

My Body Safety Rules

My body is my body and it belongs to me!

I can say, 'No!' if I don't want to kiss or hug someone.
I can give them a high five, shake their hand or blow them a kiss.
I am the boss of my body and what I say goes!



I have a Safety Network

These are five adults I trust. I can tell these people anything and they will believe me.
If I feel worried, scared or unsure, I can tell someone on my Safety Network how I am feeling and why I feel this way.



Early Warning Signs

If I feel frightened or unsafe
I may sweat a lot, get a sick tummy,
become shaky and my heart might
beat really fast.

These feelings are called my Early Warning Signs. If I feel this way about anything, I must tell an adult on my Safety Network straightaway.



Secrets

I should never keep secrets that make me feel bad or uncomfortable. If someone asks me to keep a secret that makes me feel bad or unsafe, I must tell an adult on my Safety Network straightaway!



Private Parts

My private parts are the parts of my body under my bathing suit. I always call my private parts by their correct names.
No-one can touch my private parts.
No-one can ask me to touch their private parts. And no-one should show me pictures of private parts. If any of these things happen, I must tell a trusted adult on my Safety Network straightaway.



My Early Warning Signs

If I feel unsafe my body lets me know.

Here is how!

Hair feels like it is standing on end

Sweaty brow

Start to cry

Heart beats fast

Goosebumps

Feel sick in the tummy

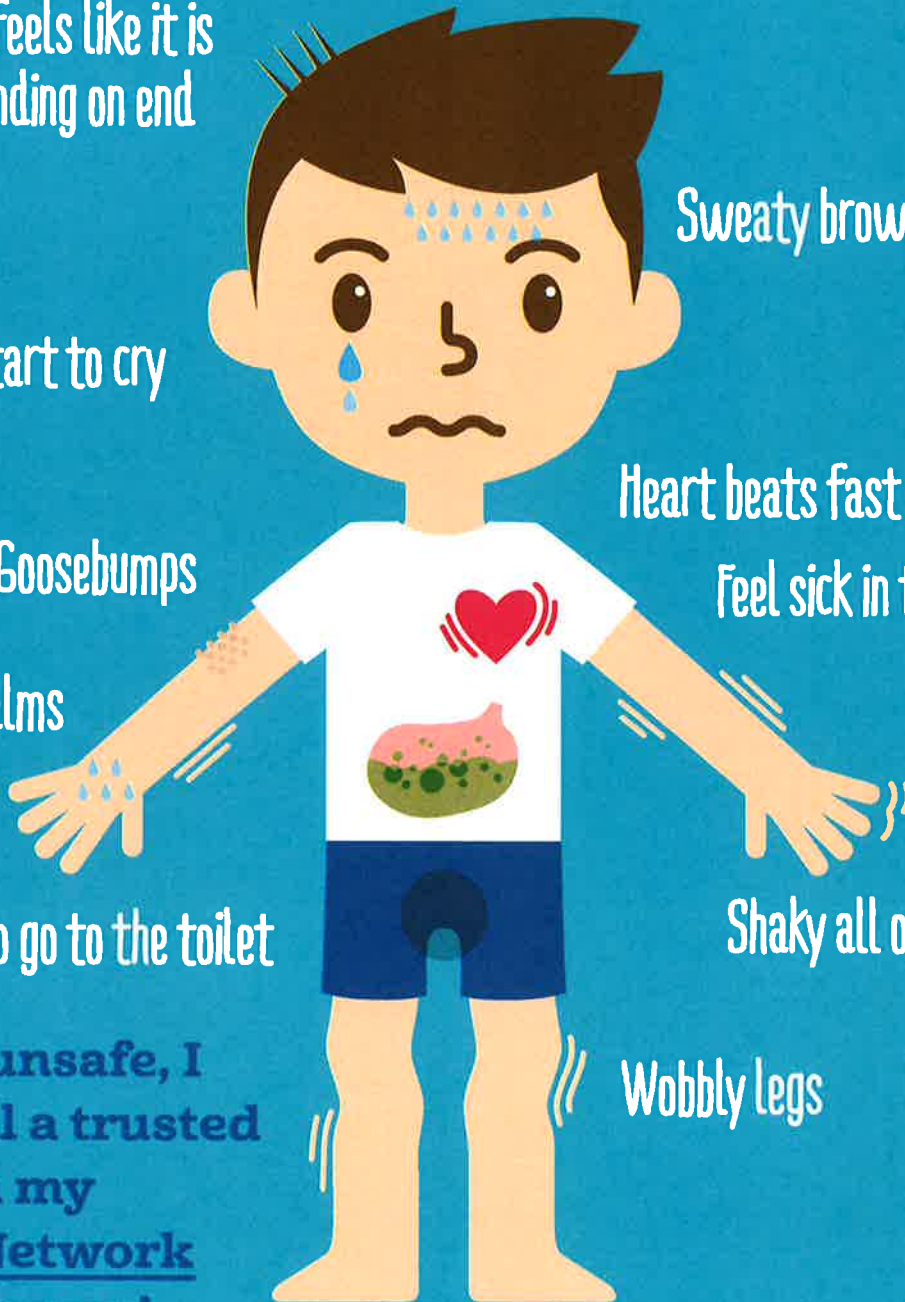
Sweaty palms

Need to go to the toilet

Shaky all over

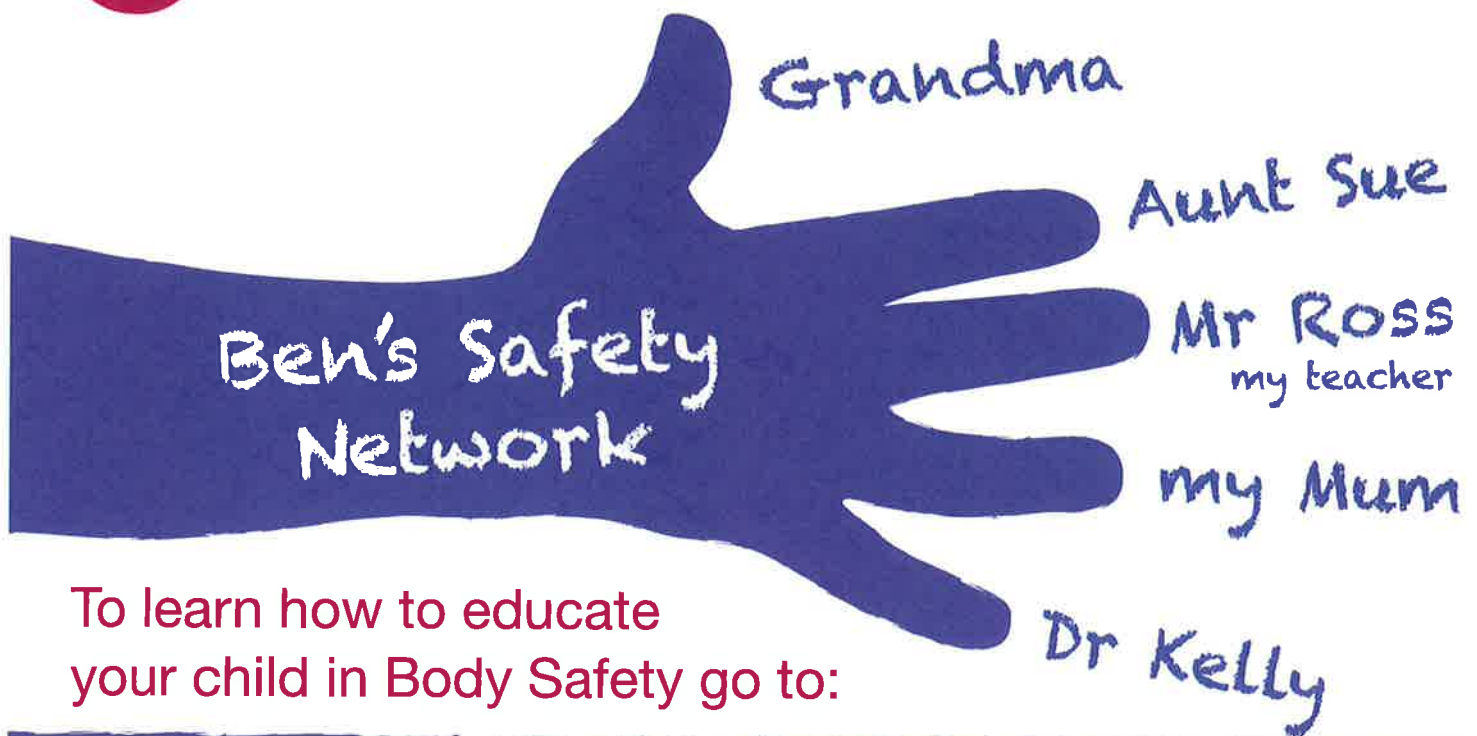
If I feel unsafe, I must tell a trusted adult on my Safety Network straightaway!

Wobbly legs



Does your child have a safety network?

5 Trusted adults they can talk to about anything.
Trusted adults who will always believe them.



To learn how to educate your child in Body Safety go to:

www.somesecrets.info



Hi! I'm Ditto the lion cub.
I teach kids about keeping safe.

I have 3 RULES to teach you.
Do you think you can learn
them by heart? Let's see!

Rule 1

We all have the right to
feel safe with people.

Rule 2

It's OK to say "NO!"
if you feel unsafe
or unsure.

Rule 3

Nothing is so
yucky that you
can't tell someone
about it.

Ditto says...

If you ever feel **UNSAFE** or **UNSURE**,
you should **RUN** and **TELL** someone
you can trust.

Bravehearts

Educate Empower Protect Our Kids

bravehearts.org.au

Information & Support Line 1800 272 831 (Mon to Fri 8:30am - 4:30pm)



Personal stuff needs protection

Be careful of your privacy settings, what you share and who you share it with - protect your identity online.



You can only really know someone if you know them IRL

Real-life interactions are still essential to really get to know and trust someone.

Keeping Safe Online

5 things to remember



Not everyone online is who they say they are

It's easy to create a false identity and be anonymous online, but it's not always easy to spot a fake, so be careful who you trust online.



What you share will always be there

The internet is a public space so make sure you check and think before sending, posting, sharing or messaging.



If something doesn't feel right, tell a trusted adult

A trusted adult can advise you on how to deal with suspicious, difficult, unsettling or dangerous things you may see online.



Bravehearts
Educate Empower Protect
Our Kids

CyberEcho
What you share will always be there

bravehearts.org.au

cyberecho.com.au

MY EMERGENCY CONTACTS CHART

MY LOCAL POLICE NUMBER IS:

.....

FOR EMERGENCIES ONLY DIAL:

000

NAMES AND NUMBERS OF 4 ADULTS I CAN TRUST:

.....

.....

.....

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15 Tips for parents



that will help your child feel safe...

1 Use 'Safe' and 'Unsafe' to describe situations or touching. Use the thumb up sign for 'Safe' and the thumb down sign for 'Unsafe'.

2 Use feelings words as often as possible to help increase your child's emotional vocabulary and encourage them to talk about how they are feeling.

3 Don't make your child kiss adults goodbye. Also, if they are tickled and they say "stop" then listen to them.

4 Make time to listen to your child. If a child can't talk to their parents, who can they talk to? If your child says they are scared, find out why.

5 When asking your child "How was your day?" encourage them to say what they didn't like as well as all the things they enjoyed.

6 Help your child to establish a 'Safety Team' (five adults they can talk to, and who will listen, if they feel unsafe).

7 Nurture your child to use their words rather than getting physical, to resolve disputes. Teach them to say "Stop it. I don't like it when you..." Once they have mastered that you might add "it makes me feel..." to encourage them to talk about their feelings.

8 Encourage your child to persevere with the activities they undertake. This life skill is particularly important if they need to tell an adult that they feel unsafe. Teach them, if an adult doesn't listen the first time, then they need to tell them again, or tell another adult, until someone helps.

9 Teach your child the difference between 'Public' and 'Private'. It is essential to use the correct anatomical names for private body parts.

10 Start age appropriate sex education as young as possible. A great teaching resource is the book Talk soon. Talk often.

11 Support your child to be a risk taker, as long as they have choice, control or there is a time limit on the activity.

12 Have a secret family codeword. If you are unable to pick up your child from school and someone your child doesn't know has to pick them up, then they will know that it is OK to go with that person. Or, if your child doesn't feel safe they can use the secret codeword and you will know to stop what you are doing and listen to them.

13 It's important that children know that they can say "no" to anyone, if they feel unsafe.

14 Before going to a major public event, talk to your child about a safety plan in case they get lost. For example, they could tell a shopkeeper, security guard or a police officer. If no one like that is around, then a lady with a pram or children would be the next safest person to tell.

15 Setting clear boundaries helps children to feel safe.