

# Power to Kids in Schools

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



## Safeguarding Children

Safeguarding children is the responsibility of every leader, teacher and staff member in schools. Almost 1 in 4 Australians experience one or more types of child sexual abuse (ACMS, 2023). Prevention and early intervention are critical.

Children and young people are having to navigate an increasingly complex world in their personal relationships, on social media and in unregulated online environments. Power to Kids was developed to address several recommendations made by the *Royal Commission into Institutional Responses to Child Sexual Abuse* and has now been delivered to over 1,500 professionals nationally.



## What is Power to Kids?

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

## Responding to disclosures

Power to Kids supports educators and schools to feel more confident to act within the scope of their role and responsibilities. The program builds a clear and common language around sexual safety that supports young people to articulate behaviours with confidence, and educators to create safe spaces for brave conversations. The program emphasises systems-based approaches and working closely with statutory services and local support services so schools can better engage specialist support when needed.

## Whole of school and community approach

Power to Kids supports schools to engage school systems leaders, students and parents in the shared responsibility of prevention and responses to sexual safety. The program provides tools to explore current states of understanding, confidence and knowledge to inform inclusive, trauma-informed and culturally safe conversations with the broader school community.



**"The topics are relevant and timely. They have highlighted the importance of a system-wide response."**

**"A practical and engaging day. Tools that I can put straight into practice."**

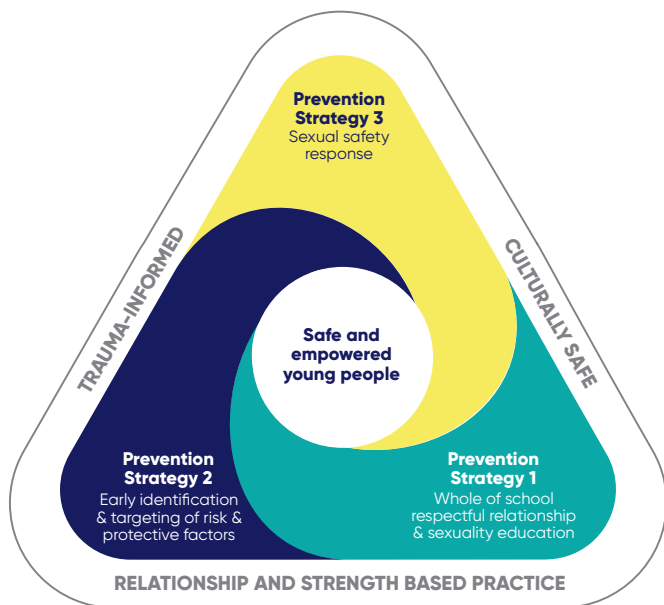
Feedback from Melbourne Archdiocese Catholic Schools

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## Power to Kids Framework

Aligned with the *Respect Matters* portfolio in the Australian Curriculum, Power to Kids embeds a whole-of-school approach through three evidence-based prevention and response strategies. Educators and schools explore each strategy within their own context. A deep understanding of trauma-informed, culturally-safe, relationship and strength-based practice is fostered to support effective implementation. Participants gain confidence to create safe spaces for brave conversations with young people on key sexual health and safety topics.

By upskilling the whole school community, Power to Kids aims to increase young people's understanding of healthy relationships and sexual safety. Through increased understanding and improved strengths-based relationships, children and 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
- Enhanced capacity to identify, intervene & respond to harmful sexual behaviour, child sexual exploitation & dating violence
- Increased confidence and competence 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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