



Kids in the Know

Description: “Kids in the Know” is an evidence based program from the Canadian Centre for Child Protection offered to students from Kindergarten to Grade 9. It is interactive and uses stories and characters to teach personal safety strategies and resilience in various situations and settings. Kids in the Know “balances empowerment with protection, communicates without value statements, builds from past experiences, involves activity-based learning, and facilitates important discussions about personal safety without the use of fear” ([Kids in the Know](#)).

Purpose or goal of the program: Reducing victimization through self awareness, assertiveness, and empowerment. Encouraging and enhancing communication between children and the safe adults in their lives regarding their personal safety as well as reporting concerning experiences and behaviours.

Number of participants needed (max/min): This program can be run in the classroom with all students.

Materials & space needed: The program comes with lesson plans and corresponding materials such as posters and activity outlines and can be run in a classroom or space large enough for an entire class of students.

Supervision needed: One program facilitator and one teacher.

Time commitment: Lessons will take one hour to allow for completion of the lesson as well as activities and discussion that will lead to comprehension of materials. Lessons can be once a week for the duration of the program. The length of the program varies depending on grade.

Cost: The initial cost of the program.