

# Training Objectives

Provide participants with a plan for teaching:

- themes of child abuse prevention education
- core concepts of child abuse prevention education
- strategies used in teaching child abuse prevention education to children

Provide participants with functional resources so that they can feel confident implementing child abuse prevention education.

## Training covers:

### Two themes of child abuse prevention education

"We all have the right to feel safe all of the time."

"We can talk with someone about anything."

### Child abuse prevention education concepts:

- ✓ Yes/Safe Feelings and Touches, and No/Unsafe Feelings and Touches
- ✓ Safety Continuum
- ✓ Early Warning Signs
- ✓ Safety Team
- ✓ Public and Private
- ✓ OK to say "No"
- ✓ Three Safety Questions
- ✓ Secrets and Secret Enablers
- ✓ Cyber Safety

Tel: (08) 9497 7685  
Mobile: 0422 971 189  
holly-ann@safe4kids.com.au  
www.safe4kids.com.au



Up to 30 per cent of children experience some form of childhood sexual abuse and between five and 10 per cent experience severe abuse (Ogloff, Cutajar, Mann & Mullen, 2012).

Children with disabilities are up to seven times more likely to be sexually abused than their non-disabled peers (Briggs, 2006).

One of the most challenging aspects of being a parent is preparing your child for the potential challenges that exist in the world. How do you achieve this without scaring them, wrapping them in bubble wrap or providing them with too much information?

The Safe4Kids child abuse prevention education program is a proactive life skills program that teaches children the language and principles of child abuse prevention education in a holistic and integrated way. The program helps children acquire invaluable skills and strategies to identify unsafe situations and protect themselves from potential harm.

With a strong foundation in empowering children and building resilience, the Safe4Kids program can also be extended to embrace anti-bullying, drug awareness and youth suicide prevention programs.

Is child abuse prevention education being taught at your child's school or childcare centre? If not you may like to cut off the training part of this flyer and forward it to the person in charge.

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There are better ways to protect your kids



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# Parent Tips

- 1 Always listen to your child. If you can't speak right at that moment, tell your child when you will be able to give him or her your full attention. If your child needs to speak urgently, stop what you are doing and listen.
- 2 Tell your child that he or she can tell you anything. Demonstrate this by putting it into practice and listen without over-reacting.
- 3 Reinforce to your child the belief that he or she has the right to feel safe, and they also have a responsibility to respect other people's right to feel safe.
- 4 Use the language of child abuse prevention education to help your child understand the reasons for your decisions. Avoid saying "because I said so" as this does not explain 'why'.
- 5 Model speaking about your feelings. This includes unhappy as well as happy feelings. Everyone has the right to their feelings.
- 6 Explain the difference between dobbing and telling. Dobbing is to get someone into trouble – telling is because you feel unsafe.
- 7 Praise your child appropriately. People who bully or prey on children choose those whom they perceive as having low self-esteem.
- 8 Have a secret family code in case of an emergency. It might be a word, a phrase or something of significance in the family. You can use it when you need to send someone the child does not know to pick them up from school, or for occasions when you need your child to stop what they are doing and listen to you.
- 9 Keep computers in a public place in your home. Use applications that help you monitor what websites your child is visiting.
- 10 Help your child make a Safety Team of five people they trust and feel safe with, and who will listen to your child. These people should be known to you. There needs to be dialogue with these people so they are aware of what is required of them as a Safety Team member.
- 11 When going into a crowded or unfamiliar place, have an emergency plan in case your child becomes separated or lost. Talk about who would be the best adult to speak to when needing assistance; a police officer, security guard, a lady with a pram, a shopkeeper.
- 12 Teach your child the **Three Safety Questions** they need to ask themselves before doing any unsupervised activity:
  - 1 Do I get a yes or a no feeling from this?
  - 2 Does an adult I live with know where I am?
  - 3 Can I get help if I need it?
- 13 Teach your child about their Early Warning Signs. They are our body's way of telling us when we feel unsafe. Early Warning Signs include sweating, feeling hot, heart beating fast, clammy hands, shaky knees, the need to go to the toilet quickly, and so on.
- 14 Teach your child that he or she can say "No" to anyone if they feel unsafe. If they get their Early Warning Signs, regardless of whether this person is an adult in authority or someone they would usually be expected to obey, they can say "No".
- 15 Have a family rule that mobile phones are not to be in the bedroom after a certain agreed time. Everyone in the family can leave their phones in a central place overnight.
- 16 Teach your child their name, address and phone number. Also teach them that they do not have to give out this information to everyone who asks. It is for use in emergency or unsafe situations.
- 17 Teach your child emergency phone numbers.
- 18 It's OK to break the normal rules in an emergency situation to keep yourself safe. You may need to interrupt an adult while they are speaking; you may feel safer to use the disabled toilet than the regular one; you may need to tell a secret that someone has shared with you; you may need to say "No" in a situation where you would normally comply.
- 19 Don't use police as a threat to control your child's behaviour. Teach them that the job of the police is to keep them safe.
- 20 The concept of strangers is hard for children to grasp. A stranger is simply someone they don't know. Explain to your child that you can't tell if someone is a safe person or an unsafe person, just by looking at them. Sometimes it is okay to ask a stranger for help.
- 21 Encourage your child to be a safe risk-taker.
- 22 Use the correct names for private body parts.
- 23 Keep no secrets about any kind of touching.
- 24 Refrain from making your child kiss or hug someone they don't want to. There are other ways to show respectful affection such as shaking hands, giving a high five, or kissing a hand. If your child has objected to showing affection to someone in particular, check with your child later and find out why.
- 25 Encourage your child to persist in all areas of his or her life. If they start something, encourage them to stick with it. Also, if there is a time when they feel unsafe it is particularly important they keep telling an adult until they feel safe again.
- 26 Be a good role model... remember that children are watching you all of the time.



Building resilience and empowering children.

Holly-ann Martin is the founder and Managing Director of **Safe4Kids**.

Safe4Kids unique approach to child abuse prevention education is

underpinned by a whole-of-community focus.

This focus is on providing safer communities for children through engaging school staff, parents and carers, local police, health workers, Department for Child Protection staff, early years educators and other community members.

The Safe4Kids program develops a language and culture of safety for children and adults alike, improving communication and highlighting and broadening the networks available to children when they are feeling unsafe. The sustained delivery of these programs is the key to creating a positive influence on both individual and community behaviour.

Email: [holly-ann@safe4kids.com.au](mailto:holly-ann@safe4kids.com.au)

**Child protection needs to be a priority for everyone!**