



TIP SHEET

Teaching kids about personal safety



To download your FREE copy of the full Bravehearts' Personal Safety Parents' Guide please visit: bravehearts.org.au/personalsafety

Bravehearts
Educate Empower Protect
Our Kids

TEACH YOUR CHILDREN EARLY: THE 5 BASIC PRINCIPLES OF PERSONAL SAFETY

1. To trust their feelings and to distinguish between 'yes' and 'no' feelings.
2. To say 'NO' if they feel unsafe and unsure.
3. That they own their own bodies.
4. That nothing is so yucky that they can't tell someone about it.
5. That if they feel unsafe or unsure to run and tell someone they trust.

As taught in
Bravehearts' personal
safety school program
[Ditto's Keep Safe
Adventure Show](#)

TALK TO YOUR KIDS

Encourage children to feel comfortable telling you anything (especially if it involves another adult) and to identify other trusted adults they can talk to. If a child does confide problems, remain calm, non-critical, and non-judgmental. Listen compassionately to their concerns and work with them to get the help they need to resolve problems.

BE AWARE

Learn about the people your child spends time with both in person and online. Take notice if someone shows your child a great deal of attention or gives them gifts. Ask them how they know the person and why the person is acting in this way.

EMPOWER YOUR KIDS WITH PERSONAL SAFETY SKILLS AND KNOWLEDGE

Teach children about their bodies and the correct language to use when describing private parts. Emphasise that those parts are private and belong to them.

GET INVOLVED IN YOUR CHILDREN'S ACTIVITIES

Observe how the adults interact with your children and if you have any worries, speak with the organisation (such as a sporting body etc). Do not keep concerns to yourself.

TEACH CHILDREN THEIR PERSONAL RIGHTS

They have the right to say NO to any unwelcome, uncomfortable, or confusing actions or attention. Teach them to tell you immediately if this happens because it's okay to tell you anything and they are not in trouble.

NOTICE CHANGES IN BEHAVIOUR

Be sensitive to any changes in behaviour or attitude. Children aren't always comfortable disclosing scary or confusing events or feelings - look and listen for small indications that something may be troubling them.

PRACTICE SAFETY SKILLS

Practice basic safety skills with children. Use an outing to a mall or a park a 'learning' experience for children to practice checking in with you, using pay phones or mobiles, going to restrooms with a friend, and locating safe adults to help if they need assistance.

CYBER-SAFETY IS IMPORTANT

Teach children to never send or share photos of themselves online or via text. Teach them NEVER to give out their last name, address, phone number, school or meet internet friends in person without a parent's supervision and consent. Teach them to never accept friend requests from, or talk online with, anyone whom they do not know in real life. ALWAYS keep computers in a communal area – NEVER in a child's bedroom.

For more resources and tip sheets, please visit bravehearts.org.au

Bravehearts' Information and Support Line FREECALL 1800 272 831 (8:30am - 4:30pm AEST)

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