

Parent / Carer Guide



Australia's Biggest Child Safety Lesson 2019

Australia's Biggest Child Safety Lesson is suitable for children between the ages of 8 – 12 years. It will teach key personal safety concepts for Upper Primary 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 right to be safe	Identifying the rights that all children are entitled to, including that 'we all have the right to be safe all of the time'
Recognising body clues	Understanding the physical responses the body has when feeling unsafe
Reacting to keep ourselves safe	Knowing what to do and how to react to body clues when we are feeling unsafe
Who can help you to stay safe	Identifying safe adults who can help us to be safe. Kids can call Kids Helpline anytime for any reason

Keeping Kids Safe is the responsibility of adults however research shows that teaching children personal safety skills can play an important role in the prevention of harm. Children who know the proper names and functions of private body parts are less likely to experience sexual abuse and more likely to seek help or tell an adult if they have been harmed.

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. You can also find activity sheets on our website which you could do together at home available from DanielMorcombe.com.au.

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

- Discuss who they could talk to if they felt unsafe and what they could do.
- Practice 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 ok to say 'No' to an adult or child if they are doing something that is not ok 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 ok to talk to you, no matter what the issue, you care about them and want to help them to stay safe.

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Where to get help

Daniel Morcombe Foundation has resources to teach personal safety skills to children and young people, available from www.DanielMorcombeFoundation.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 that 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 help line 1800 55 1800 provides a free, private and confidential 24/7 phone and online counselling service for young people ages 5 to 25 kidshelpline.com.au/

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