



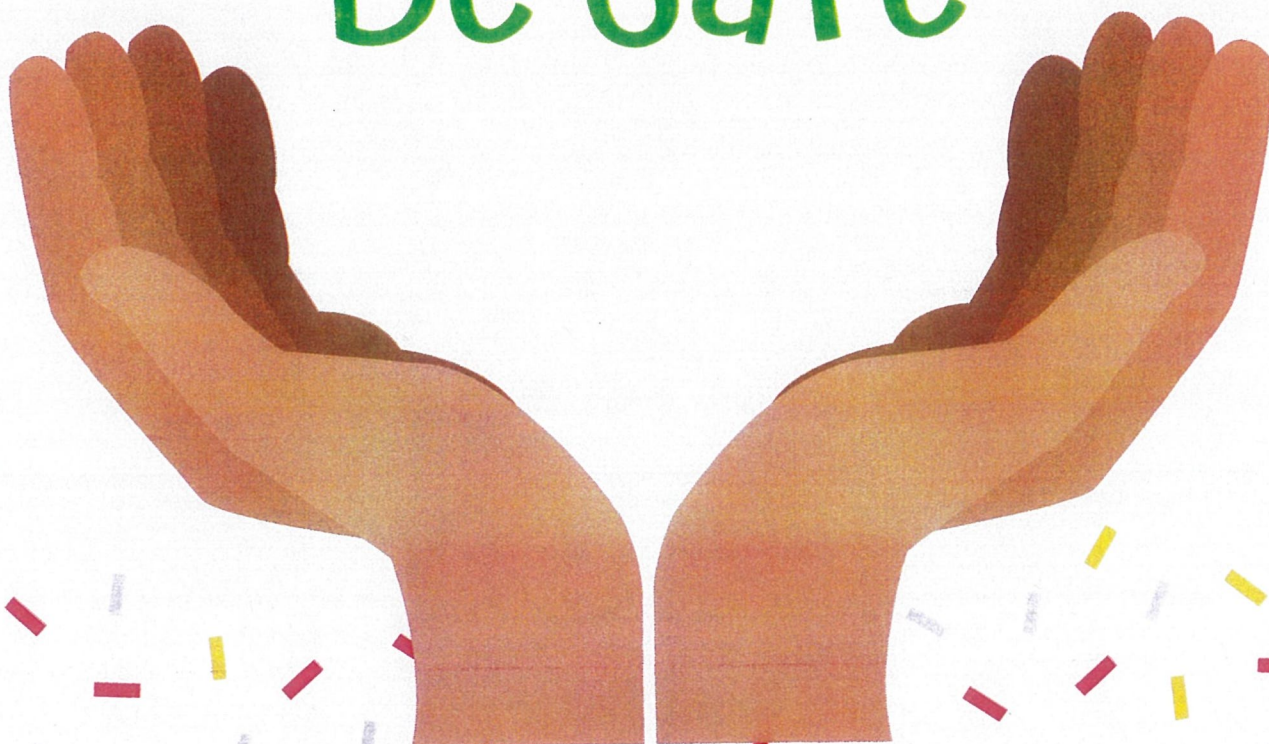
Diocese of Toowoomba

Kid's Safety Guide



A cluster of small, rectangular confetti pieces in red, yellow, and white at the top of the page.

We want you
to
Feel Safe
and
Be Safe



Kids should
feel:



Protected



Safe



Cared for



Special



There are
rules for kids
and adults to
keep you
safe.



It's never ok for SOMEONE to...



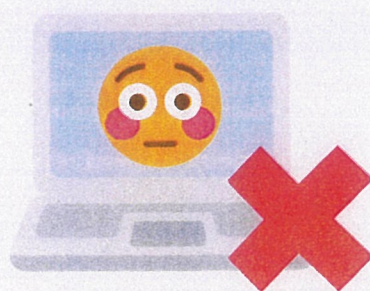
... hit you or
hurt you.



... yell or
swear at you.



... fight in
front of you.



... show you sexual
or rude videos or
photos.

If it happens...

**IT'S NEVER OK for
someone to...**



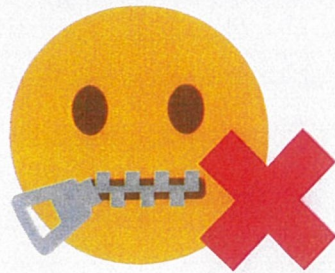
... touch your
private parts.



... show you
their private
parts.



... make you
touch them.



... make you keep
bad secrets.

.... it's ok to tell.

You can tell:



A parent



A friend



A teacher



An adult you
trust

It's ok to tell.

Kids Helpline

**You can talk to Kids
Helpline about
anything!**

Phone:

1800 55 1800

Online Chat:

**[www.kidshelpline
.com.au](http://www.kidshelpline.com.au)**

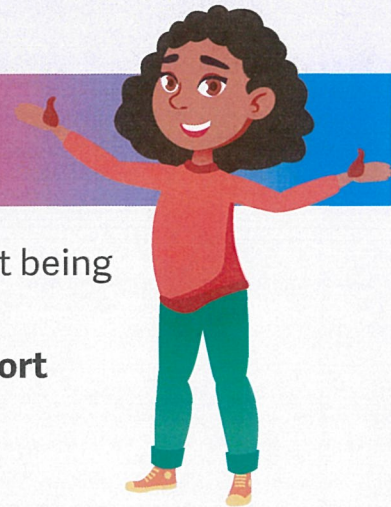
BEING SAFE AND RESPECTED WHEREVER YOU ARE...



- We want **no harm to come to you**
- You have the **right to feel safe** – everywhere and at all times
- You have the **right to be respected** – that means to be listened to and cared for

BEING SAFE MEANS:

- **People care about you** and you feel good about being included in activities
- You know where to go if you **need help or support**
- **You are not hurt** and don't feel that you will be hurt by others
- You know the rules about **being safe**
- **People listen** to you and you are asked for your ideas



WHAT IF YOU OR SOMEONE YOU KNOW DOESN'T FEEL SAFE

- You always have the **right to be safe** and to feel safe, no matter where you are.
- If you are worried about yourself or someone else then **tell someone you trust**.
- You can talk to any **yourtown** people or adults you trust like **your mum or dad** or **your teacher**.
- It can be hard to talk about why you don't feel safe but **be brave and know that your safety is very important to us and you will be listened to**.





Children's Rights



'Rights' are things every child under 18 years should have or be able to do. All children have the same rights. These rights are listed in the UN Convention on the Rights of the Child, which apply to all children in Australia. Some of these rights include:

You have the right to practice your own religion, culture and language.



You have the right to be free from sexual abuse.

You have the right to privacy.



You have the right to be protected from being hurt and mistreated, in body and mind.

You have the right to learn.

You have the right to your own religion and beliefs.



You have a right to have a say in decisions by adults that may affect you.



TIPS FOR TALKING TO CHILDREN ABOUT PERSONAL SAFETY



Article 12 of the United National Convention on the Rights of the Child states that **children have the right to have a say in matters that affect them, and for adults to listen and take it seriously.**

WHAT WE KNOW:

- Children have the right to feel able to speak up, and to be listened to, respected and believed.
- When we "tune into" children in everyday situations about even small worries, children are more likely to trust us and feel comfortable to tell us if something big is wrong.
- Speaking regularly to children about their safety is a powerful way to build open communication with them.
- It is always the responsibility of adults to keep children safe from harm - child abuse is never a child's fault.



IDEAS FOR PARENTS AND CAREGIVERS:

- Help children to identify trusted adults (both within the family and outside) they can talk to, if they are worried, upset, or don't feel safe. Create a list together. Make sure the trusted adults know they are on your child's list.
- Remind children that they can talk to you or a trusted adult about anything, no matter how big or small their worry might be.
- Talk to children about how they know when they feel safe or unsafe. Help them to listen to their early warning signs (how their body feels), and to trust their feelings and instincts.
- Use everyday activities (such as preparing meals and snacks, going for walks, playing, shopping) as opportunities for conversations. If children are used to having lots of communication, it can make it easier to talk when big or tricky issues come up.
- Be open to talking about all kinds of feelings, including anger, joy, frustration, fear and anxiety. This helps children to develop a 'feelings vocabulary'.
- Show children that you can respond sensitively to negative emotions as well as positive ones when they express their anger, embarrassment, sadness or fear.
- Don't rush into problem-solving. Your child might just want you to listen, and to know that their feelings and point of view matter to someone.

OTHER RESOURCES AND INFORMATION:

- 7 Steps to Safety - a tool for families to give children the skills and confidence they need to feel and be safe at home:
www.territoryfamilies.nt.gov.au/children-and-families/7-steps-to-safety
- Australian Council on Children and the Media:
www.childrenandmedia.org.au
- Office of the eSafety Commissioner:
www.esafety.gov.au/education-resources/iparent
- Raising Children Network: www.raisingchildren.net.au
- Talk soon. Talk often.
A guide for parents talking to their kids about sex:
www.healthywa.wa.gov.au/Articles/S_T/Talk-soon-Talk-often
- National Society for the Prevention of Cruelty to Children (United Kingdom): www.nspcc.org.uk
- Net Aware (United Kingdom): www.net-aware.org.uk



If you work in an organisation that would like to know more about how to create a child-safe culture, contact NAPCAN about available training.

For more information about how you can play your part visit: www.napcan.org.au



NAPCAN PREVENT CHILD ABUSE & NEGLECT
www.napcan.org.au