



Teaching Young People About Personal Safety

A RESOURCE DEVELOPED FOR PARENTS

As trusted adults, our main role is to ensure the safety of children and young people. Whilst we cannot always be with our young people, we can support them and empower them to recognise and report unsafe situations.

Personal safety education enhances their confidence and resilience. All we need to do is start the conversation.

Three Rules to Personal Safety

- 1. Right to Feel Safe:** Children should know they have a right to feeling safe and secure in their environments
- 2. Permission to Say 'No':** teach that it is okay to be assertive and reject actions that make them uncomfortable
- 3. No Taboos on Communication:** Ensure children understand no matter how disturbing an issue may seem, they should always report it to a trusted adult

Benefits to Personal Safety Education

- Reduces risk of children going into unsafe situations
- Provides a clear response to unsafe scenarios
- Boosts confidence and resilience
- Teaches Children their right to safety
- Promotes reporting of insecurities
- helps prevent grooming and abuse

Talking About Personal Safety

- Make safety conversations ongoing rather than one-time events
- Reassure your child that safety is your priority
- use correct terminology for body parts and emphasise privacy
- approach conversations calmly and encourage questions without creating fear or embarrassment

Reference: bravehearts.org.au

By maintaining open, supportive dialogues, you help children feel empowered and secure!



Grooming

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What is grooming

Grooming is a tactic used to prepare a child for sexual abuse and exploitation by gaining their trust and ensuring their silence. This can happen in person or online and can involve the grooming of the child's parents or other significant adults as well.

Forms of Grooming

Building Trust: Giving gifts and attention, and spending time together.

Favouritism: Treating the child as a special friend.

Gaining Carers' Trust: Appearing as a caring and reliable family friend.

Isolation: Keeping the child away from family and friends to maintain secrecy.

Intimidation: Using threats and coercion to enforce silence.

Boundary Testing: Gradually increasing physical contact.

Shaping Perceptions: Making the child confused about what is acceptable.

What to look out for

Special Bond: The child may feel they have a unique connection with the abuser.

Confusion: The child might be unsure about their relationship with the abuser.

Self-Blame: The child might think the abuse is their fault and fear punishment or not being believed.

Fear of Separation or Harm to loved ones: The child might worry about being separated from their family if they speak out or that their disclosure will harm someone or something they care about.

It can be challenging to establish if a child is being groomed until after a sexual abuse has occurred as a perpetrator grooming a child often displays similarities of genuine caring behaviour.

NEED SUPPORT OR MORE INFORMATION?

Bravehearts Information and Support Line

FREECALL 1800 272 831

(Mon to Fri 8:30am - 4:30pm AEST)

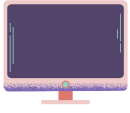
Reference: bravehearts.org.au





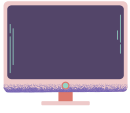
Keeping Kids Safe Online

Online Safety: Tips for Parents



Educate Yourself

Learn about the sites, games, and apps your children use, including privacy settings and age recommendations.



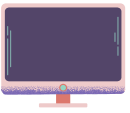
Talk with Have Your Children

Ongoing conversations about online safety, discussing their views on risks and safe practices.



Teach Online Behaviour

Explain the importance of managing personal information, respecting others, and being critical of online content.



Secure Devices

Adjust privacy settings, install and update security software, use filters, and monitor downloads and browsing history.



Create a Safety Plan

Set guidelines for online safety and ensure your child knows they can talk to you or another trusted adult.



Promote Safety Resources

Encourage your child to use online safety resources like the eSafety Commission website (esafety.gov.au).



Monitor Device Use

Keep devices in open areas and stay vigilant, as just having devices in visible places may not be sufficient.

Rules to Teach Your Children

1. Don't share personal information like full names, addresses, or school details.
2. Avoid sending identifying photos or personal details.
3. Never share credit card or bank information.
4. Don't interact with strangers online or arrange in-person meetings.
5. Report any uncomfortable or unsafe online interactions to a trusted adult.
6. Stay away from non-child-friendly websites and be mindful of your online footprint/shadow.

HELPFUL WEBSITES

Office of the eSafety Commissioner: esafety.gov.au

Carly Ryan Foundation: carlyryanfoundation.com

Think U know: thinkuknow.org.au

The Daniel Morcombe Foundation: danielmorcombe.com.au

The Australian Centre to Counter Child Exploitation: acce.gov.au

Reference: bravehearts.org.au





What is Consent?

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Consent means giving permission or entering into an agreement. It is essential for all sexual activities and must be actively sought by the person initiating the activity. Communication is key, and it is illegal to engage in or continue sexual activity without explicit consent.

Consent Is:

- Freely Given: Choice made without pressure.
- Enthusiastic: Exciting and wanted by all involved.
- Reversible: Can be withdrawn at any time.
- Ongoing: Required before, during, and for future activities.
- Mutual: All parties must agree.
- Informed: Everyone understands what is happening.
- Clearly Communicated: No ambiguity.
- Specific: Agreeing to one thing doesn't imply agreement to everything.

Enthusiastic Consent Sounds Like:

- “Yes,” “I’d like to,” “Can we...,” or “I’m enjoying this.”
- Asking if the other person is comfortable or wants to continue.

Consent Is Not:

- Assumed from flirting, clothing, or body language.
- Coerced, implied, or obtained through persuasion.
- A blanket approval for other acts or a one-time agreement.

Consent cannot be given if an individual is:

- Underage, intoxicated, or unconscious.
- Threatened, bullied, or manipulated.
- Unable to understand the situation.
- Restrained or fearful.

Reference: bravehearts.org.au

For support or more information, contact Bravehearts Information and Support Line at 1800 272 831 (Mon-Fri, 8:30am - 4:30pm AEST).



Responding to a Disclosure

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When a child discloses sexual abuse, your response is crucial in stopping the harm and protecting the child. It is essential to believe the child, as this will help them feel safe. Acknowledging their bravery and validating their feelings—such as fear, guilt, or confusion—is important since they may be experiencing intense emotions.

Steps to Take:

1. Listen: Allow the child to share their story in their own words.
2. Affirm: Reassure them that you believe them and that the abuse is not their fault.
3. Support: Help them manage their emotions and ensure they feel safe.
4. Safety: Inform them that you will do everything possible to help, which may include reporting to someone who can protect them.
5. Document: Write down their exact words and details of the disclosure.
6. Act: Report the abuse to the relevant authorities as soon as possible.

Avoid:

- Asking leading questions.
- Pressuring the child to talk.
- Making promises you cannot keep.

If You Suspect Abuse:

- Do not confront the child or ask leading questions.
- Let them know you are available if they want to talk.
- Record your observations and any relevant conversations.
- Report your concerns to the authorities as soon as possible.

For support, contact Bravehearts' Information and Support Line at 1800 272 831. If a child is at immediate risk, call emergency services at 000.



Support for Parents

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When a child discloses sexual abuse, it can be overwhelming for parents and caregivers, who may experience strong emotions and uncertainty about how to help. It's crucial to seek support and report the abuse promptly.

Who Can Help?

Parents and caregivers can usually self-refer to support services. If unsure, various organizations, including Child Safety, Police, General Practitioners, community agencies, and schools, can help guide you to the appropriate support for your child and family.

Find Support

Bravehearts offers support through its Information and Support Line, available Monday to Friday, 8.30am to 4.30pm AEST at 1800 272 831. Bravehearts provides:

- Counselling for children under 18 in the Gold Coast, South Queensland, and North Brisbane areas, and help finding services for those outside these areas.
- Support for non-offending family members.
- Counselling for children under 12 with harmful sexual behaviour and for teens 13-17 through the Turning Corners Program across Queensland.

Out of Hours Support:

Police Link: 131 444

1800 RESPECT: 1800 737 732

Relationships Australia: 1300 364 277

Kids Help Line: 1800 551 800

Lifeline: 13 11 14

13YARN: 13 92 76

For immediate risk of harm, call 000. Support options include counselling, protective behaviours education, parent support groups, and family support.

Parenting children and young people is a tough but very important job! Below are some resources to help build your confidence and awareness as a parent/carer and also as a partner in student protection, to keep all children safe and protected.

How might I...?	Name of resource	Why you would use the resource	Link to resource or content of resource
School information and processes			
Understand what is expected of Brisbane Catholic Education's staff when it comes to student protection and staff conduct and behaviour?	Student Protection Processes and Guidelines and Brisbane Catholic Education's Code of Conduct	To learn more about: <ul style="list-style-type: none"> our reporting processes how we respond to concerns, as well as understanding the types of harm, recognising the signs of harm and understanding boundary violations by a staff member, which are considered inappropriate behaviours towards a student at our school. 	https://www.bne.catholic.edu.au/students-parents/student-protection/Pages/default.aspx
Online safety			
Understand key online safety issues that my child/ren might be facing now or face in the future?	Online eSafety – A guide for parents and carers	If you want a broad understanding of online safety and some practical advice and tips on what to do if things go wrong. *Translated in various languages	Online safety book eSafety Commissioner
Access information in multiple different languages to increase my capacity to talk to my child/ren about their safety and well-being online?	Online safety for every family	Use these short videos and advice sheets (accessible in different languages) to build your confidence as a parent to talk with your child/ren about online safety - including gaming, social media & cyber bullying.	Online safety for every family In your language eSafety Commissioner
Educate myself as a parent/carer around keeping my child/ren safe online?	Think U Know – Find Advice	If you are a parent wanting more information for yourself on all topics relating to keeping your child/ren safe online.	Find advice ThinkUKnow
Find advice and a suite of resources about keeping my child/ren safe online?	Playing IT Safe – Helping Parents, Carers and Educators teach young	If you are a parent (or educator) wanting information and activities to engage your young child/ren in the discussion around online safety.	Playing IT Safe How to stay safe online

	children to stay safe online		
As a grandparent carer. understand online safety issues for my grandchildren?	Online Safety for grandparents and carers guide	If you are a grandparent and want a broad understanding of online safety and some practical advice and tips on what to do if things go wrong.	Online safety for grandparents and carers guide eSafety Commissioner
Educate myself and my family to protect our child/ren online – specific for Aboriginal and Torres Strait Islander families?	Start the chat and stay safe online	A guide for Aboriginal and Torres Strait Islander parents and carers to help them protect their child/ren online.	33C_1836_ESafety-A5-Booklet_21122021.pdf
Understand more about how to protect our child/ren online – specific for Aboriginal and Torres Strait Islander families?	Staying Safe Online	A short video clip for Aboriginal and Torres Strait Islander parents and carers to help them protect their child/ren online.	Staying safe online - YouTube
Find out more about how to talk to my child/ren about online safety – specific for Aboriginal and Torres Strait Islander families?	Start the Chat, Keep our Mob Safe Online	Information and a short video clip about talking to your child/ren about online safety.	Aboriginal and Torres Strait Islander peoples eSafety Commissioner
Educate myself as a parent/carer of a child/ren with intellectual disability about online safety?	Online safety for young people with intellectual disability	This resource details key findings around online safety issues and experiences of children with intellectual disability and their parents/carers.	Online safety for young people with intellectual disability report.pdf DMF SE Being safe on line (danielmorcombe.com.au) Safe internet use - YouTube

Understand more about cyberbullying?	Cyberbullying – A guide to online bullying for parents and carers	To understand more about cyberbullying in general.	Cyberbullying eSafety Commissioner
Online pornography and sexting			
Increase awareness about pornography online?	Online Porn	To understand more broadly about pornography online.	Online porn eSafety Commissioner
Increase awareness about the topic of sexting and sending nudes images?	Sending nudes and sexting	To understand more broadly about sending nude images online and sexting.	Sending nudes and sexting eSafety Commissioner
Grooming			
Understand more about the topic of online grooming and unwanted online contact?	Grooming and unwanted contact	To increase your awareness as a parent about online grooming and when your child/ren might encounter unwanted online contact.	Grooming and unwanted contact eSafety Commissioner
Learn about the warning signs of online grooming, how to protect my child/ren and what to do if I'm worried about a child?	Safe Bedrooms	This is a suite of resources to equip parents/carers with the tools to recognise, react and report online grooming.	Safe Bedrooms Archives - The Daniel Morcombe Foundation
Get a snapshot around the 'red flags' for online grooming?	Red Flags	A short video resource giving a parent's perspective to help you understand the red flags for online grooming.	Red Flags. - YouTube
Get more information about grooming behaviours?	What is Grooming?	Use this resource for an overview on grooming to help identify behaviours.	What is Grooming? Bravehearts
Family resources and activities			
Do activities with my child/ren aged 5-8 to start the conversation about online safety?	Jack Changes the Game	Go through this home learning activity pack and online ebook with your child/ren to teach them about online grooming in an age-appropriate way.	Resources ThinkUKnow
Do an activity with my child/ren aged 5-8 to start the conversation about online safety (Auslan)?	Jack Changes the Game	This You Tube clip is a book reading of 'Jack Changes the Game' - which is a story book resource to support parents to have an age-appropriate conversation about online safety (Auslan interpreter).	Jack Changes the Game - Book reading by

			author Tess Rowley (Auslan) - YouTube
Do an activity with my child/ren aged 5-8 to start the conversation about online safety?	Jack Changes the Game	This You Tube clip is a book reading of 'Jack Changes the Game' - which is a story book resource to support parents to have an age-appropriate conversation about online safety.	Jack Changes the Game - Book reading by author Tess Rowley - YouTube
Understand more about and engage with my child/ren (5-8yrs) in activities relating to the importance of adult supervision when online?	The importance of adult supervision	Go through this home learning activity pack with your child/ren to teach them, in an age-appropriate way, about the importance of adult supervision when online.	Home learning activity Learning about online supervision.pdf (thinkuknow.org.au) Home learning activity Online supervision quiz.pdf (thinkuknow.org.au) Home learning activity Learning about online supervision activity sheet.pdf (thinkuknow.org.au)
Understand more about and do activities with my child/ren (8-12yrs) relating to personal information and image sharing?	Home learning activity – learning about personal information and image sharing.	Resources with information and activities to do together as a family to promote online safety – children aged 8-12yrs – specific to personal information and image sharing.	Home learning activity Learning about personal information and image sharing.pdf (thinkuknow.org.au)
Understand more about and do activities with my child/ren (8-12yrs)	Home learning activity – learning about safer	Resources with information and activities to do together as a family to promote online safety – children aged 8-12yrs – specific to online gaming and online usernames.	Home learning activity Learning about safer gaming and smart user

relating to safer gaming and smart usernames?	gaming and smart usernames.		names.pdf (thinkuknow.org.au)
Promote and encourage safe online habits for my family with the use of games?	7-day family online safety challenge & Family Bingo!	Fun family games to promote and encourage safe online habits.	7-day-challenge A4 web 1.pdf (accce.gov.au) 20200417-bingo A4 v0.3.pdf (accce.gov.au)
Speak with my child/ren aged 13-14 about online safety?	Learning about safer online interactions and online grooming	Go through this home learning activity pack and online ebook with your child/ren (aged 13-14yrs) to teach them about online grooming in an age-appropriate way.	Home learning activity Learning about safer online interactions and online grooming.pdf (thinkuknow.org.au)
Create a technology agreement with my family?	A resource for families – How to Create a Family Technology Agreement	If you want to know how to create a set of agreed upon standards/rules around tech use in a household.	How to create a family technology agreement (danielmorcombe.com.au)
Develop 'Family Rules' (ages 3yrs-17yrs) for my household?	Family Rules: Children & Teens	Use this resource to develop general family rules for your household with children of all ages.	Family rules: children & teens Raising Children Network
Conversations			
Start a general conversation with my child/ren about tricky or personal subjects?	How to start the chat	Use this resource for general tips about how to start a tricky or sensitive chat with your child/ren, whatever the subject.	The hard-to-have conversations eSafety Commissioner

Start a conversation with my child/ren specifically about sex and pornography	Talking about sex and pornography	Use this tip sheet for starting a conversation with your child/children about pornography and sex.	The hard-to-have conversations eSafety Commissioner
Need extra help to start a tricky conversation with my child/ren?	I need help to start the chat	A brief resource with some tips if you feel it's too hard to have a tricky conversation with your child/ren.	The hard-to-have conversations eSafety Commissioner Other Support Services Parentline
Talk to my child/ren about consent?	What is Consent?	A tip sheet supporting parents to talk to their child/ren about the issue of consent- what it is and what it isn't.	BraveheartsInfoSheet What-Is-Consent.pdf
Speak to my child/ren aged 3 to 8yrs about personal safety?	Everyone's got a bottom!	Use this children's book aimed at ages 3-8 to gently start the conversation around personal safety.	Everyone's got a bottom True
Start a conversation with my primary school aged child/ren about general online safety?	eSafetykids conversation starters	Use this resource for some practice tips and scripts on what to say to open up the conversation with your child/ren about online safety.	SID2020-Primary worksheets V5 (esafety.gov.au)
Access tips and scripts about how to talk to my child/ren about personal safety?	Conversation Cards - Parent and Carer Guide	This resource is an activity intended to support you as a parent/carer to engage in an effective personal safety conversation with your child/ren over time as they grow.	DMF Conversation Cards Parent-Carer Guide.pdf (danielmorcombe.com.au) NAP20 ChildrensWeek tipsheet4 copy (napcan.org.au) DMF FS Talking personal Safety.pdf

			(danielmorcombe.com.au) hot-chocolate-talk-2021-conversation-guide.pdf (cfchildren.org)
Know what to say to teach my child/ren about personal safety rules	Teaching Children and Young People Personal Safety	Use this resource that provides tips and scripts teach your child/ren about basic personal safety rules.	Teaching Children Personal Safety Bravehearts
Learn about and teach personal safety to my grandchild/ren, who I provide primary care for?	Feeling Safe & Being Safe	This is a guide designed to be completed side by side with your grandchild/ren, it includes instructions and tips on how to start the conversation.	DMF Grandparents Safety Resources.pdf (danielmorcombe.com.au)
Support my child/ren with a disability to learn about personal safety?	Daniel Morcombe foundation safety resources	Simple resources and video clips to show your child/ren and guide a discussion around personal safety.	Making a safety network - YouTube React to feeling unsafe - YouTube Recognise body clues - YouTube Being safe - YouTube Rules for being safe - YouTube

Support my child/ren with a disability to learn about protective behaviours?	Feel Safe	Check out this app as a resource to foster the development of personal safety skills for young people aged 12-16yrs with an intellectual disability and/or ASD.	Feel Safe – free App for phones & tablets
Hold conversations about what positive, happy and equal relationships look like?	Respectful Relationships Education Hub for parents and carers	To help your child/ren build self-respect and learn to be respectful to others through personal and social skills.	https://learningplace.edu.au/cx/resources/file/a0ba1327-a69e-474d-a220-acfff7542960/1/parents/parents.html
Appropriate sexual behaviour in children and young people			
Understand how to identify and respond to sexual behaviours in children of all ages and understand when behaviours may or may not be developmentally appropriate and how to respond?	Sexual Behaviour in Children and Young People	Use this as a guide to identify, understand and respond to sexual behaviours in children of all ages.	Traffic-LightsBrochure.pdf (wbsass.com.au) Sexual Behaviours in Children Bravehearts
Concerns about a child			
Learn more about what to do if I'm worried about a child or young person?	Concerned about a child?	Use this fact sheet as a resource if you have identified worries for a child/ren.	DMF FS Concerned about Child.pdf (danielmorcombe.com.au)
Listening and responding			
Learn more about responding to information or a disclosure of abuse by a child or young person?	Responding to disclosures of abuse	Use these resources to build your confidence as a parent to respond to disclosures of abuse by your child or another child.	Responding to children and young people's disclosures of abuse (aifs.gov.au) Responding to a Disclosure of Sexual Abuse Bravehearts

			DMF Disclosure of Abuse.pdf (danielmorcombe.com.au)
Learn about how to talk to my child/ren about their rights or what to do if those rights are violated?	The rights of children	Use this tip sheet if you want to talk to your child/ren about their rights.	The rights of children Parentline
Support my child/ren through a time of crisis?	Communication during crisis & Positive coping strategies	You might use this resource to support your child/ren on a personal level through something they have experienced – directly or indirectly.	DMF FS-Communication during crisis.pdf (danielmorcombe.com.au) DMF Positive-Coping-Strategies.pdf (danielmorcombe.com.au)
Learn more about communicating with my child/ren?	Listening to children and Young People	If you want tips on how to communicate and be a good listener for your child/ren (all ages).	DocHdl1OnHPRSVD01t mpTarget (napcan.org.au) DocHdl1OnHPRSVD01t mpTarget (napcan.org.au)

			ReachOut Parents: Effective Communication - YouTube
Support and community			
Find information to support me as a parent across all areas of mental health and wellbeing?	School TV	A platform that provides a range of student wellbeing resources for parents.	Welcome to SchoolTV SchoolTV
Locate general support and resources in the community to either help myself or another family?	One Place	Oneplace is a free, online community services directory for parents, young people and families who are having tough times, to find help in their local area.	www.oneplace.org.au
How might I access community support for my own family or for another family – including culturally appropriate services & resources translated into multiple languages?	Family & Child Connect	<p>Use this online or telephone resource to access free and confidential advice and support for your own family or for another family who might be going through challenging times. Access to interpreters is available.</p> <p>Family and Child Connect can help with a range of family and parenting challenges. They will talk with you about your situation and work out the type of support you might find helpful. They can connect families to local services that can help with:</p> <ul style="list-style-type: none"> • managing your child/ren's behaviour (e.g. skipping school, running away from home, homework, tantrums) • building better family relationships • stopping any violence at home • budgeting and managing money • alcohol, drug or gambling problems • housing, health care or access to other community or government services. <p>The service can be accessed as often as needed and there is no cost.</p>	<p>Family and Child Connect (familychildconnect.org.au)</p> <p>Resources - Family and Child Connect (familychildconnect.org.au)</p> <p>Ph: 13 32 64</p>