

Parent Tip Sheet

A guide to personal safety and your child

Talking to your child about personal safety is important to their health and wellbeing. Whilst it might seem daunting, sharing a few easy to remember personal safety strategies with your child will help them to be able to respond appropriately and seek help in unsafe situations.

Simple strategies to help keep your child safe include:

- Talk to your child about feeling safe. Discuss what feeling safe means to them, ask them how they know they are safe and what situations make them feel unsafe.
- Help your child to recognise and trust their body's 'early warning signs' such as their heart beating fast, sweaty palms, the feeling of butterflies in their stomach, feeling sick, getting wobbly legs or goose bumps etc.
- Talk to your child about what to do if their body gives them early warning signs – practice saying “NO” loudly and forcefully, particularly as children can find it confusing and confronting to say no to an adult.
- Ask your child to identify and name adults who they trust and would include in their safety network.
- Agree on a safe word for your family. That way, if your child is ever approached by an adult and are unsure whether they should go with them, they can ask them for the safe word first.



REMEMBER! Take advantage of teachable moments throughout the day. Repetition is essential to ensure your child retains key concepts, so the more frequently you can repeat this information or practice it, the better!

For more information and tip sheets, please visit www.lifeeducationqld.org.au