



If you want to speak with anyone about what you read and learn in this program, or if you have any questions or worries you can always call



KIDS HELPLINE ON 1800 55 1800.



Safety

What does 'safe' mean to me?

Being safe is a feeling that you have when you are not scared and when everything is ok. You are the only person that can tell you what makes you feel safe, because everyone is different.

Alex loves dogs and enjoys playing chasings with dogs, so hearing a dog bark makes Alex feel safe. Taylor doesn't really know any dogs and is a little bit scared of being around dogs. Hearing a dog bark makes Taylor feel unsafe. Both Alex and Taylor can hear the same dog bark, but Alex will feel safe and Taylor will feel unsafe. Alex and Taylor are both right. The feelings they have are ok.

Everyone is different. What makes you feel safe? and what makes you feel unsafe?



Think about what you can see, hear, taste, smell and touch, the places you visit, and different colours. Then have a go at filling out the blank spaces below to describe what 'safe' means to you.

	SAFE	UNSAFE
What SOUND makes me feel...		
What SMELL makes me feel...		
What COLOUR makes me feel...		
What TASTE makes me feel...		
What TOUCH makes me feel...		
What PLACE makes me feel....		

Feeling safe is a nice feeling. We all deserve to feel safe at home, at school, online or wherever we are, and we have the right to feel safe all the time. Feeling unsafe can be scary. It is not nice to feel unsafe and you should not have to feel unsafe.

Whenever we feel unsafe there are things we can do to help ourselves feel safe again.



Here are three things that you can do when you feel unsafe;

1. **Talk to your parents or another trusted grown-up.**
2. **Go away from the thing that is making you feel unsafe.**
3. **Ask a grown-up for help.**



Yes and No Feelings

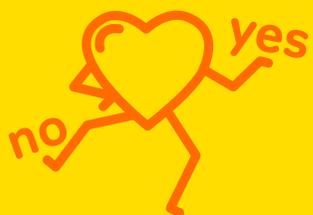
Now that we know what safe and unsafe means, we can look at other types of feelings.

'YES' FEELINGS

make us feel good and safe. Being happy or being excited are 'yes' feelings because when we are happy or excited we feel safe and we certainly don't feel scared.

'NO' FEELINGS

make us feel unsafe, confused and maybe even a little bit scared. Feeling frightened is an example of a 'no' feeling. It isn't a nice way to feel.

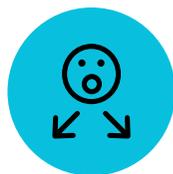


Here is a list of 'feeling' words below. Talk to your parent or another trusted adult about each word on the list. Ask about any words you don't understand and see if you can decide which words are 'yes' feelings and which words are 'no' feelings by putting them into the 'yes' box or the 'no' box.

Remember that everyone is different so your 'yes' feelings might be a bit different to anyone else's and that's ok.

FEELINGS

- | | | | |
|-------------|--------------|---------|-----------|
| Calm | Enthusiastic | Afraid | Confident |
| Happy | Angry | Guilty | Cheerful |
| Interested | Jealous | Nervous | Satisfied |
| Embarrassed | Excited | Unhappy | Grateful |



Which words belong in the 'yes' feelings box? and which feelings belong in the 'no' feelings box?

YES FEELINGS	NO FEELINGS



Yes and No Feelings

Your feelings are so important because you are important. Listening to your feelings is something you can do to help you stay safe. Other people can't hear your feelings. Sometimes other people (even people you know and love) might be the reason that you have a 'no' feeling. Maybe your parents are fighting a lot? Or perhaps someone at school is being nasty and teasing you about your family? This is never ok because you have the right to feel safe all of the time.



Other times you might have a strong 'no' feeling like anger or being scared and this might make you feel like you want to explode. If you do have a big 'no' feeling it is important that you don't hurt yourself or anyone else. There are lots of things you can do to cool down, such as;

CRY

TELL A FRIEND

SCREAM INTO A PILLOW

WRITE YOUR FEELINGS AND THOUGHTS DOWN ON A PIECE OF PAPER THEN SCRUNCH OR RIP IT UP

GO FOR A RUN AROUND THE PLAYGROUND

TAKE DEEP BREATHS

SCRIBBLE AS HARD AS YOU CAN ONTO A PIECE OF PAPER

COUNT TO 100

When it comes to being safe you should listen to your feelings. A 'yes' feeling lets you know that you are safe and everything is ok. But a 'no' feeling lets you know that you need to take an action to feel safe again.



Here are three things that you can do if someone is making you have a 'no' feeling;

1. You can say "NO" In a very loud voice. It is ok to say "NO" to an adult, if an adult is making you have a 'no' feeling.
2. You can run away.
3. You can go and tell a trusted grown-up what has happened.



Safety Signals

Your body has a superpower to help you stay safe. It can give you special safety signals when you are having a 'no' feeling. These safety signals remind you that something is wrong and you need to take an action so you can feel safe again.

Read about Frankie below, and decide how you might feel and what safety signals your body would give you if you were in a similar situation...

Frankie was in the playground when a group of kids that were supposed to be Frankie's friends started saying mean things about Frankie's parents. They used nasty names and began teasing and making rude jokes. Frankie asked them to stop. A couple of the kids went back to playing handball but a few of them kept teasing. Frankie didn't want to hear it anymore. It wasn't nice. Frankie had tummy butterflies and felt like crying. Frankie needed to get away and ran up to the library to be alone. Mr Swanson the school principal saw that Frankie looked upset and asked what was wrong. Frankie knew how important it was to speak up and ask for help.



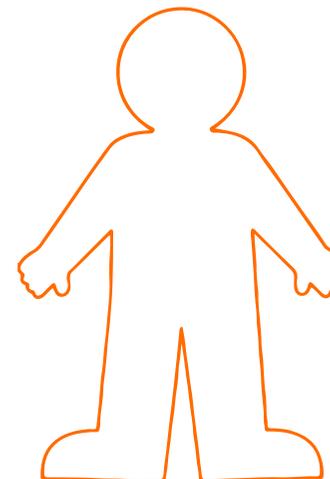
What feelings do you think Frankie was having when the other kids were being nasty? How would you feel if you were Frankie?

Whenever we feel unsafe or have other 'no' feelings our body will give us safety signals. Here are some of the safety signals your body might give you to warn you that something is wrong.

Draw a line from the safety signal word, to where on the body you might feel the safety signal.

What safety signals do you think Frankie's body was sending when the kids were teasing? What did Frankie do to feel safe again?

- WANTING TO CRY, OR ACTUALLY CRYING.
- FEELING SICK.
- BUTTERFLIES IN YOUR TUMMY.
- SHAKING BODY OR HANDS.
- HEART BEATING FASTER.



- WOBBLY KNEES.
- HOLDING YOUR BREATH.
- DRY MOUTH.
- SWEATY PALMS OR FOREHEAD.
- BREATHING QUICKLY.
- TIGHT THROAT.



If your safety signals are warning you that something is wrong, here are three things you can do:

1. Take a deep breath and tell yourself 'I deserve to feel safe'.
2. Go away from the person or thing that is making you feel unsafe.
3. If you can't get away right then, you should go and tell a trusted grown-up what happened as soon as you can.



Body Boss

Do you know who is the boss of your whole body? YOU are!

From your head to your toes your body belongs to you and no one else. You can take care of your body by eating healthy food and getting lots of rest and play.

You can also keep your body safe by listening to your 'yes' and 'no' feelings and taking an action when you have a 'no' feeling.

Learning about safe and unsafe touching is another way you can keep your body safe.

A safe touch gives you a 'yes' feeling. An unsafe touch gives you a 'no' feeling. Let's look at an example.

Jamie loves hugs from Pop. This is a safe touch that makes Jamie feel happy and calm.



Talk with your parents and see if you can think of three other touch examples that you feel safe with?

1. _____
2. _____
3. _____

Let's hear about an unsafe touch.

Jamie did not like it at school today when a big kid pushed Jamie out of the way on the school bus. This push was an unsafe touch and it made Jamie scared and angry.



Can you think of three safety signals that your body might give you to tell you when a touch is unsafe?

1. _____
2. _____
3. _____

Some parts of your body are also private and most of the time they stay covered by your underwear or swimming costume. These are your private parts. Nobody should touch or ask to see your private parts and you should never ask to see or touch anyone else's private parts. That is not a safe touch.



If someone is touching you in a way that gives you 'no' feelings, that is not ok. It might be a person you have never met before, or it could be someone that you know and love. If someone touches you in a way that makes you feel unsafe, here are three things you can do;

1. **Say "STOP" in a very loud and clear voice. It's ok to scream if you have to.**
2. **Create a distraction by telling the person that someone is coming, or that you are going to vomit.**
3. **If someone is stopping you from getting away you can kick, bite, scream, hide or run away.**

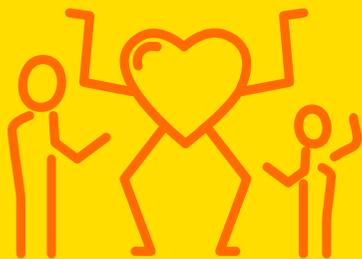
Remember to always tell a trusted grown-up as soon as you can.



Safe People and Places

If you are at school or at the shops one day and you start to have 'no' feelings, or feel a little unsafe there are lots of people and places that can help you to feel safe again. Most people and places are safe but it's good to talk to your parents about the people and places in your everyday life that you can be safe with.

Think about your school or preschool. If you have a problem at school or preschool one day or you start to feel a bit unsafe there, where can you go? Perhaps to the office, the library, or the classroom?



Think of three places you could go to feel safe at your school or preschool.

1. _____
2. _____
3. _____

What about safe people? At school or preschool you may have a favourite teacher or even your principal who you can talk to. At home you might talk to your parents. But some children don't feel safe at home. Maybe their parents fight a lot or do things that feel scary. This happens in some families and if it's happening to you or one of your friends it can be really hard to talk about.

If you do feel unsafe at home, or if you know that one of your friends feels unsafe at home there are other grown-ups who can help and it is very important that you tell someone how you are feeling so you or your friend can stay safe.

Here is a list of some of the people who can help you if you can't talk to a parent.

- | | | | |
|--------------|------------|------------------|----------------------|
| Teacher | Tutor | School principal | Music lesson teacher |
| Sports coach | Caseworker | Neighbour | |

 Call Kids Helpline if you or one of your friends ever needs help and doesn't have a safe grown-up to talk to. The number is 1800 55 1800.



If you are at home, school, or in the community and you feel unsafe, here are three things you can do:

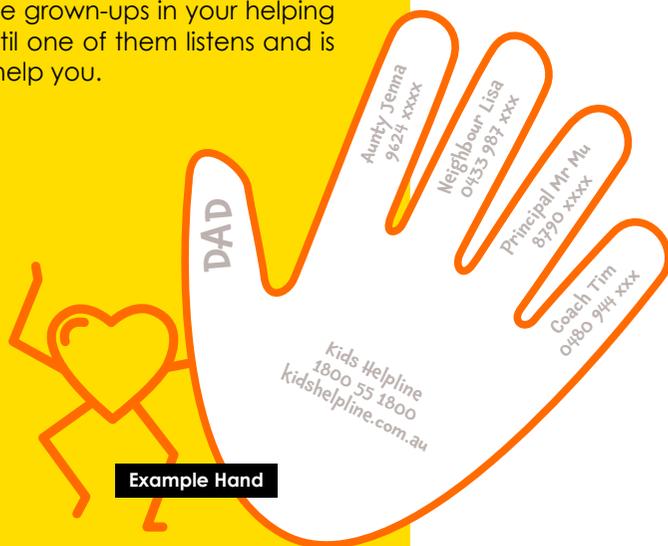
1. Take a deep breath and tell yourself "There is something that I can do to feel safer".
2. Go to a safe space. This might be your bedroom, the classroom at school, a community library or inside a shop.
3. Ask for help as soon as you can. This might be right when you are feeling unsafe or the next time you see a trusted grown-up.



Helping Hand

Now that you know some safe people and places in your life, you can create your own **Helping Hand**. A **Helping Hand** is a special group of 5 trusted grown-ups who can help you if you feel unsafe or have a problem.

It's important to have 5 grown-ups in your **Helping Hand** because sometimes you might not be able to speak to one of the grown-ups or they might be too busy to listen. If that happens you can just talk to another one of the grown-ups in your helping hand. The most important thing to know is that if you feel unsafe, if something bad has happened or you have a problem you should keep telling the grown-ups in your helping hand until one of them listens and is able to help you.



Example Hand



Let's get started on your **Helping Hand**. You can do this activity by yourself, with a parent or another trusted adult.

STEP 1

Draw your hand on a piece of paper.

STEP 2

Think of 5 trusted grown-ups you can talk to if you need help. This group of 5 grown-ups should include 3 adults who are outside of your family. Such as a teacher or neighbour.

STEP 3

Write the 5 names onto your hand drawing – one name in each finger. If you know how to use the phone you can include the phone number of each grown-up too.

STEP 4

Write Kids Helpline as a contact in the palm of the hand. This is a special service just for children that you can call for free, at any time to speak with a friendly grown-up helper who can talk to you whenever you feel unsafe, if you have a problem or if you just want to talk. The number is 1800 55 1800 or kidshelpline.com.au

STEP 5

Let your 5 chosen **Helping Hand** grown-ups know that you have chosen them for your **Helping Hand**.

STEP 6

Practise using your **Helping Hand** contacts by working with a parent or trusted adult to practise what you might say if you ever need to ask for help.

STEP 7

Remember to be persistent in asking for help. This means if you can't get in touch with one or two of the grown-ups on your **Helping Hand**, you should move to the next grown-up for help and keep asking until you get the help you need.

STEP 8

Look at your **Helping Hand** often to make sure you remember how to use it. Don't forget to check that your chosen grown-ups are still available for you to contact if you need them.



Getting Help

Most kids know to be very careful around strangers (people that we don't know). We shouldn't ever go off with a stranger unless our parents say we can, and we shouldn't give a stranger our personal information, like where we live or go to school.

But did you know that most strangers are safe people and sometimes you may need to ask a stranger for help if you feel unsafe or you have a problem.

Let's look at an example.

Sandy's family is going to the cinema to watch a movie. The cinema is inside a big shopping centre. Sandy's family is walking into the shopping centre. Sandy sees the cinema and runs ahead. Everything looks great! Sandy can't wait to watch the movie and hurries over to the candy bar to have a look. But where have Sandy's parents gone? Sandy waits a few minutes at the candy bar but still can't see them and begins to feel unsafe. Sandy makes a plan to find a safe person to ask for help. But who is a safe person, if Sandy can only see strangers?



In this situation, Sandy may need to ask a stranger for help. Here are some rules to help Sandy out.

- 1. A safe grown-up will never ask a kid for help. But it's ok for a kid to ask a grown-up for help.**
- 2. Look for someone who works at the place (they might be behind the counter or in the office and will often be wearing a uniform or a name tag).**
- 3. If you are out in the community run into a shop or a community place (such as a library or swimming pool) and find someone working there. Remember to look for a person in the office or behind the counter, wearing a uniform or a name tag.**
- 4. If you can't find anyone who works there or there are no workers, look for a grown-up who has children with them and go and ask for help.**

Sandy looked around and saw a worker in a uniform at the cash register. Sandy felt very nervous but knew that asking for help was the best thing to do. Sandy walked up to the worker and said.

"Can you please help me. I can't find my parents".

The worker was very friendly and within just a few moments Sandy's problem was solved. Sandy's parents ran up to the candy bar when they saw Sandy. They were all very relieved to be together again and Sandy's parents told Sandy what a grown-up thing it was to have asked for help.



Talk to your parents or a trusted adult about Sandy's story.

What 'no' feelings do you think Sandy might have been having?

What safety signals would Sandy's body be sending when Sandy started to feel unsafe?

Practise with your parents or a trusted adult, how you would ask for help. What might you say?

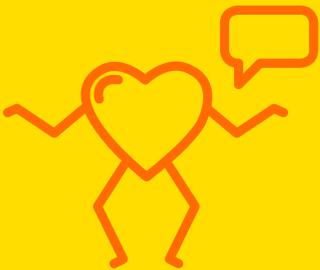


REMEMBER that some children don't feel safe talking to their parents. If you can't talk to the grown-ups who take care of you or if they make you feel unsafe you can always call Kids Helpline on 1800 55 1800.



Safe and Unsafe Secrets

Have you ever been to a surprise birthday party? Everyone has to keep the party a secret so that they can surprise the person having the birthday with a wonderful party. This is a safe secret because it gives us 'yes' feelings of excitement and happiness. But not all secrets are safe.



Jo was playing in the front yard at home. Jo noticed some bigger kids mucking around outside. They were throwing rocks at the neighbour's garbage bin. Jo didn't like this and started to feel uncomfortable. There were no grown-ups around and it didn't seem like a safe thing to throw rocks. Suddenly Jo heard breaking glass. One of the kids had thrown a rock through the neighbour's window. The kids yelled out and started to run off. One of them saw Jo.

"Don't you say anything, or you'll get it. Just keep your mouth shut". The big kid yelled at Jo.

Jo felt scared and went straight inside to shut the door. Jo didn't want to get into trouble. No one else saw what had happened, just Jo and the big kids. Perhaps if they all kept quiet then no one would ever find out and nothing would happen? Jo could keep a secret and knew that safe secrets were ok. But was this a safe secret?

Here are some rules to help Jo decide:

1. **A safe secret is one that will eventually be told and will make everyone smile (like a surprise birthday party).**
2. **An unsafe secret gives you 'no' feelings.**
3. **You don't have to keep any secret that makes you have 'no' feelings.**

Jo felt scared and confused. Jo didn't want the big kids to be angry but what they had done was wrong. Jo's body was sending safety signals and Jo had tummy butterflies and a racing heart. These were big 'no' feelings and Jo knew that this was not a safe secret.

When Jo's neighbour knocked on the front door, Jo knew what to do. Jo's neighbour and parents listened as Jo explained what had happened. Jo's neighbour thanked Jo for being brave enough to tell the truth.

Later that night Jo's neighbour rang Jo's parents to tell them that the big kids had come back to apologise for breaking the window. Jo was glad that the big kids weren't keeping the secret either. Now that everything was out in the open Jo felt safe again.



Safe and Unsafe Secrets

Has anyone ever asked you to keep a secret? Maybe they have even told you that you will get in trouble, no one will believe you or someone will get hurt if you tell. But this is just a trick. Remember that you NEVER need to keep a secret that makes you feel unsafe or gives you 'no' feelings.

It is not ok for anyone to ask you to keep a secret that makes you feel scared or confused. Even if the person asking you is a grown-up that you know and love.



If someone does ask you to keep a secret that doesn't feel safe and you are not sure what to do, here are three actions you can take;

1. **Listen to what your body is telling you. If your body is sending safety signals then this is a warning that something is wrong.**
2. **Pay attention to your feelings. If you have 'no' feelings then this is not a safe secret and you don't have to keep it.**
3. **Talk to a grown-up on your *Helping Hand*.**



Remember you can always call Kids Helpline on 1800 55 1800 if you need help



or you can visit kidshelpline.com.au

