

Parent/Carer Guide



Australia's Biggest Child Safety Lesson

Early Childhood and Junior Primary 2020

The Early Childhood and Junior Primary version of *Australia's Biggest Child Safety Lesson* is suitable for children aged 4 to 7 years old. It will teach students key personal safety concepts in a fun and interactive way. It can be viewed in large or small groups at schools or early childhood centres. You can also watch it at home together.

Contents of lesson

Introduction	The theme of safety is established, along with some guidelines for creating a safe learning environment.
Feeling safe	A series of body clues are identified as possible physical responses the body has when a person feels unsafe.
Surprises and secrets	<p>It is clearly stated that, whilst a child may need some assistance to look after themselves, it would be an unsafe secret if anyone asked to see their underwear or touch their private parts. It is also established that no one can ask a child to touch their private parts or show them pictures of private parts.</p> <p>Children are reassured that it would never be their fault if someone asked them to keep an unsafe secret. Similarly, it is never too late to report to a safety helper.</p>
Safety helpers and resilience in help-seeking	A range of safe adults are identified as possibilities for a child's safety helper hand. Children are reminded to keep talking to a safety helper until someone listens to them and believes them.
Conclusion	The lesson finishes by encouraging children to make their own safety helper hand.

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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How 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 for help or to talk to.
- Explain 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 your 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

If you or your child are at risk of immediate harm, call the police on 000 – 112 from a mobile phone and 106 for Text Emergency Relay Service (for the hearing or speech impaired).

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.

Kids Helpline - 1800 55 1800 provide a free, 24 hour counselling service for young people aged 5 to 25 on 1800 55 1800. Resources and webchat are available at <https://kidshelpline.com.au/>.