

# Kind Safe Fair

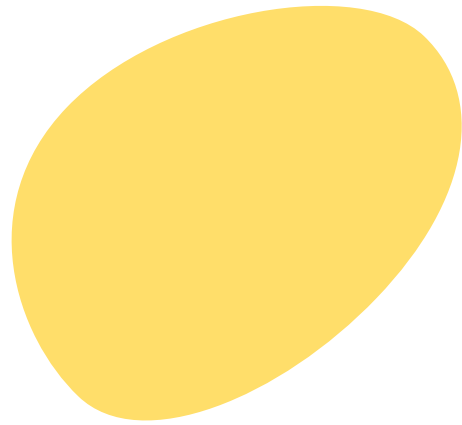
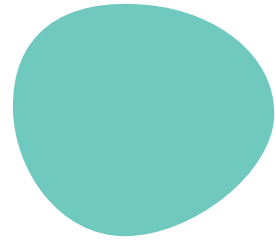
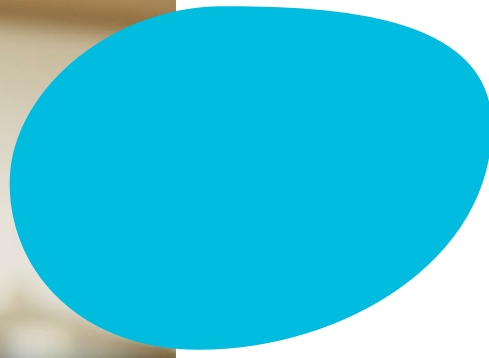
Empowering change  
One step at a time





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**Speaking up  
and being able  
to accept another  
child's decision,  
whether they  
agree or not.**



## Calmer classrooms

**Understanding the challenges teachers face in and out of the classroom is fundamental to creating Kinder Communities.**

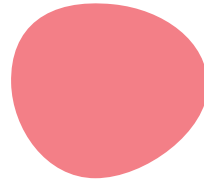
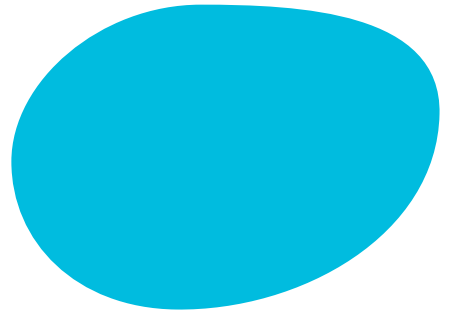
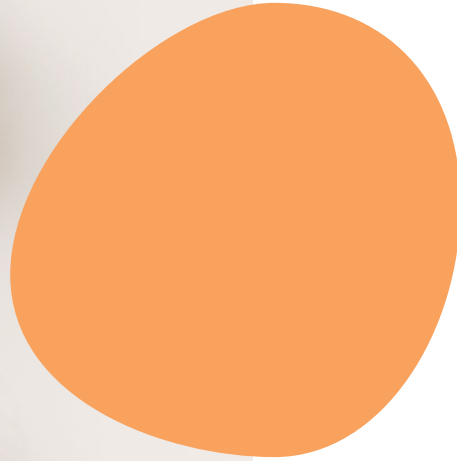
Calmer classrooms are what we all aspire to. Happily, when negative aggressive behaviour is addressed, a calmer classroom becomes the natural state.

Key to this success is building skills that work for teachers and children alike by nurturing the development of conscious and sub-conscious emotional regulation within children.



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**A whole community  
approach to positive  
cultural change.**



## An impression that imprints for life

Students, teachers and families, thrive when they are united in their values and vision. Recognising this is vital as it creates the foundation for a 'whole of community' approach to positive cultural change.

*Kinder Communities* work with schools to clarify their vision and values, and show how these beliefs can be activated and put into action.





Worldwide there has been a 25% increase in depressive and anxiety disorders.

## Primary prevention is our guiding purpose

Sadly, many children who witness violence at home may, in turn, be violent at school. This behaviour can stay with them as they get older. For example, boys who engage in bullying on a regular basis are four times more likely to commit intimate partner violence in adulthood. Therefore, our guiding purpose must be *primary prevention* – to stop violent behaviour before it starts.

Issues relating to violence and other emotional pressures in our schools and homes are becoming increasingly urgent. Worldwide, there has been a 25 per cent increase in depressive and anxiety disorders during the pandemic, with our children being impacted the hardest.



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**Creating kinder  
behaviour within schools,  
has a life affirming  
flow-on effect.**





## Emotional intelligence is the art of patience and balance

*Kinder Communities* provide teachers and students with the tools to regulate emotions. Emotional intelligence education is a powerful vehicle that aids in the prevention and reduction of violence in schools.

Significantly, creating *Kinder* behaviour within schools, has a life affirming flow-on effect. Helping children to understand and manage their own emotions enables them to know their own boundaries and those of others.

These boundaries form the foundation for learning about consent – what's okay and what's not okay, speaking up and being able to accept another child's decision, whether they agree or not.

As they get to know and accept themselves for who they are, knowing where they 'begin and end', helps them to look beyond gender, sexuality and race and accept others for who they are.

# Transforming stumbling blocks into stepping stones

Our vision is to create Kind, Safe, Fair Communities from wisdom that is evidence based and trauma informed.

Our philosophy draws on this vision and the principles of positive psychology to promote pro-social behaviour by using every child's fundamental character strengths.



Emotional  
Intelligence

Respect

Wellbeing

Academic  
Learning



**Understanding**

**Culture**

**Support**



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Learn the value of  
effective bystander  
education.



# Bystander education workshops for teachers

## **Half day (3hrs) for up to 15 staff members**

- The foundations of bystander education.
- Recognising and understanding various types of violence.
- Why people behave as bystanders and ways to empower them to become upstanders.
- Using appropriate language and common responses.
- Introduction to empathy and resilience training, emotional regulation, compassion for the bully and the importance of being trauma aware.

## **Full day (6hrs) for up to 15 staff members**

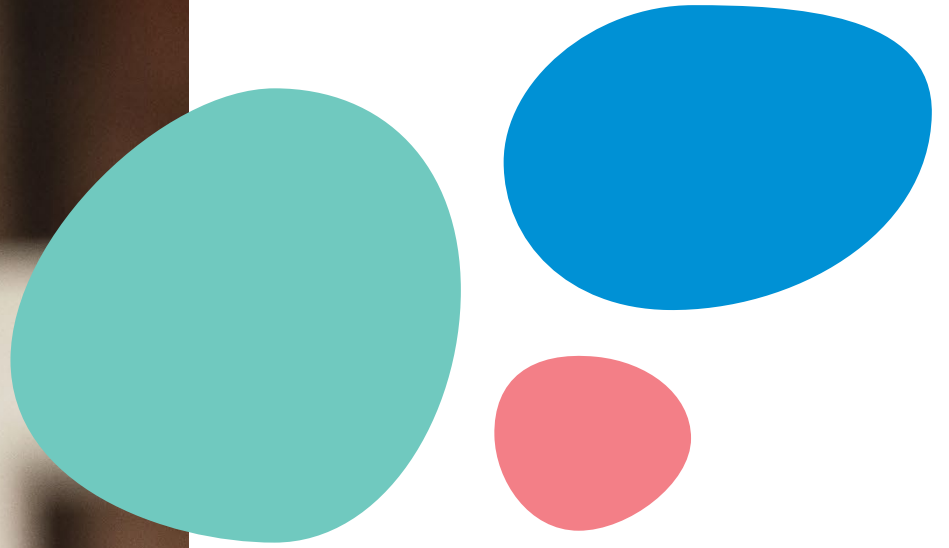
- How upstanders enable cultural change.
- Emotional intelligence and regulation, including the importance of empathy, compassion and resilience; understanding impact of trauma.
- How to teach empathy and resilience.
- Understanding the difference between self-esteem and self-compassion.
- The importance of cultivating self-compassion and developing healthy boundaries.
- Strengthening relationships between staff, students and parents.



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**It takes a big heart to  
shape little minds.**

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## Teacher wellbeing workshops

While many resources go to helping students manage their challenges of the school life, teachers are the ones guiding their journey. Who is helping to look after their wellbeing?

We are!

We offer workshops to help manage the pressures and stresses of teacher life!



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