

# Keeping Your Kids Safe

- Talk to your children honestly and openly about the importance of being safe.
- Stay actively involved in your children's lives.
- Make sure you know where your children are at all times.
- Make sure your children know where you are at all times and how they can contact you if they need you.
- Let your children know that they can always talk to you about anything.
- Teach your children what 'safe' and 'un-safe' means.
- Teach your children about their bodies, and the correct names for their body parts.
- Discuss with your children the different ways that our bodies tell us we're un-safe (butterflies in tummy, sweaty palms, racing heart, feeling scared).
- Encourage your children to ask questions or raise concerns if they are ever in a situation that makes them feel uncomfortable.
- Let your children know that it's OK for them to say no - even to an adult.
- Teach your children to trust their feelings
- Explain the difference between 'good' touching (like tickling or hugging), and 'bad' touching (like touching of private parts, touching when or where someone doesn't want to be touched).
- Explain the difference between 'good' secrets (like surprise birthday parties) and 'bad' secrets (like someone hurting a child and then telling them not to tell anyone).
- Let your children know that they never have to keep a secret that they know is wrong, or that makes them feel scared.
- Create a safety circle for your children by helping them identify a few trusted adults (like a parent, teacher, or neighbour) that they can always talk to if they need help.
- Tell your children that if they are ever in trouble, or if someone ever hurts them in any way, they should always tell the adults in their safety circle and keep telling until something is done about it.
- Make sure your children know that they can call 000 in emergencies.
- Give your children scenarios and strategies. For example –
  - If you are walking to school one day and someone is following you, run as fast as you can into a shop or where there are people and ask for help.
  - If someone tries to touch your private parts, look them in the eye and say NO very loudly, keep saying NO and then run away from them and tell an adult in your safety circle.
- Adequately supervise your children in public areas and accompany them into public bathrooms, on public transport and in other public places.
- Teach your children about staying safe online and using technology safely.
- Tell your children not to give out their personal information without your permission.