

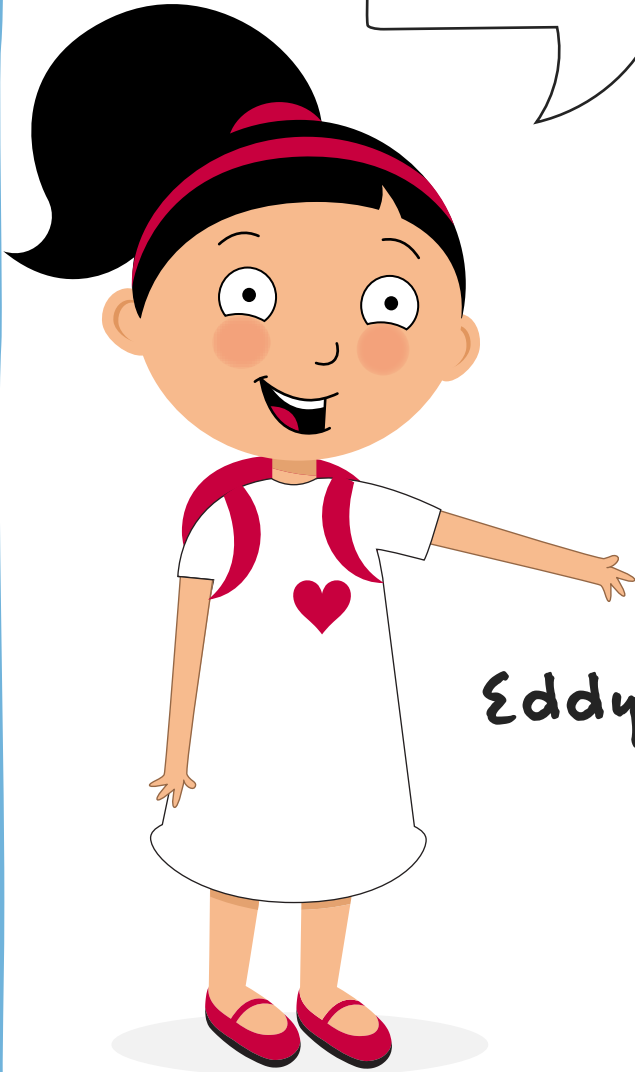
Learn to BE SAFE

Includes
TIPS for
Caregivers!

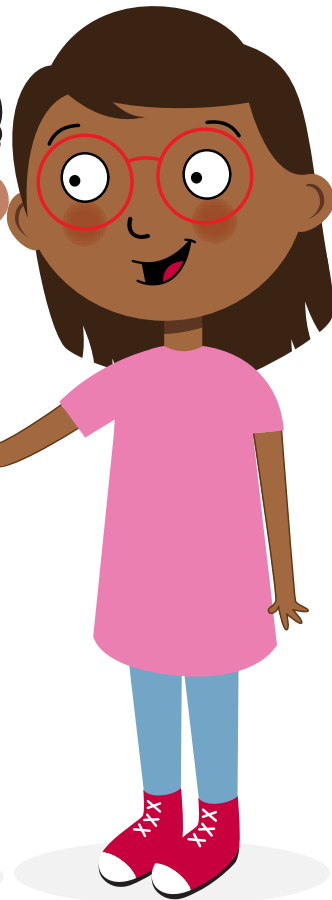
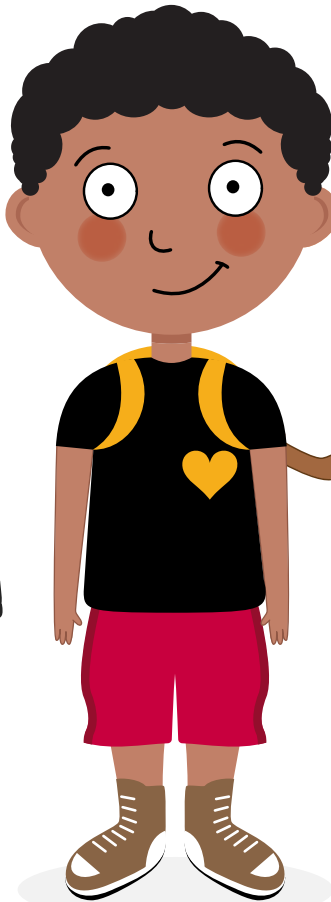
*Helping little people learn the difference
between safe and unsafe
and information for adults to keep kids safe.*



Hey! My name is Emmy and these are my friends.



Eddy



Jules

Adeena

Oki

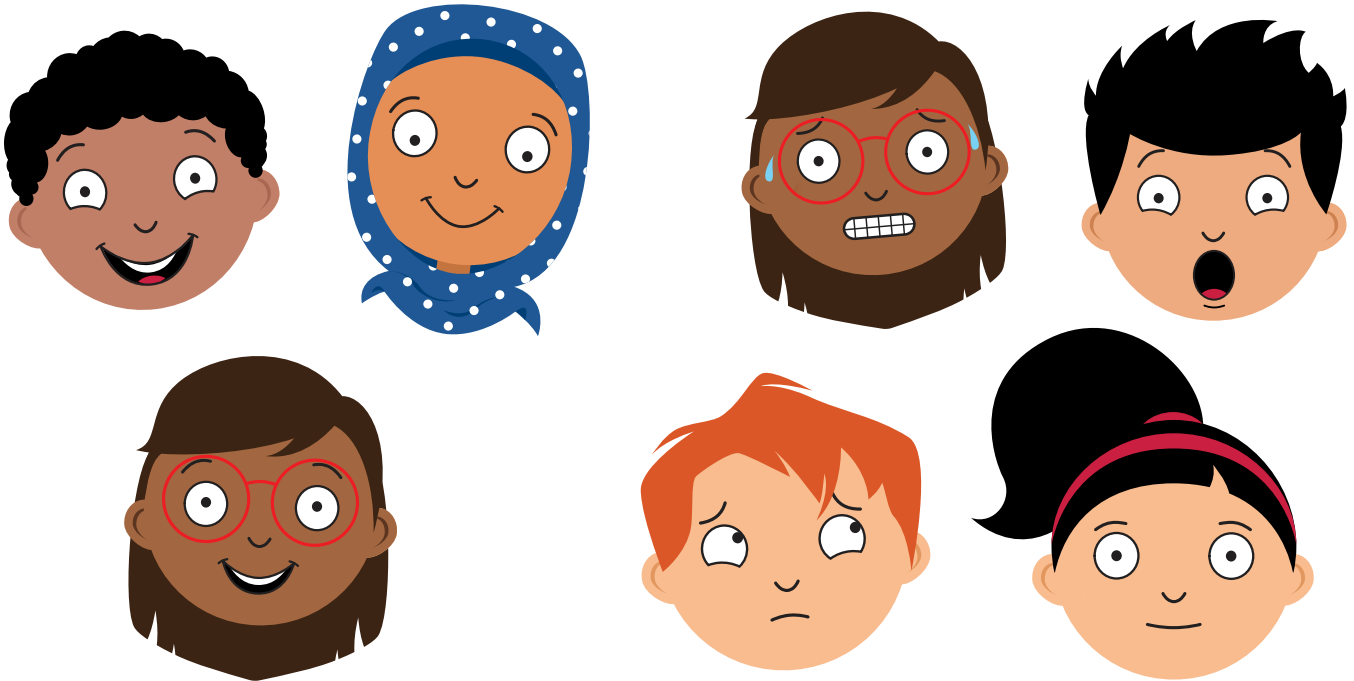


Will



Come learn to be safe with us!

We all have lots of different feelings.



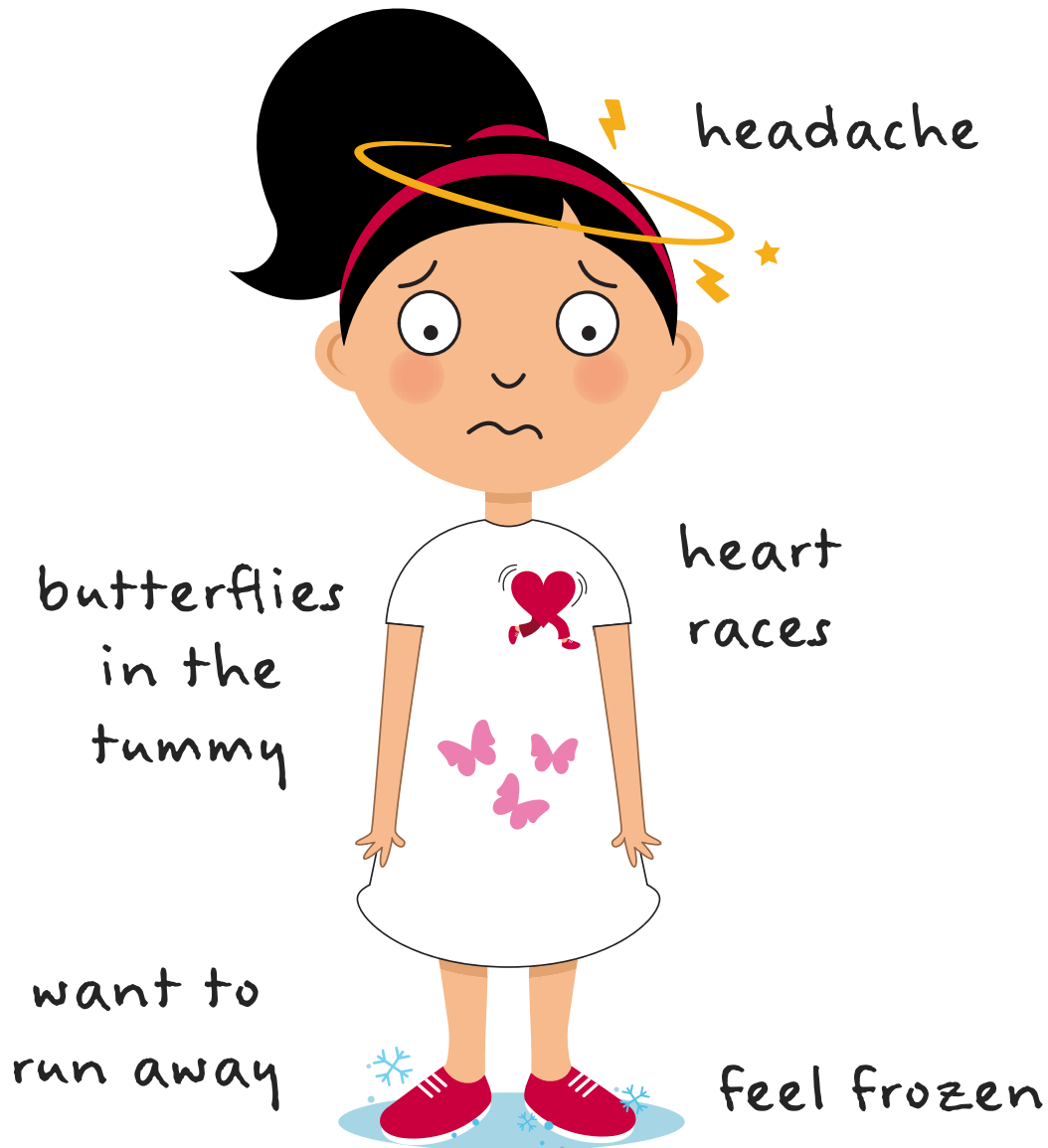
Feelings help our brain decide when our body is **safe** or **unsafe**.

That's why some feelings
make us feel **good**,

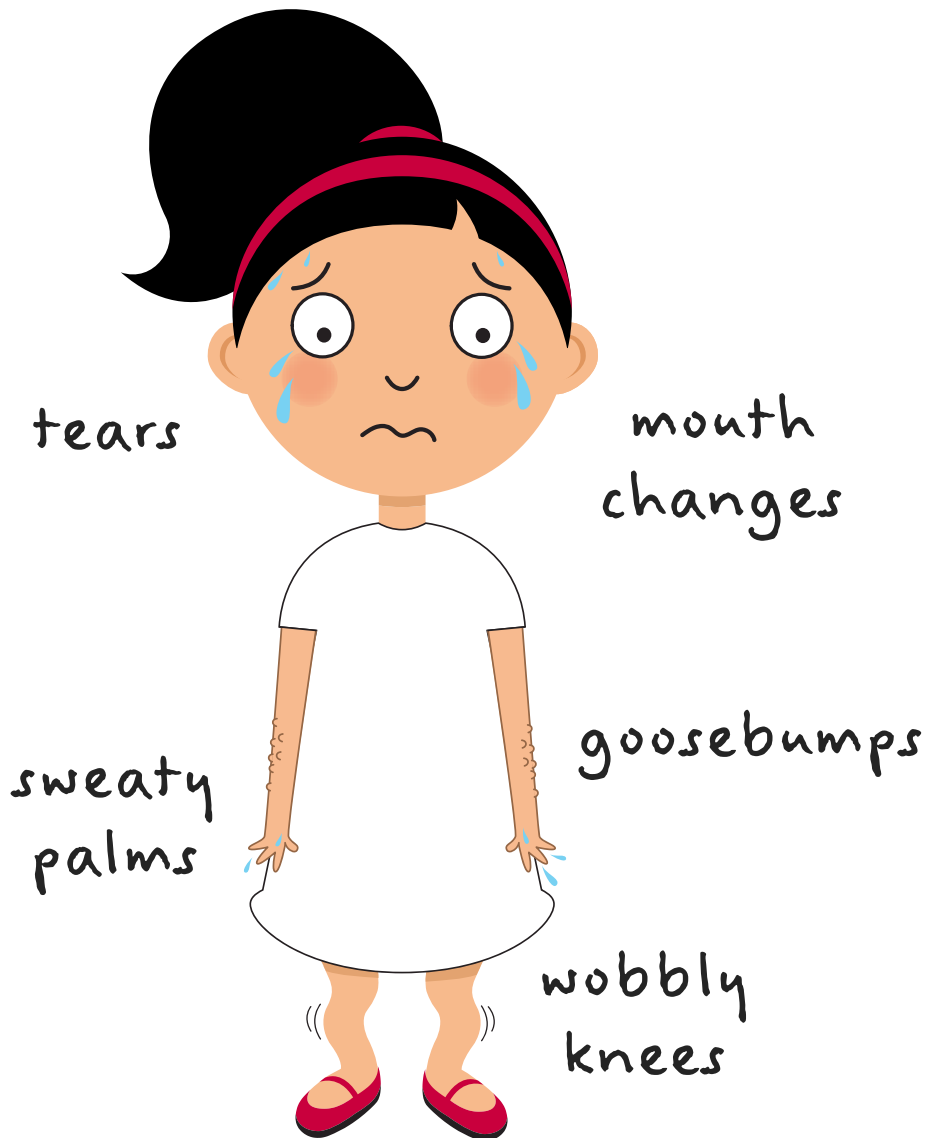


and some
feelings make us
feel **not so good**.

We can feel our feelings on the **INSIDE**



and sometimes we can even see
them on the **OUTSIDE**.



FEELING safe is...



**when inside our body feels good.
Like when we are calm, happy or excited.**

BEING safe is...



when our body is **not hurt** and we
are not in any danger.

FEELING unsafe is the opposite... It is when we are worried, anxious or sad about things we think will hurt us or the people we care about.



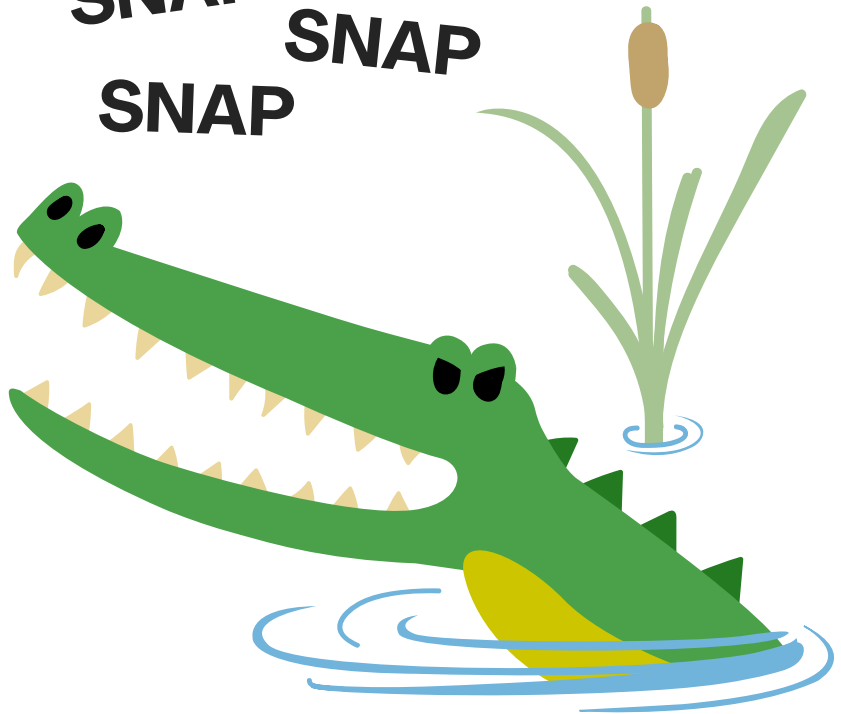
It doesn't matter if the danger is real or not,
it matters **how safe we feel on the inside!**

BEING unsafe is...



eeeeek!

SNAP
SNAP
SNAP



when our body **is hurt**
or **we are** in danger.

We all have the right to **FEEL SAFE** and **BE SAFE**
all the time,



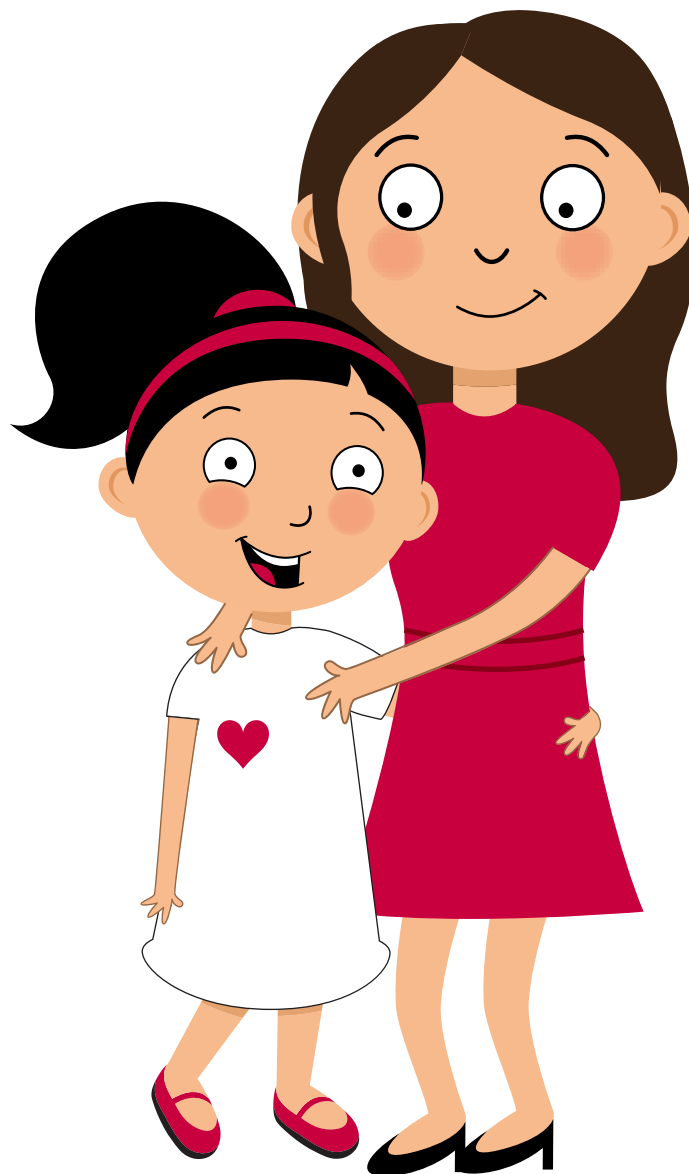
everywhere





and with everyone.

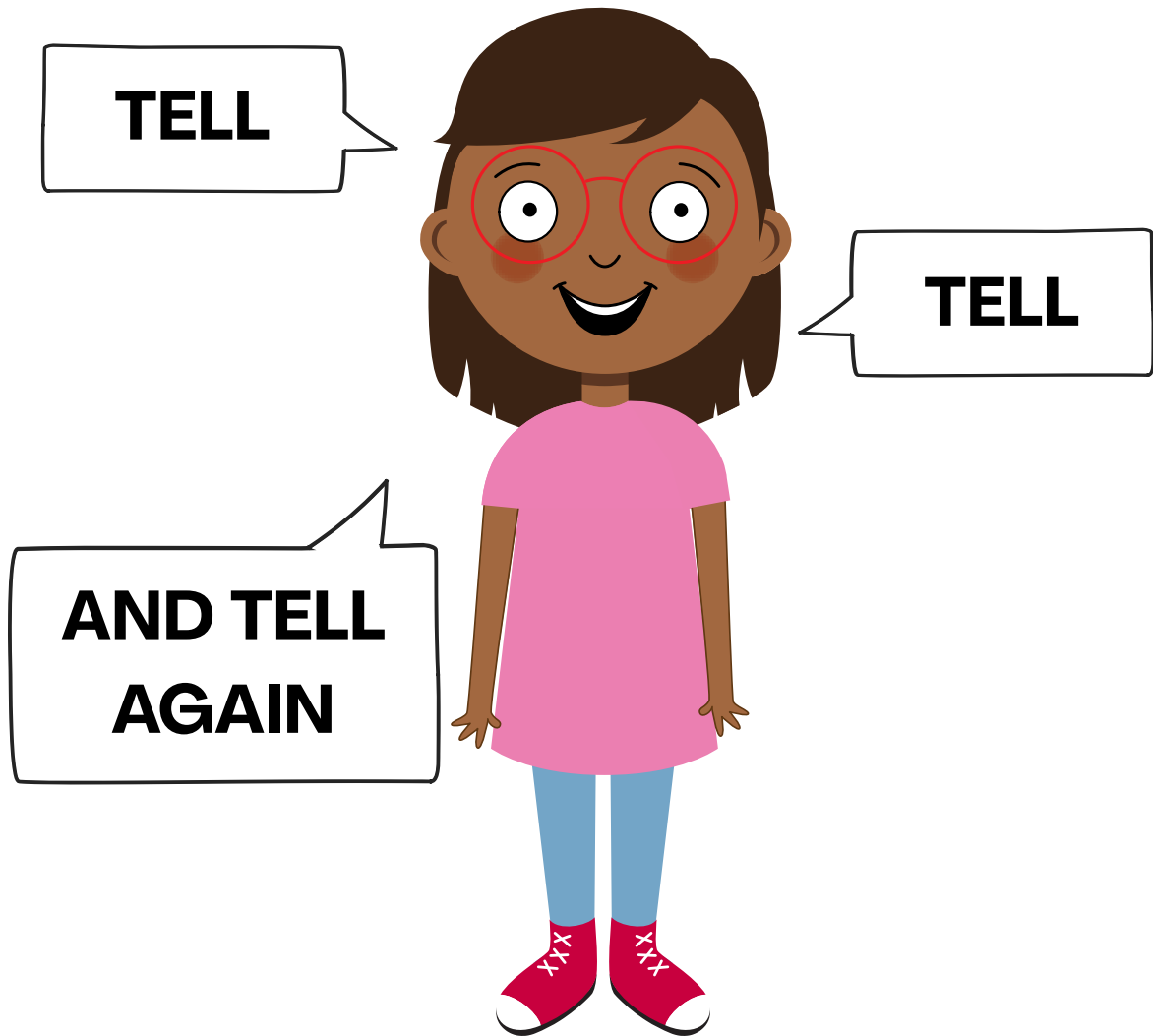
It is an adult's job to keep kids safe and cared for.





If an adult is not acting safely, kids are allowed to get help from another adult.

We can tell a safe adult anything, no matter what



and we can keep telling until
someone listens and helps.

Keeping kids safe is everyone's business.



Here's more information for adults about keeping kids safe.

Feeling Safe

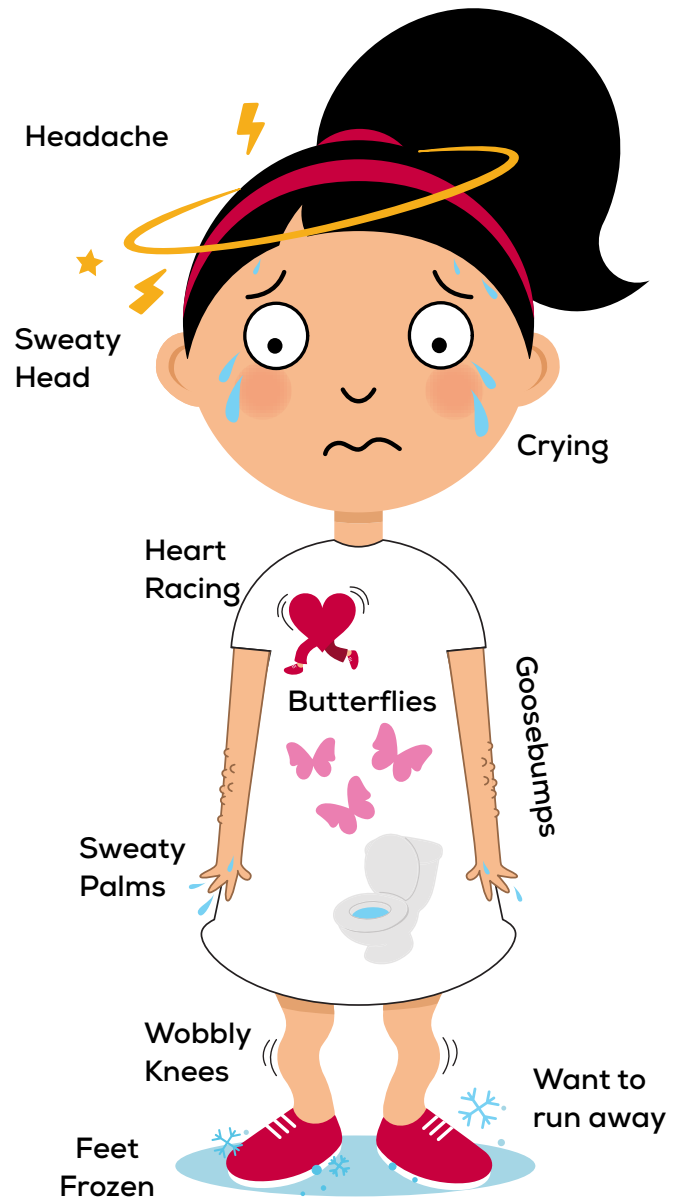
Safety & Feelings

Being safe and feeling safe are both important!

When kids know what “safe” feels like, they can also recognise feeling “unsafe”. Feeling unsafe can be really scary. When kids can name and talk about their feelings they will know how to tell an adult if something upsetting has happened. This means adults can help kids work through the small worries and protect kids from unsafe situations.

HELP US TEACH KIDS TO:

- Name and talk about feelings
- Show feelings using our face and body
- Notice how other people are feeling
- Get help when they feel unsafe



Warning Signs (Body Clues)

Warning signs are body reactions that happen when we feel unsafe.

Warning signs warn us to be more alert or careful.

Warning signs help us tell the difference between safe and unsafe situations

Instincts

When we are scared or in danger our instincts kick in. We might:

FREEZE – Not move at all

FIGHT – Yell, scream, punch or kick

FLY – Run away, jump or back away

All of these responses are normal reactions to danger that we cannot control.

HELP US TEACH KIDS TO:

- Notice their body's warning signs when they feel scared or worried
- Talk about their warning signs
- Get help from adults to calm these physical responses once any danger has passed

HELP US TEACH KIDS:

- To help keep us safe, our body reacts before we can even think
- If we are in danger our body will decide if we freeze, fight or fly – we don't get to choose.
- If someone is hurting us, it is never our fault – whichever way our body reacts is okay and normal

Safe Choices

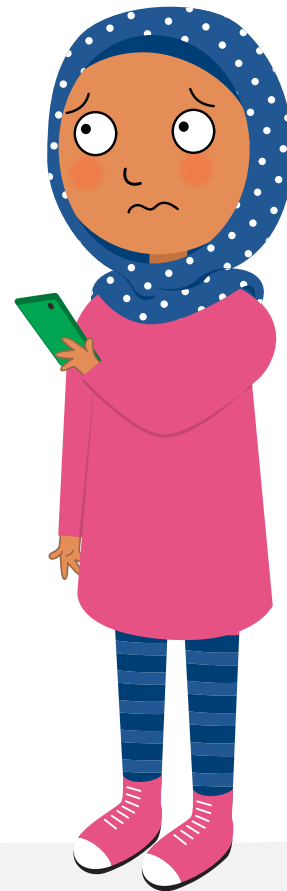
Problem Solving & Help Seeking

Sometimes adults make unsafe choices. It can be confusing for kids to know what to do when a trusted adult makes an unsafe choice.

Sometimes kids have to do things they do not want to, or that feel unsafe (like going to the dentist).

We can help kids problem-solve the difference between things they do not want to do and situations that are unsafe or harmful.

We can use critical questions (see our tips box) about choice, control, time and help.



HELP US TEACH KIDS TO:

Ask these questions...

1. Do I have any choice or control over what is happening?
2. Can I get help from a safe adult about this?
3. Do I know when it will end?
4. Is anyone getting hurt?

These questions can help kids identify if a situation is possibly UNSAFE, and they need to: **TELL, TELL and TELL again until someone listens and helps.**



Body Safety

Body Autonomy & Consent

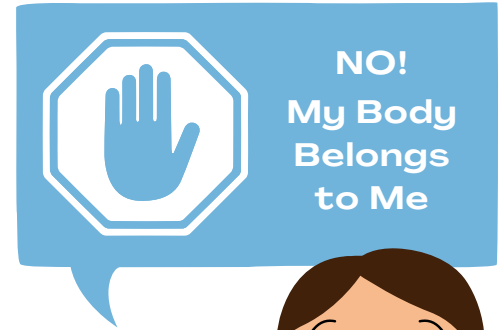
Everyone is the boss of their own body.

We can teach our children about **CHOICE, CONTROL** and **CONSENT** from birth. We can respect our child's right to choose how people show them affection, and that it is always ok to say **NO**, no matter who the person is. This helps kids learn to be safe and in control of their body.

Sometimes kids are too embarrassed or shy to tell adults or friends that they don't want to hug or kiss people close to them.

We encourage kids to choose how they share affection with their safe adults and friends. This helps kids be assertive if they are ever in an unsafe situation.

It is also important to teach kids that other people can say **NO** to them and they need to respect that person's choice.



HELP US TEACH KIDS:

- We are all the boss of our own body
- Consent means we understand and give permission for something to happen
- If we don't consent to someone touching us, even someone we know, we can:
 - **Say "No thank you"**
 - **Offer a high five instead**
 - **Keep saying "No, I don't like it" in a firm voice**
 - **Move away**
 - **Tell a safe adult and keep telling until someone listens and helps**



Body Safety

Private Body Parts & Places

Our private body parts are parts of the body that we often cover up with our swimwear or underwear.

It is important to teach children the anatomical names so they have the right words to use if they need help.

Private places include bathrooms, bedrooms and alone spaces.

HELP US TEACH KIDS OUR PRIVATE PART RULES:

1. Do not touch people's private parts
2. No one is allowed to touch your private parts
(Unless it is to help you wash, get dressed or stay healthy)
3. No one is allowed to show their private parts to others (No pictures or videos either!)
4. Only touch your own private parts when you are alone and in a private place

Even our family, friends, doctors or other people we trust need a good reason to touch or ask to see your private parts because your private parts are

JUST FOR YOU.

WHAT ARE OUR PRIVATE BODY PARTS?

Penis

Testicles (inside)

Scrotum (outside)

Vulva (outside)

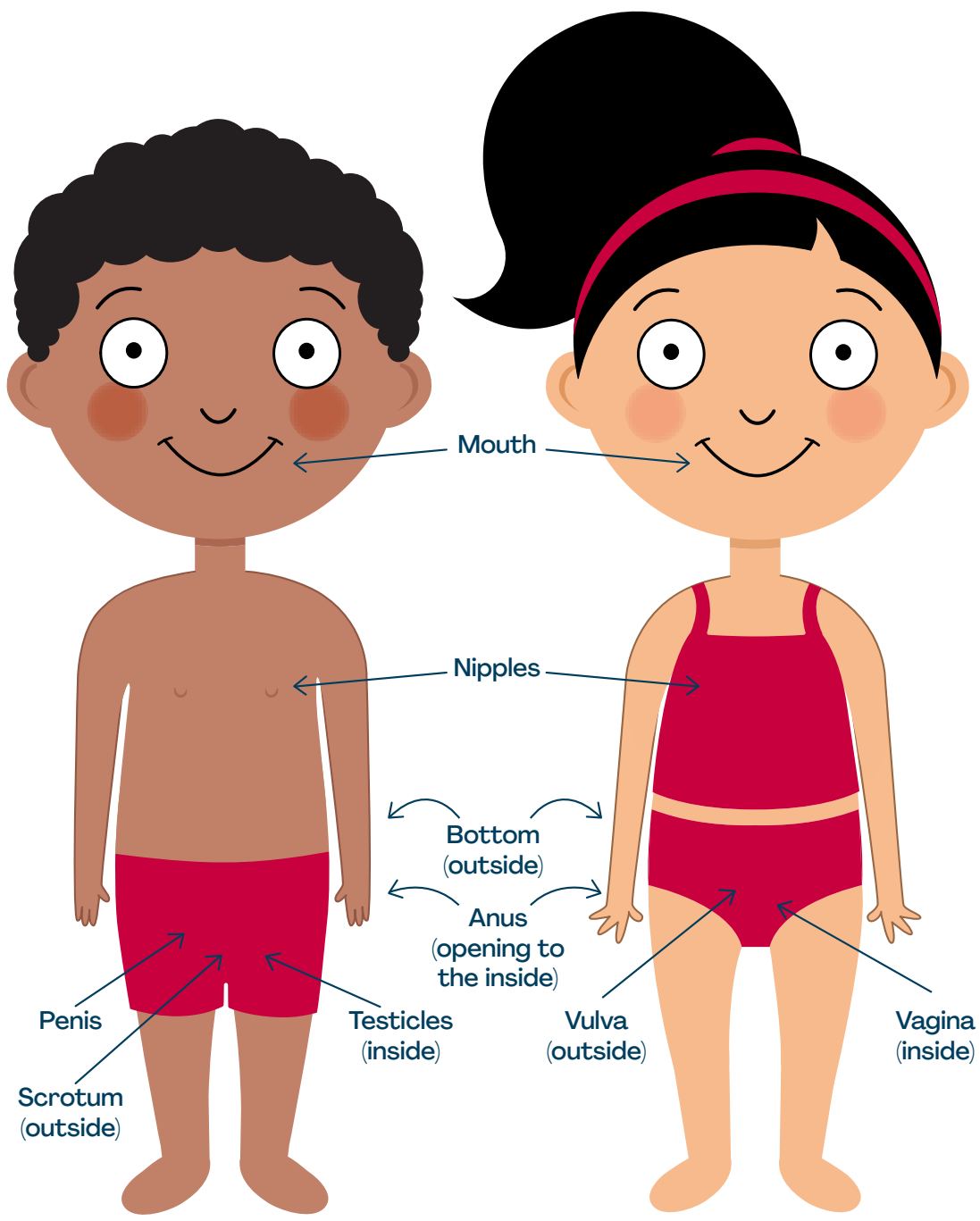
Vagina (inside)

Bottom (outside)

Anus (opening to the inside)

Nipples

This mouth is often called a private part too because it can be used for kissing.





People & Safety

Rights & Responsibilities

We all have the right to feel safe and be safe all the time.

We also have the responsibility to make sure we don't hurt others.

It is adults' job to keep kids safe. It is not okay for adults to make choices that hurt children or put them in danger.

Kids who are told to **ALWAYS OBEY** adults are fearful or confused when adults make choices that make them feel unsafe or uncomfortable, and often keep this a secret.

We teach kids they can always get help from another adult, no matter what.

HELP US TEACH KIDS:

- To tell another adult if an adult they know makes them feel unsafe or uncomfortable
- Adults don't have to be obeyed if they are doing the wrong thing or hurting us or other people

Secrets

When a child is harmed, it is usually by someone they know and trust (within the family or the community). This person uses a range of "tricks" to get close to caregivers and make the child keep the abuse a secret.

UNSAFE SECRETS

Unsafe secrets make us feel sad, guilty, ashamed, confused, worried, scared or uncomfortable. Unsafe secrets might be about private parts or someone being hurt.

SAFE SECRETS (OR SURPRISES)

Safe secrets make us feel happy or excited. Safe secrets are never about private parts or someone being hurt.



Always listen to your child's concerns and show you believe them even if it doesn't make sense to you at the time. Your child needs to feel that it was a good choice to talk with you about it.

HELP US TEACH KIDS:

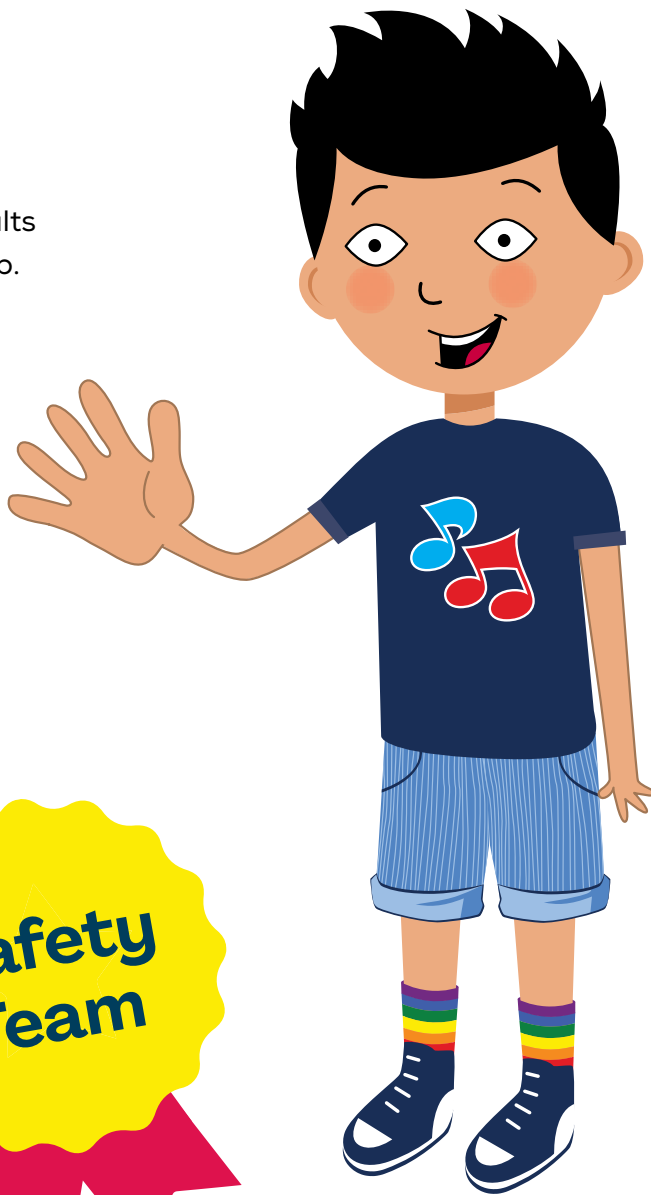
We don't keep secrets that:

- Make us feel worried, scared or sad
- Are about private body parts
- Are about anyone being hurt
- Are kept for a really long time

Safety Team

A child's personal Safety Team is the safe adults they can talk to if they feel unsafe or need help.

When parents/carers are busy or distracted it is easy to miss clues that something worrying has happened to their child. This is why we ask children to name five adults for their safety team.



HELP US TEACH KIDS:

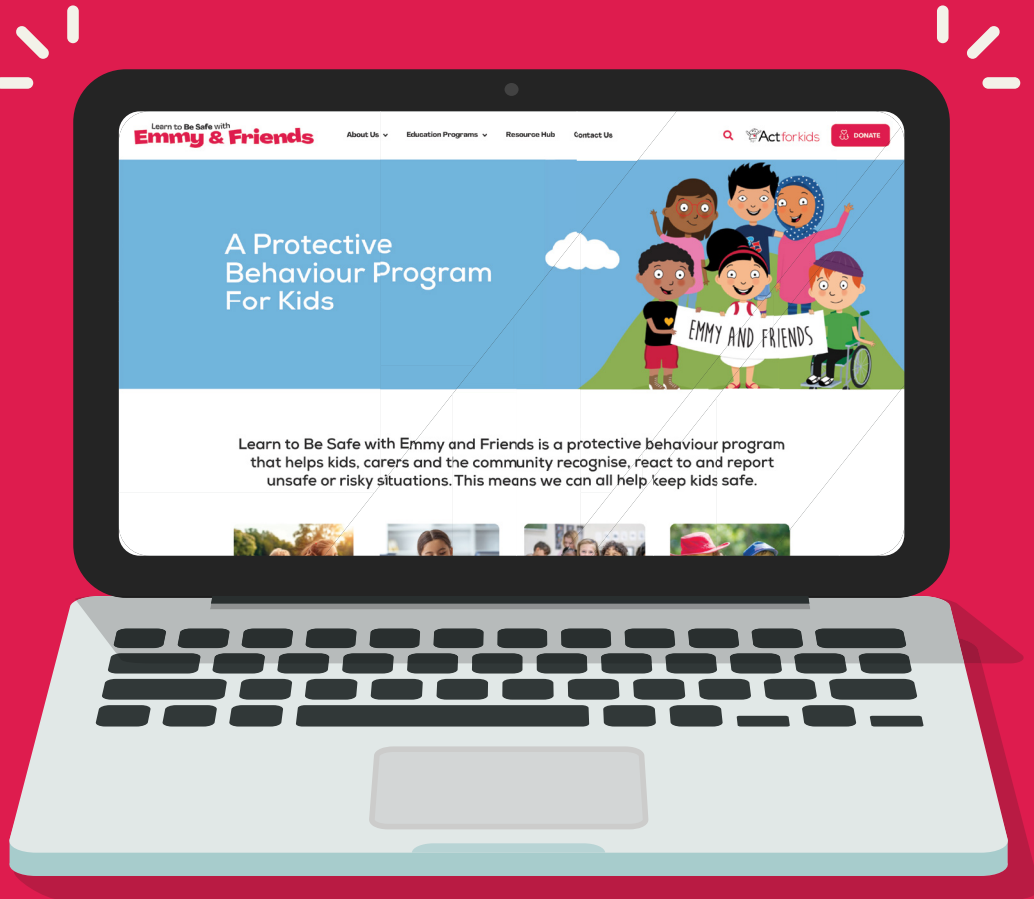
We can talk about anything with our Safety Team.

Our Safety Team members must be:

- Adults (inside and outside of the family)
- Trusted to keep us safe
- Able and wanting to help
- Easy to find and talk to



You can find more information at...



emmyandfriends.com.au

*Thanks to our friends at ConocoPhillips
and Westpac for helping us to be safe.*

 ConocoPhillips

 Westpac



 Act for kids

Tell us what you think
of our resources.