

Children's Protective Behaviours Workbook

Written by Andrea Musulin



www.cfss.org.au

In the spirit of reconciliation, CFSS WA acknowledges the Traditional Custodians of country throughout Australia and their connections to land, sea and community. We pay our respect to their Elders past and present and extend that respect to all Aboriginal and Torres Strait Islander peoples, including children.

CFSS WA Ltd acknowledges the Protective Behaviours Program written by ***Peg Flandreau West***, on which this Handbook is largely based.

This resource can be used by parents in the home and complements both the Protective Behaviours and Keep Safe programs used in Australian schools.



**Children's Workbook for
Parents and Carers to teach
Protective Behaviours**

Hey, did you know...

until the age of 18, adults are responsible for your safety.

However, by providing the information contained in this resource, we hope we can help you grow to understand and appreciate safe relationships with your friends and the adults around you. Using the Protective Behaviours Program, you will develop a variety of skills and the appropriate knowledge to help you to feel safe and get the right help when you are not feeling safe.

Friendships and relationships of any kind can sometimes be hard to navigate. So, as you work through this resource, it is important to keep talking to your parents, teachers and the other adults in your community who care for you when something is worrying you or making you feel unsafe.



This resource has been designed to improve ways of keeping yourself safe and to teach you to:

1. recognise when you are feeling unsafe
2. tell a trusted adult about it
3. understand appropriate and inappropriate behaviours
4. understand your body
5. understand you always have the right to say 'NO'
6. develop a personal safety helping hand.
7. help you to make safe decisions.

Why are your parents or carers teaching you this?

Your parents and carers are responsible for keeping you safe and teaching you that we all have the right to:

- be listened to
- be treated with respect and protected from harm
- feel and be safe when we do things with adults and other children and young people
- understand the meaning of feeling and being safe
- know there are adults who will help us when we feel unsafe.

The Program

This resource is based on the Protective Behaviours Program, and has two main themes:

1

We all have the right to feel safe at all times

2

Nothing is so awful we can't talk with someone we trust about it

1. Theme 1

***We all have
the right to
feel safe at
all times.***

2. Children's Rights

When you were born, you were born with the **RIGHT** to **FEEL SAFE** at **ALL** times. It is important to know that **NO ONE** has the right to try and take this away from you!

The problem, however, is that some adults, other children or teenagers might make you feel unsafe or might try and make you feel unsafe at different times in your life. Maybe this has already happened? If this happens, this handbook has lots of useful ideas to help you feel safe and get the right sort of help.



Google

https://plan-international.org/sites/default/files/field/document/child-friendly_crc_poster_a4_-_final_-_english.pdf

After studying the poster, list your rights that are about your personal safety.

No. No. No.

No. No. No.

No. No. No.



Watch

www.youtube.com/watch?v=C0jVj9czgrY

Adults know that children make wrong decisions and sometimes they do things that they shouldn't do but that's OK.

Never let a bad decision or choice you make stop you from talking to your parents or another adult about it.



Recommended Story Books

Jasmine's Butterflies, NO Go Tell, It's OK To Say NO, Brave Knight, Where's Stripey

United Nations Declaration on the Rights of Children

“Rights” are things every child should have or be able to do. All children have the same rights. These rights are listed in the UN Convention on the Rights of the Child. Almost every country has agreed to these rights. All the rights are connected to each other, and all are equally important. As children grow, they have more responsibility to make choices and exercise their rights.

So, what are some important rights of the child?



The right to adequate nutrition and medical care

The right to special care, if disabled

The right to learn to be a useful member of society and develop individual abilities

The right to a name and nationality

The right to be brought up in a spirit of peace

The right to be among the first to receive relief in times of disaster



The right to free education and full opportunity for play and recreation

The right to affection, love and understanding

The right to enjoy these rights, regardless of race, colour, sex, religion, national or actual origin

The right to protection against all forms of neglect, cruelty and exploitation



3. Feelings

It is really important that you are able to recognise and deal with all the feelings you might feel in your body when you are happy, sad, ashamed, scared, worried, excited, conflicted or confused.



Feelings Activity

Draw a picture of something that makes you feel unsafe, worried or scared.

When you are feeling unsafe, you might feel?

Draw a picture or write the words.

Blank light blue box with a dotted line at the bottom.

Blank light purple box with a dotted line at the bottom.

Blank light green box with a dotted line at the bottom.

Blank light pink box with a dotted line at the bottom.

Q What should you do when you feel like this?

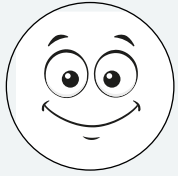
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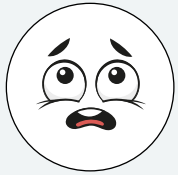
Feelings Activity

Should you tell an adult when you feel like this?



Name this feeling

.....



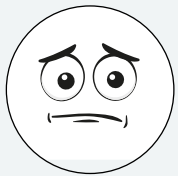
Name this feeling

.....



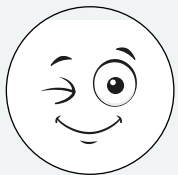
Name this feeling

.....



Name this feeling

.....



Name this feeling

.....



Name this feeling

.....



Name this feeling

.....



Recommended Story Books

The Way I Feel, Feel Safe, When I'm Feeling Collection, Face Your Feelings

4. Early Warning Signs

Early warning signs are very important.

Early warning signs are your body's inbuilt alarm system where "Your body sets off an alarm to warn your brain that something is not quite right".

You get them in your body; in fact, you can get them all over your body. When you get early warning signs, this is the way your body tells you that you might need to go and get help.

You might feel them in your:

stomach, brain, legs, heart or just about anywhere in your body! Kids are all different and so they get different early warning signs.

It is important for you to recognise what your early warning signs are when you feel unsafe, scared, excited or worried. You need to listen to your body!

There are lots of different early warning signs and all of them can be talked about with an adult you trust.



It is important to talk with adults about the things that worry you or make you feel unsafe.

Brain racing away

Hair on neck
standing up

Heart
beating fast

Sweaty
underarms

Butterflies in
tummy

Need to go to the
toilet



Dizzy

Sweaty
forehead

Crying

Goose
bumps

Cannot
breathe

Shaking



Early Warning Signs Activity

Draw your own personal early warning signs.

Think about a time or a situation that may have given you your early warning signs. You might be able to think of a person who might give you your early warning signs. **You might use the picture you had on the feelings page.**

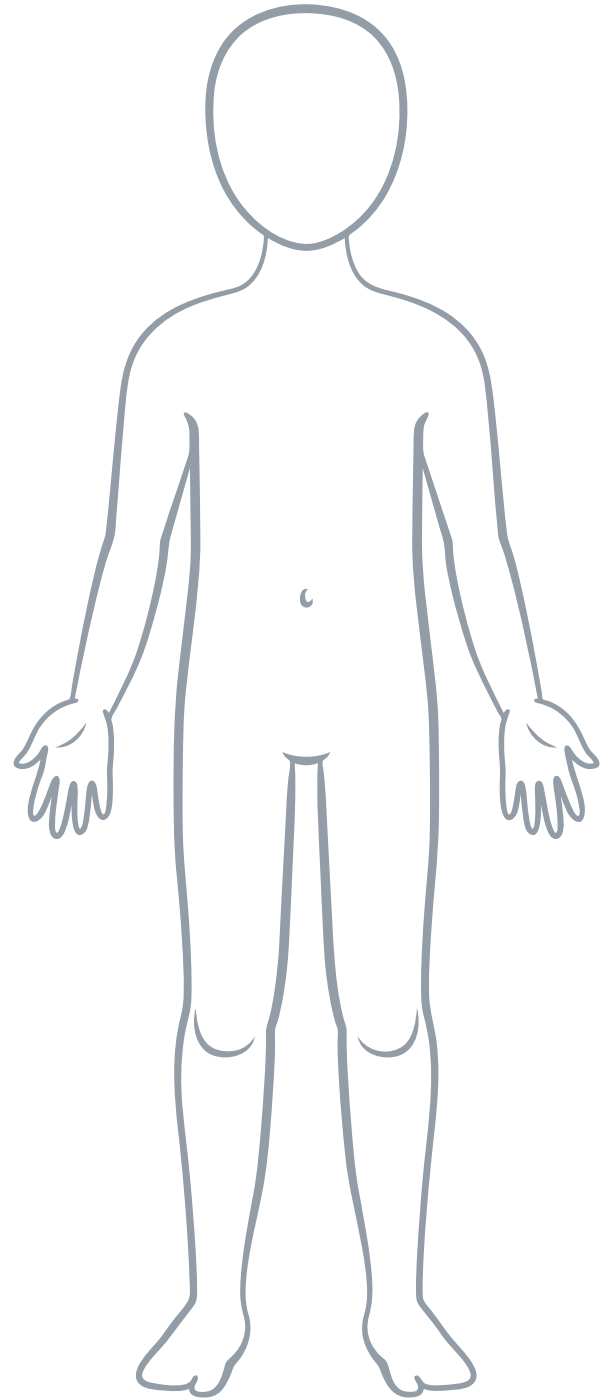
Draw your early warning signs on the diagram, or use words to describe the feelings that show up in your body when you feel unsafe.



If you can't do this, then draw a **red cross** on the part of your body where you get early warning signs.

Should you tell an adult when you get your early warning signs?

A



Recommended Story Books

Sam's Hats, Huge Bag of Worries, Max's Creepy Crawly Slimy Things

5. Theme 2

Telling a Trusted Adult

**Nothing is so awful
we can't talk with
someone we trust
about it.**

Even though you are born with the **RIGHT TO FEEL SAFE**, sometimes we won't feel safe and so we need to know what to do when we don't feel safe or if we're worried, scared, frightened or unsure.



Recommended Story Books

Don't Let the Pigeon Drive the Bus, Jasmine's Butterflies

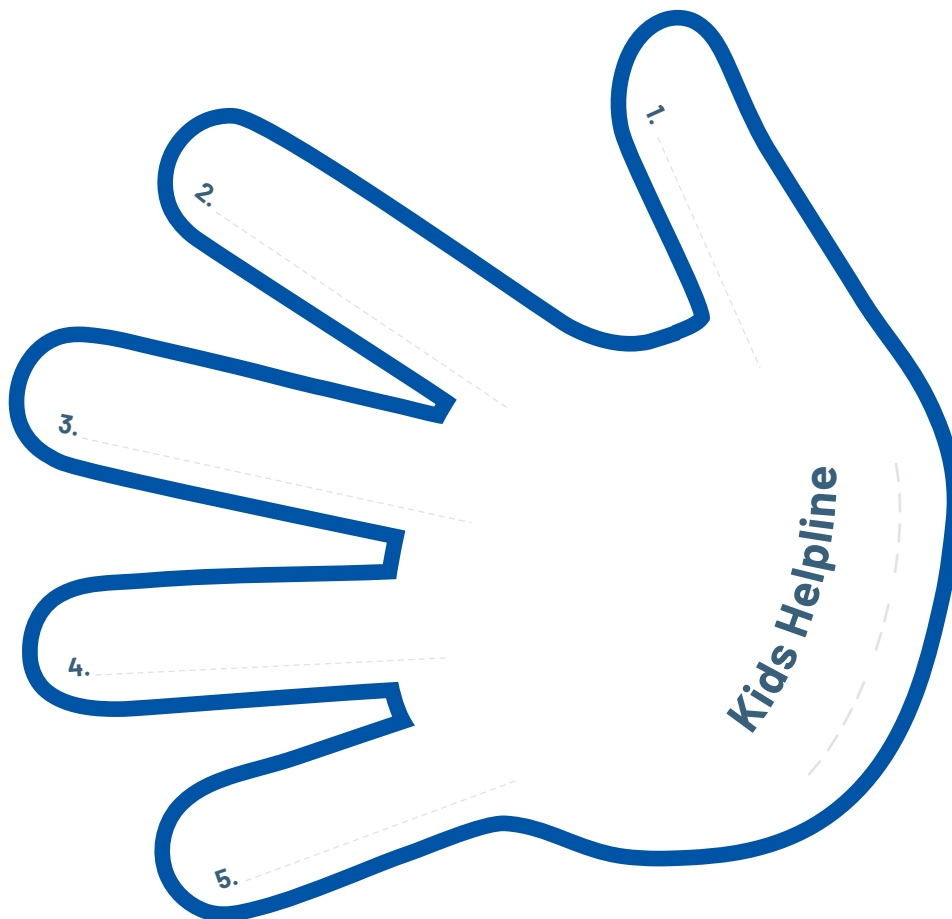
6. A Helping Hand



Helping Hand Activity

Helping Hand Rules:

- 1** Must be an adult
- 2** Must be accessible to you
- 3** Must be someone who you trust
- 4** Must be someone who will listen and believe you
- 5** Must be someone who will take action or help you



Recommended Story Books

Jasmine's Butterflies, NO Go Tell, It's OK To Say NO, Brave Knight, Where's Stripey

7. Safe and Unsafe Secrets

There is no denying that it could be fun to keep secrets that make you feel safe like a birthday party or a special gift you have bought for mum or dad.

The problem with secrets is that sometimes they can give children their early warning signs. That is why you need to know the difference between SAFE and UNSAFE secrets.

The rules are very simple.

A safe secret

is a secret that doesn't have to be a secret forever.

Q Can you think of a secret that doesn't have to be a secret forever?

A

An unsafe secret

is a secret that has to be kept a secret forever.

Q Can you think of a secret that someone might ask you to keep forever?

A

Q What should you do if you have an unsafe secret?

A



Secrets Activity

Look at the secrets below and draw a line to the type of secret you think it is.
Is it a safe secret or an unsafe secret?



You're going to a surprise birthday party

Someone takes your lunch money

A special gift you have made mum for Mother's Day

Where the front door key is kept

Safe Secrets

Unsafe Secrets

Someone you know gives you a gift but tells you not to tell anyone else about it

Someone shows you rude pictures

Remember

If you have an unsafe secret, you can always tell someone on your Helping Hand.



Recommended Story Books

Some Secrets Should Never Be kept, I have a Secret, The Trouble with Secrets, Sarah's Secret, A Secret Safe to Tell, You Wouldn't Love Me if You Knew

8. Private Parts

When you were born, you were born with many different body parts. Some of these parts can be easily seen by other people and some parts most of the time cannot be seen, especially when you are in public. The parts of your body that you hide with your clothes or bathers are called your private parts. Why? Because they are exactly that: PRIVATE!

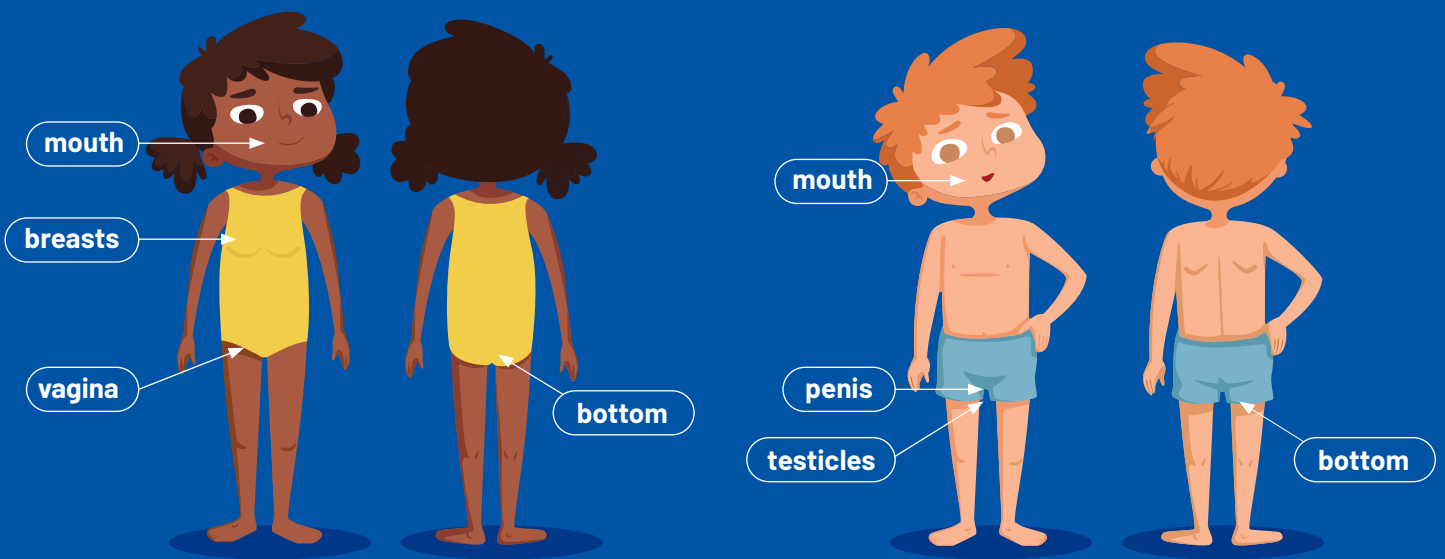
Q What does the word 'private' mean?

A

.....

.....

Even though your mum and dad made you, you own your body. You might call your private parts different names to your friends or other people in your family. You may even know and use the cultural names for these parts of your body. This is OK but you must also know the adult names for your private parts.



Girls have four private parts called breasts, vagina, bottom and your mouth is also a private part.

Boys also have four private parts called penis, testicles, bottom and your mouth is also a private part.

All kids need to know the private body parts rules and if someone breaks these rules, you need to tell an adult on your Helping Hand AS SOON AS YOU CAN.

Remember: It is OK to make mistakes and make the wrong choices even if it involves the private parts of your body. The important thing is that you talk to a trusted adult on your Helping Hand as soon as possible when this happens.

Private Part Rules

Private means they are not for:



sharing



showing other people



playing games with



definitely not to keep secrets about



looking at other peoples' - in real life, photos or videos



someone to take photos or videos of these parts



other people to touch

Remember

Nobody should touch or view the private parts that belong to you, without your permission.



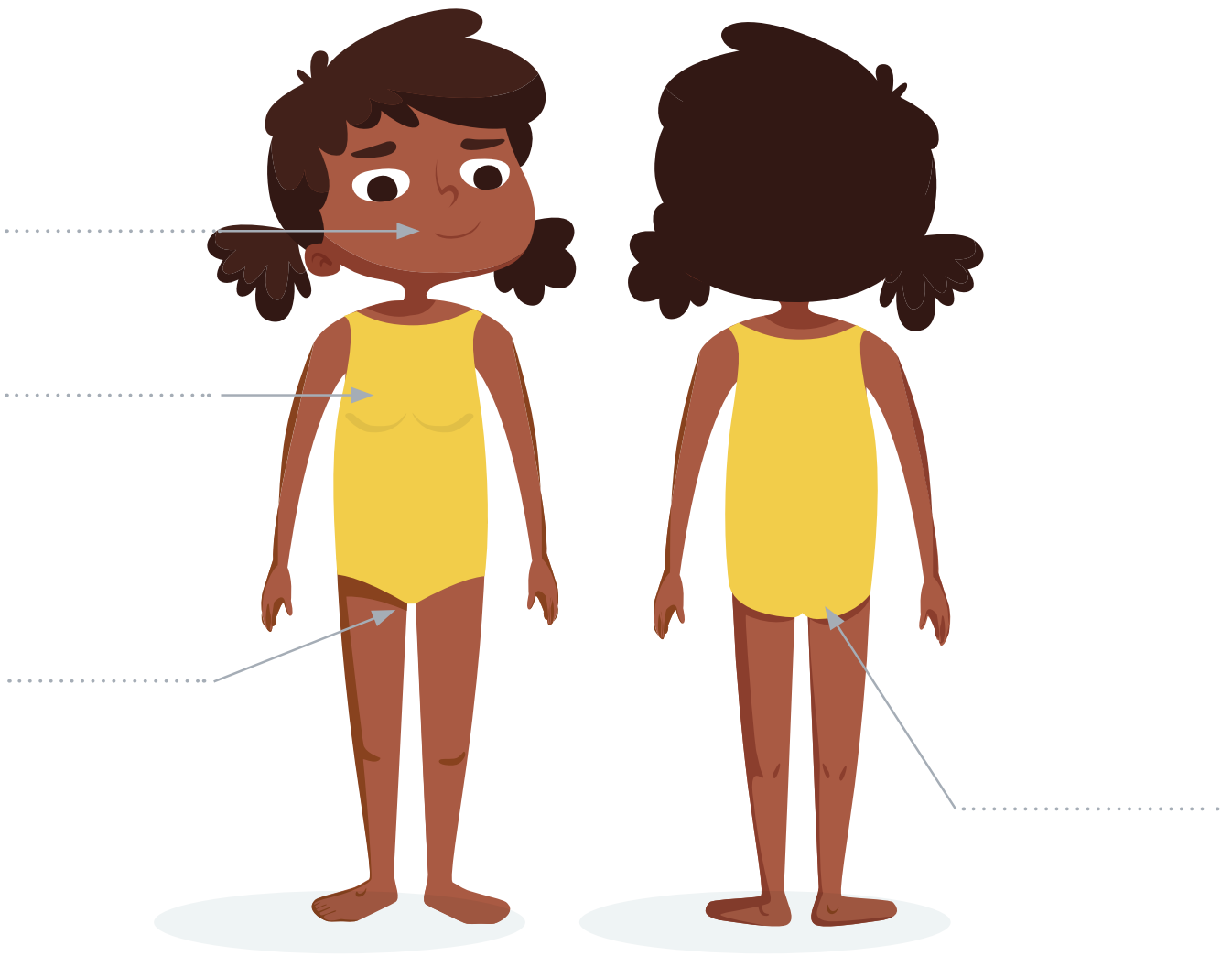
Recommended Story Books

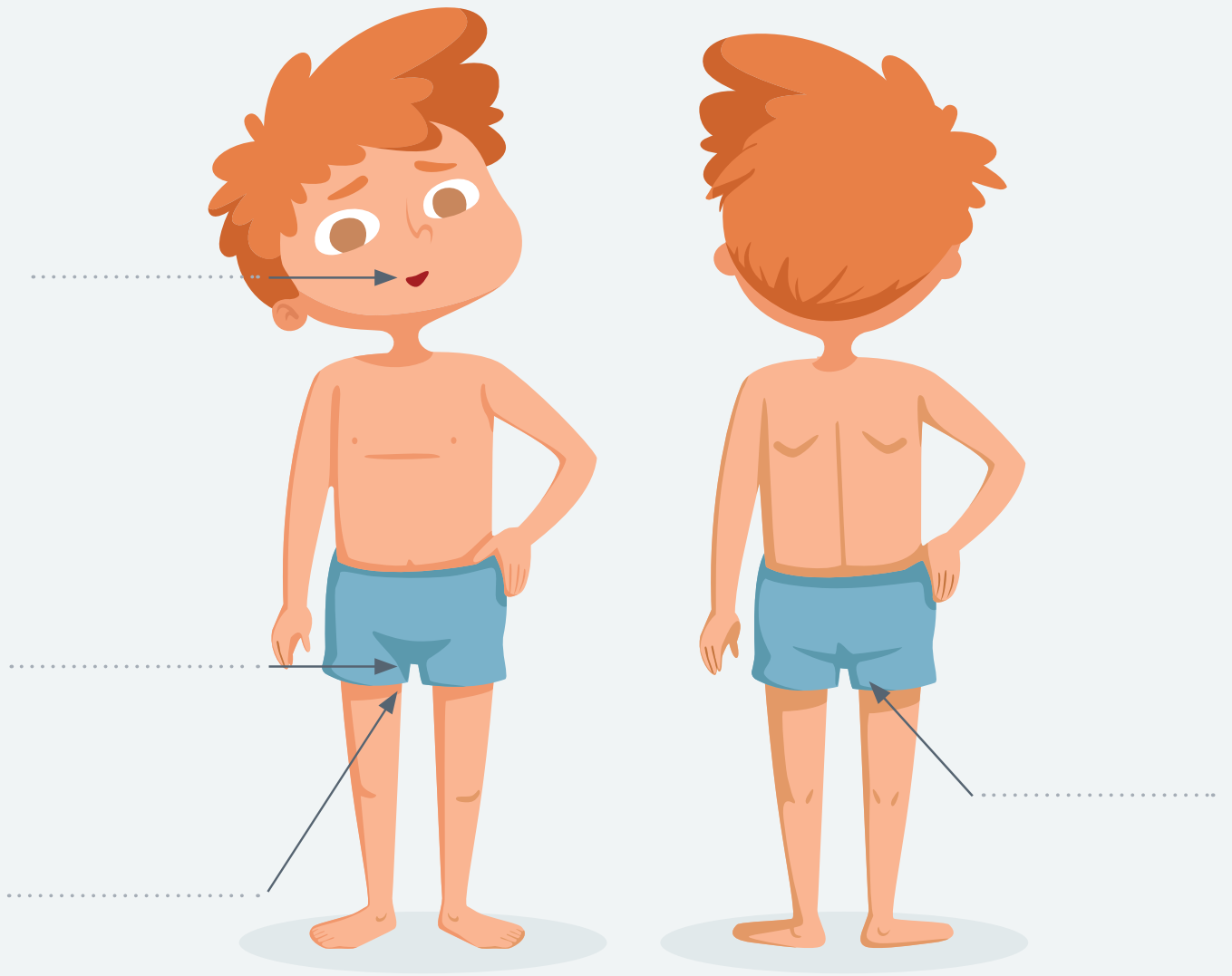
Those Are My Private Parts, Everyone Has a Bottom, Sarah's Secret, My Body Is Special, My Underpants Rule, I Said NO, No Means No, You are God's Marvellous Creation.



Private Parts Activity

Can you name girls' and boys' private parts?





9. Social Distance Matrix



If you have a hula hoop, you can use it for this activity.

Imagine if you put a hula hoop around your body. The space around your body that the hula hoop creates is called your personal space and, like your private parts, this space also belongs to you. If you have a hula hoop, why don't you try it?

Like your private parts, there are also rules around your personal space. It is very important that you understand the rules around your personal space. It is also very important that you decide who comes into your personal space and when they come into your personal space, and who needs to stay out.

Sometimes it might be OK for someone to come into your personal space when it is their job to do so. For example, a doctor or a dentist might need to come into your personal space when it's their job to do that.

Q Why might a doctor need to come into your personal space?

A
.....

Q Is this ok?

A
.....
.....

Q But what if you see your dentist or doctor at the park on the weekend playing with his/her children, would they be allowed to come into your personal space at the park?

A
.....
.....

Q Why not?

A
.....
.....

A Social Distance Matrix



This is you

Big long kisses and cuddles

Little kisses and cuddles

Just a hug

Fist bump or handshake

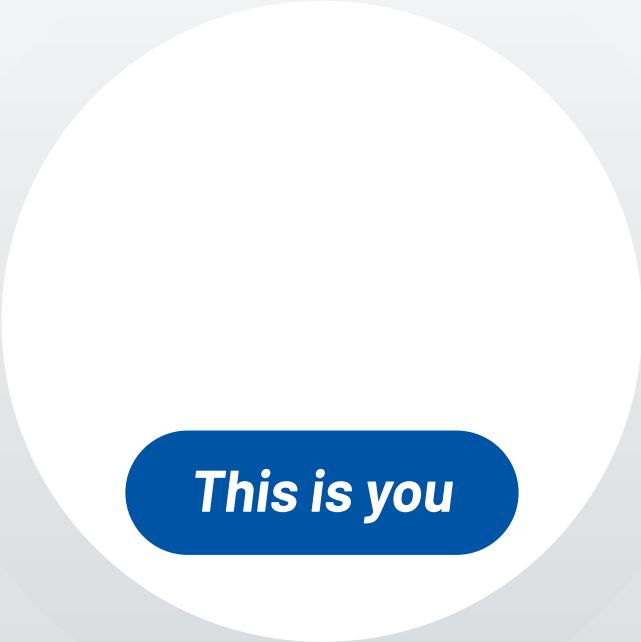
Just a nod

Strangers in an emergency



Social Distance Matrix Activity

Thinking about all the people in your life, create your own Social Distance Matrix.



This is you

Q What is an emergency and when do you think a stranger would be allowed to come into your Social Distance Matrix?

A

Q What should you do if someone is in the wrong matrix?

A



Recommended Story Books

Michael's Bubbles, Uncle Willy's Tickles, Personal Space Camp



10. Computer and Phone Safety

Using computers and phones can be amazing and lots of fun, but they can also be scary and worrying for kids.

Internet Safety Rules

Here are some tips to help keep you safe when you are using the internet, a computer or a phone.

1

Never give personal information about yourself.

2

Only talk to people you know, only the people you know in real life: everyone else is a stranger.

3

Think carefully before you press send, and never send photos of your private parts to anyone.

NOT EVER!!!

4

Never buy anything online in games or shopping before asking your parents or carers first.

5

If something or someone on the internet makes you feel scared or worried, **REMEMBER** to talk to an adult on your Helping Hand or contact the kids helpline if you feel worried, scared or if someone asks you to keep an unsafe secret.



Call Us! 1800 55 1800

**We're here to talk 24/7
every day and night**



Email Us!

**Prefer to write? Email us at:
counsellor@kidshelpline.com.au**



Chat with us!

**Connect with us one-on-one
over the web in real time, 24/7**

If you see or hear videos, photos or words that you have questions about or make you feel:

Uncomfortable

Embarrassed

Sad

Scared

Anxious

Gross

Ashamed

Confused

Nervous

You can



**Say to yourself
"That's not for me"**



Turn the device off



Look away



Close your eyes

**Then talk with
a trusted adult.**



Call 1800 55 1800

Congratulations

**You have now finished
the Protective Behaviours
Program.**

You now know that:

You have the right to feel safe at all times

and

**Nothing is so awful that you can't talk
with someone about it.**

So, remember

*to tell an adult on your Helping Hand if you are feeling
scared or worried or if someone asks you to keep an*

unsafe secret.



**You can also tell someone
at the kids helpline.**

**Call Us!
1800 55 1800**



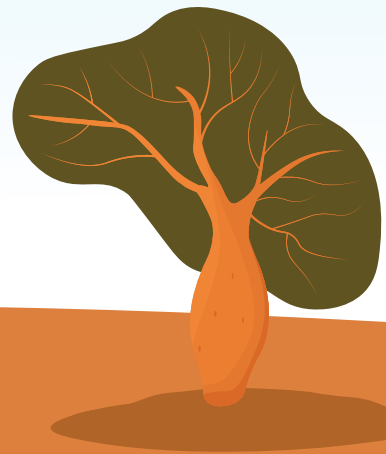


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