

Parent/Carer Guide



Australia's Biggest Child Safety Lesson

Upper Primary 2020

The Upper Primary version of *Australia's Biggest Child Safety Lesson* is suitable for children aged 8 to 12 years. It will teach children key personal safety concepts in a fun and interactive way. It can be viewed in large or small groups at school or you can also watch it at home together.

Contents of lesson

The Online World	The online world is defined and then compared with the real world. In the first 'Vox Pops' segment, students discuss what they like about the online world.
Recognise, React, Report	This segment of the lesson assists students to unpack an unsafe situation that occurs online. They are encouraged to understand the physical responses the body has when feeling unsafe, explore how to react when something goes wrong, and examine an example of reporting.
Online Safety Tips	This segment presents an 'around the grounds' approach to some key online safety tips.
eSafety Commissioner	In this segment, our Junior Journalist interviews Julie Inman Grant – Australia's eSafety Commissioner.
Brain Science and the Online World	A 'wacky scientist' answers the questions: <ul style="list-style-type: none">• What is dopamine?• Why is dopamine relevant to the online world?
Looking out for a Friend	The second 'Vox Pops' segment presents students responding to the question: <ul style="list-style-type: none">• What would you do if a friend told you they had felt unsafe online?

It is adults' responsibility to keep children safe; however, research shows that teaching children personal safety skills can play an important role in the prevention of harm.

What can you do at home?

Talk about the lesson with your child and encourage them to share what they have learnt. If they bring home activity sheets, look at these together and put them up on the fridge or a wall in the house.

If you wish to complete some activities together at home, you can find some activity sheets on our website www.DanielMorcombe.com.au.



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Ways to talk about personal safety with children

Having conversations about personal safety should not be scary for children. Being open and approachable is the most important thing.

- Discuss who children can talk to if they feel unsafe and what they can do.
- Practise using stories and scenarios to problem solve. Do not always make these about strangers.
- Reinforce basic safety messages and ensure children know the phone numbers of people they can call on for help or to talk to.
- Explain that it is okay to say 'no' to an adult or child if they are doing something that is not okay or makes the child feel unsafe. Let the child know they will not get into trouble if they tell you about an unsafe secret someone has asked them to keep.
- Remind your child that it is always okay to talk to you, no matter what the issue, you care about them and want to help them to stay safe.

Where to get help

Daniel Morcombe Foundation has resources to teach personal safety skills to children and young people, available from www.DanielMorcombe.com.au

Parentline 1800 30 1300 provide free telephone counselling and advice to parents and carers. Resources are available to support parents and carers to understand a wide range of issues related to raising children and young people www.parentline.com.au

The Australian Institute of Family Studies has an up to date contact list of relevant state or territory child protection agencies, if you suspect a child has experienced abuse or is at risk of harm www.aifs.gov.au/cfca/publications/reporting-abuse-and-neglect

The Office of the eSafety Commissioner has resources to help children, young people, parents and carers. They are committed to helping all Australians have safe, positive experiences online www.esafety.gov.au

