SUPERSTARS THEORY OF CHANGE

Broader goals

- Children enjoy respectful relationships free from harm
- Children develop assertive communication, respect for others' bodily autonomy and help seeking behaviours

End of program Intermediate outcomes

- Children respond appropriately to verbal and non-verbal cues that indicate consent
- Children communicate body boundaries assertively using accurate terminology for genitals
- Children can identify and communicate physiological responses to fear
- Children can identify behaviour in others that is inconsistent with prioritising children's safety and wellbeing
- Children can identify safe and supportive adults and demonstrate help-seeking behaviour

Intermediate outcomes

- Children identify emotions in themselves and others
- Children learn how their body responds to fear
- Children explore the concept of fight, flight, freeze responses
- Children practice strategies for saying no to unwanted touch
- Children practice strategies for saying no to unwanted touch
- Children identify their safe adults and learn help-seeking strategies
- Children accurately identify genitals and use these words comfortably
- Children understand the role of safe adults in caring for children's bodies
- Children differentiate between secrets and surprises
- Children identify non-sexual behaviour that is contextually in/appropriate

Influence activities

- Deliver workshops to children

Support evidence base

Collect data from teachers* on children's pre and post workshop understandings of consent, bodily rights and responsibilities and help-seeking skills *and children when appropriate

Key principles

Trauma-informed; strengths-based; safe; empowering; inclusive; age-appropriate

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