

Australia's Biggest Child Safety Lesson



Parent and Carer Guide

Australia's Biggest Child Safety Lesson is suitable for children between the ages of 3 - 8 years. It will teach key personal safety concepts for early childhood in a fun and interactive way. It can be viewed in large or small groups at school or early childhood centres. You can also watch it at home together.

Contents of lesson:

Understanding feelings	Identifying facial expressions for different emotions
Recognising body clues	Understanding the physical responses the body has when feeling unsafe
Your body belongs to you	Body ownership, names of public and private body parts (anatomical language)
Who can help you to stay safe	Identifying safe adults who can help you to be safe

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 and encourage your child 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.

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

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

To register for Day for Daniel and watch the lesson please visit
DanielMorcombe.com.au



Australia's Biggest Child Safety Lesson



Parent and Carer Guide

Where to get help

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

To register for Day for Daniel and watch the lesson please visit
DanielMorcombe.com.au

