



Dear Parent/Carer,

Your child will soon be engaging in this year's **Australia's Biggest Child Safety Lesson (ABCSL)** created by the Daniel Morcombe Foundation. This lesson aims to educate our students about true and **enthusiastic consent**, how to understand body clues, how to confidently assert boundaries while respecting the boundaries of others, and how to report to Safety Teams. We want to emphasise that the content of ABCSL has been carefully curated to be age-appropriate and presented in a sensitive and responsible manner. It is important to educate children about consent and ABCSL 2024 provides an effective platform for these discussions. The lesson aligns to the Australian Curriculum Version 9.0 which aims to ensure that students receive more explicit education on positive and respectful relationships and consent (Australian Curriculum, Assessment and Reporting Authority [ACARA], 2022).

We understand that discussing such sensitive topics can be challenging for both parents and educators. However, we encourage you to engage with your child about their experiences with ABCSL 2024.

Recent Australian research indicates that more than 1 in 3 girls and almost 1 in 5 boys experience childhood sexual abuse. One of the key recommendations of the internationally recognised ACMS study was dedicated prevention efforts in schools focused on healthy development, attitudes to gender equality, emotional literacy, and consent and relationships education. Open communication is key, and discussing consent at home will further reinforce the lessons learned at school.

If you have any concerns or questions regarding ABCSL, please don't hesitate to reach out to us. We are here to support you and address any queries you may have.

For more information on how to keep kids safe, please visit:

[www.danielmorcombe.com.au](http://www.danielmorcombe.com.au)

Thank you,

**Daniel Morcombe Foundation**



**Australia's Biggest Child Safety Lesson (ABCSL)** encourages children to: understand what true and enthusiastic consent is all about; how to tune into their body clues to understand whether they feel safe or unsafe; how to confidently communicate their body boundaries; how to observe the body cues of others and give each other time, respect and space to decide what they really want to do; and how to ask for help from their safety team if they ever feel unsafe or need support.

### Why are we teaching children about enthusiastic consent?

True consent must be freely, wholeheartedly and enthusiastically given, without any boundaries being blurred or crossed. Modelling conversations about consent between peers using relatable scenarios can help children learn how to assert their right to stay comfortable and safe each day. Consent means having a choice about something (like touch, proximity or a shared activity) and respecting each other's responses, even when the answer is 'No'.

When teaching children the importance of **enthusiastic consent**, we are helping them to make their own decisions, to understand and confidently assert their boundaries, to consider the boundaries of others, to ask respectfully for permission and to respond appropriately when someone says 'No' to them. Talking and learning about consent should be ongoing and can be woven into everyday conversations and decision-making. For example: 'Would you like a hug?', 'We could also wave or high five.' 'Can I please sit beside you?', 'It's ok if you need space'.

### Why are we teaching children the correct names of private body parts?

It is important to teach children the correct names of their body parts from a young age. Children who know the proper names and functions of private body parts are less vulnerable to being targeted by abusers and more likely to tell an adult if they have been harmed.

Explain to your child that if anything happens to a private body part, this should never be a secret. If an adult (e.g. a Doctor) needs to touch a child in order to help them stay safe and healthy, this should also never be a secret. ABCSL 2022 is about correctly naming body parts and we have revisited this in ABCSL 2024 due to the importance of this safety message.

### Why are personal/body boundaries important?

Child sexual abuse often begins with a perpetrator ignoring a child's personal boundaries and bodily autonomy. Talk to your child about their personal boundaries and teach them to tell a safety helper on their safety team if someone ever tries to cross a boundary. Remind your child that they are the boss of their own body and that they can say 'No!' to anything that makes them feel uncomfortable.

### How does open communication help keep kids safe?

Sometimes children may avoid sharing worries with their parents due to fear of being punished or blamed and abusers will take advantage of this fear. Keep communication with your child open and remind them that they can talk to you or another safety helper about anything. Everyone has the right to feel safe all of the time. Tell your child that if they don't feel safe, they should talk to a safety helper who should respond non-judgmentally with kindness and compassion. If the first safety helper doesn't help them, they should talk to another.

### What are safety team and safety helpers?

The people on a child's safety team are the five trusted adults that a child has identified who they feel safe to be around. We call each of these five grownups their safety helpers. You can help your child develop their safety network with this [My safety team](#) activity.

You can find out more information at [danielmorcombe.com.au/keeping-kids-safe-resources/](https://danielmorcombe.com.au/keeping-kids-safe-resources/).

# Resources

## Recommended resources and further information



**Australian Centre to Counter Child Exploitation (ACCCE)** is part of the Australian Federal Police (AFP). You can report inappropriate behaviour toward children online to them. <https://www.accce.gov.au/report>

They also have information about grooming as they are the lead government agency in dealing with child exploitation/grooming. <https://www.accce.gov.au/help-and-support/what-is-online-child-exploitation>



**Closing the Net** is a free podcast ACCCE series for parents. <https://www.accce.gov.au/closingthenet>



**Body Safety Australia** have a range of resources to support teaching about consent. <https://www.bodysafetyaustralia.com.au>



**eSafety** provides resources, lesson ideas and videos that help Australian's have safer online experiences. <https://www.esafety.gov.au>

**eSafety Commissioner** can support with removing peer-shared images online. <https://www.esafety.gov.au/report>



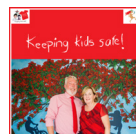
**Kids Helpline** provides a free, confidential support service online and over the phone. <https://kidshelpline.com.au/kids> or **1800 55 1800**



**Daniel Morcombe Foundation** provides free resources and factsheets with further information. <https://danielmorcombe.com.au/keeping-kids-safe/keeping-kids-safe/fact-sheets/>

Creating a **Safety Network** and reporting to Safety Helpers are referenced throughout the resource. More information available here: <https://danielmorcombe.com.au/keeping-kids-safe-resources/>

Each year, the Daniel Morcombe Foundation produce **Australia's Biggest Child Safety Lesson (ABC SL)**. <https://danielmorcombe.com.au/keeping-kids-safe/keeping-kids-safe/australias-biggest-child-safety-lesson/>



**Bright Futures Keeping Kids Safe Podcast** series for parents, foster and kin carers that empowers them to have brave conversations around child safety and harmful sexual behaviours. <https://danielmorcombe.com.au/bright-futures/bright-futures-podcasts/>