

# Dzimba Safety Program Latvia



## Type of intervention



Classroom setting



Group Work



Game

## Target groups, levels of prevention and sub-groups:



Primary prevention

Children (5-11 Years) | Male & Female | Classroom Setting, Group Work, Game | English

## Target population

Children aged 5-11 years in kindergartens and schools, with their parents and teachers.

## Delivery organisation

“Center Dardedze”, an non-governmental organisation in Latvia.

## Mode and context of delivery

It is delivered in kindergartens and schools with children aged 5-11 years old. A specially trained facilitator (teacher from the kindergarten or school) will deliver nine lessons of the programme to each group of children. The classroom teacher is present in all lessons as well. Subsequent to the lesson the class will plan an additional lesson: a visit to Dzimba Safety House at Center Dardedze. This is an interactive lesson summarizing the nine lessons that children have gone through and emphasizing the most important aspects.

## Level/Nature of staff expertise required

The facilitator’s background might include child protection and teaching. An informal teaching style and an ability to engage with children of this age group are essential.

## Intensity/extent of engagement with target group(s)

The programme consists of:

- two day training of the facilitator (teacher) to implement the program conducted by Center Dardedze staff
- nine sessions with the children, each lasting 40 minutes to one hour, once a week
- one additional event: trip to Dzimba Safety House with an interactive 2.5 – 3 hours program, where the concepts learned in the nine lessons are summarized in a very concentrated, playful and fun way using theatre, songs, games and stories
- two meetings with the children’s parents/carers: one before the start of the program and one after it concludes
- one debriefing session with the class teacher regarding his/her observations after the implementation of the program
- one day of feedback session for the facilitator by Center Dardedze staff
- one debriefing with the teaching staff when the programme concludes

## Description of intervention

The main objectives of the program are:

- to build child’s self-esteem and self-confidence
- to enhance a child’s ability to avoid victimization
- to promote disclosure of abuse and victimization
- to reinforce adult supervision and protection
- to provide relevant information to adults to enable them talking to children about their safety

Program content:

- Lesson 1: **What is safety in relationships?** The children will learn about what safety means and to understand the concept of relationships. They will learn about not only to feel safe when driving in a car, crossing the street, playing in the water or using fire, but also when they are together with other people
- Lesson 2: **I am special and you are special!** The children will learn that we are all different and unique and this fact makes us special and worthy of respectful treatment. The children also learn about what personal information should not be shared, with just anybody
- Lesson 3: **Be aware- be safe!** They learn to recognize different emotions and to understand what reactions in their bodies to look for in potentially risky situations
- Lesson 4: **Call for help!** The children will learn to recognize potentially risky situations and what actions should be taken to protect themselves
- Lesson 5: **Always tell before you go!** The children will learn about the importance of always telling a responsible adult before they go anywhere, instead of just wandering off with anybody who invites them
- Lesson 6: **My body belongs to me!** The children will learn to name the parts of their bodies, the difference between boys and girls and how to respect their own body and bodies of other people
- Lesson 7: **Touches and secrets!** The children will learn the difference between different types of touches and not to keep negative touches secret. They learn to say “No” to negative touching

- Lesson 8: **Courage to be friendly!** The children will learn about non-degrading treatment when communicating with other children in order to reduce the risk of becoming the victim of different types of bullying
- Lesson 9: **I am smart!** The goal of this lesson is to build the child's confidence, to emphasize the need to always speak up and call for help and to celebrate the new things they have learned in this program

### **Evaluation**

The program has received very positive feedback from children, parents and teachers, as well as school administrators. The childrens' knowledge about personal safety in a relationship is tested before and after the program. Also, the teachers (and parents) are interviewed about the sustainability and application of the knowledge and skills children gain through the program. The feedback from this is positive.

### **References**

<http://www.centrsdardedze.lv/en/programms-and-services/children/programm-for-children>

[www.dzimba.lv](http://www.dzimba.lv)

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