Children and Young People.

The program

Power to Kids is a professional learning program that upskills out of home care professionals to strengthen prevention and responses to child sexual exploitation, harmful sexual behaviours and dating violence. Power to Kids supports carers with the knowledge and practical skills to hold 'brave conversations' around sexual health and safety. The program features three evidence-based strategies including a whole-of-house education approach, early identification and intervention, and connecting with appropriate services to disrupt harm.



Our community

Since 2019, more than **40 organisations** have partnered with The MacKillop Institute to make a difference in child safety.

3,500+

young people directly impacted

1500+

workers trained

47+

organisations worked with

99%

of participants report an improvement in confidence and/or knowledge of child sexual exploitation, harmful sexual behaviour and dating violence

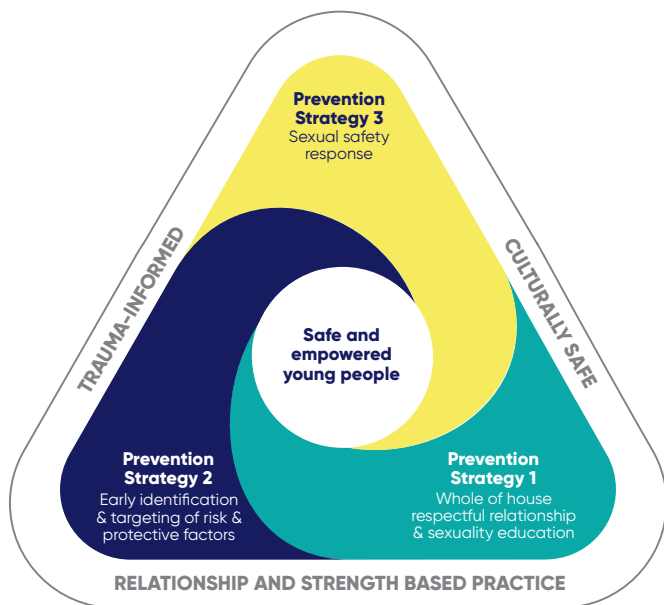
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Power to Kids Framework

Power to Kids is a multidisciplinary approach developed by MacKillop Family Services in partnership with the University of Melbourne.

Power to Kids embeds a whole-of-house approach through three evidence-based prevention and response strategies. Participants explore each strategy within their own context and deepen their understanding of trauma informed, relationship and strength based, and culturally safe practice for effective implementation. Participants gain confidence to create safe spaces for brave conversations with young people on key sexual health and safety topics. By upskilling carers, Power to Kids aims to increase young people's understanding of healthy relationships and sexual safety. Through increased understanding and improved strengths-based relationships, young people are more likely to ask questions, disclose concerns and seek help when needed.



Course topics

- Harmful sexual behaviour
- Child sexual exploitation
- Dating violence
- Rights and responsibilities
- Cultural practice
- Gender and diversity
- Sexual health and contraception
- Sexual behaviour
- Respectful relationships and love
- Consent and age
- Grooming and abuse
- Disclosure and informed friend
- Online safety and pornography

Learning Outcomes

- Increased knowledge of harmful sexual behaviour, child sexual exploitation & dating violence
- Improved capabilities to identify, intervene & respond to harmful sexual behaviour, child sexual exploitation & dating violence
- Increased self-efficacy to have sexual safety conversations with children & young people.

The University of Melbourne – Embedding Power to Kids in MacKillop Residential Care 2023

Find out more, or register your interest by contacting us

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 mackillopinstitute.org.au

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