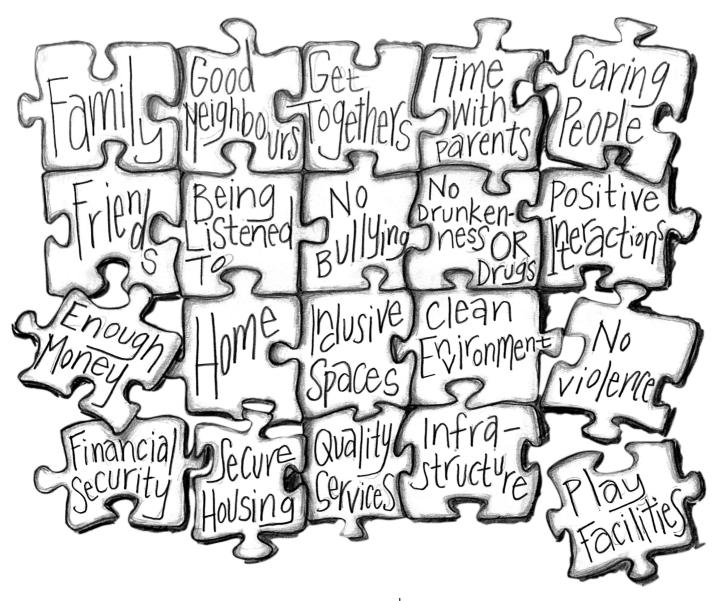


NATIONAL CHILD PROTECTION WEEK 2023 WHERE WE START MATTERS





WHERE WESTART MATTERS NATIONAL CHILD PROTECTION WEEK 2023

NAPCAN PREVENT CHILD ABUSE & NEGLECT

www.napcan.org.au

LET'S ENGAGE CHILDREN, FAMILIES AND CHILD-FOCUSED ORGANISATIONS IN

NATIONAL CHILD PROTECTION WEEK

"Every child, in every community, needs a fair go" To treat all of Australia's children fairly, we need to make sure every family and community has what kids need to thrive and be healthy.

THE AIM OF THIS BOOKLET IS TO:

Start conversations about how to build the safest communities possible for children

Link families to resources and support services



NATIONAL CHILD PROTECTION WEEK 2023 WHERE WE START MATTERS

HEY ADULTS

More ways to get involved with ensuring that children and families are safe and supported:

NATIONAL CHILD PROTECTION WEEK:

Find out about other activities & events at: www.napcan.org.au/get-involved-2023/

OTHER WEEKS TO BE AWARE OF:

Here's a sample of the many national campaigns working together to create stronger, safer communities for children:

- Safer Internet Day February
- Neighbour Day March
- Families Week May
- NAIDOC Week July
- Aboriginal and Torres Strait Islander Children's Day August
- Anti-Poverty Week (includes curriculum resources) October
- Children's Week October

HELPLINES ARE LIKE LIGHTHOUSES

Raising children is a bit like sailing a boat. But when we experience serious stress - e.g. due to finances, health, isolation or violence - raising children can feel like sailing in a storm. Support lines can be the lighthouses that we all need to navigate these rough waters.

These are some of the main Helplines that you can call for guidance:

Kids Helpline:

1800 55 1800 (make sure your kids know this one)

Parentline:

ACT - (02) 6287 3833 NSW - 1300 1300 52 NT & QLD - 1300 30 1300 SA - 1300 364 100 TAS - 1300 808 178 VIC - 13 22 89 WA - 1800 111 546 (country areas) or (08) 9368 9368

Lifeline:

13 11 14

13 YARN:

13 YARN - 13 92 76 (24 hours/7 days)

Free and confidential service run by - and for - Aboriginal and Torres Strait Islander people.

For reliable parenting information

Visit the Australian parenting website **raisingchildren.net.au** Or access a free online course at **triplep-parenting.net.au**

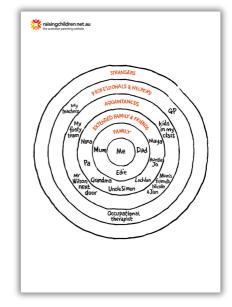
CIRCLE OF FRIENDS

Children come in to contact with many people in the community, and it's important for them to understand how those different relationships support them, as well as where boundaries should lie.

The circle of friends activity helps your child understand the different people in their life – what their relationship is with these people, how your child should behave with them, and what behaviour is OK from those people. It can help keep them safe.

How to do a circle of friends activity with your child

- 1.Start with a big piece of paper and ask your child to draw a **picture of themselves** in the middle. Or they could stick a photo of themselves there. Ask your child to draw a circle around themselves.
- 2.Draw a larger circle around your child's circle. In this circle add the people who are closest to your child for example, the **family** they live with. Your child could write their names, draw pictures or stick on photos of them.
- 3. Draw a larger circle around the first two circles. In this circle add people who are close to your child but not quite as close as those in the first circle. They could be **extended family or your child's best friends**. Talk with your child about who to include.
- 4. Draw another circle around the others and add **acquaintances**. These are people your child knows but isn't close friends with. They could be people in your child's wider group of friends, in their class at school, on their sports team, or family friends. Talk with your child about who to include.
- 5. Draw another circle and add **professionals** and other people whose jobs are to help your child. They might be teachers, doctors or carers.
- 6.In the outside circle add **strangers**. These are people your child doesn't know.



Using the circle of friends to help your child understand personal boundaries

Once you've added people to each of the circles, talk with your child about how your child should behave with people in each circle.

You could ask questions like these:

- How would you greet people in this circle?
- Which people would it be OK to kiss or hug?
- Who would you invite to your house for dinner?
- Who could you talk to if you're worried about something?
- Can you sit in this person's lap?

You can use this activity to help your child stay safe. To do this, you can ask your child questions about how other people should behave around them.

For example:

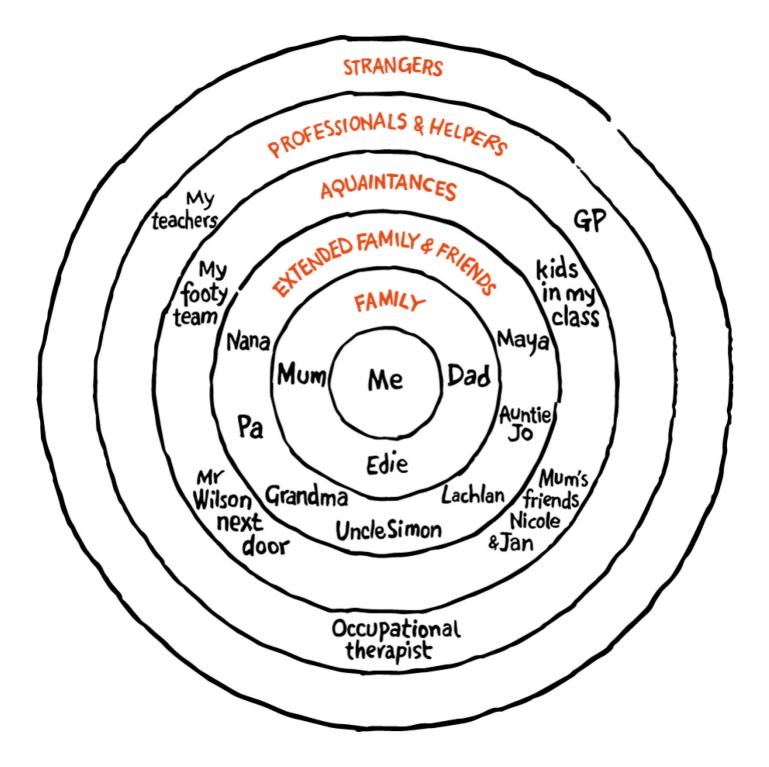
- Which people can hug or kiss you?
- Which people can hold your hand?
- Which people can collect you from school?

This activity was contributed by **raisingchildren.net.au**, the Australian parenting website providing **up-to-date**, evidencebased, independent and free information for parents and professionals working with families.









5 FINGERS OF SUPPORT

The aim of this activity is for children to make a Support and Safety Circle of trusted adults they can go to for help, and places and things that help them to feel safe.

Activity

- 1. Hold up your hand, you might notice that all our hands are a little similar but also very different. The same goes for our 5 fingers of support, you might have different supports than the person next to you.
- 2. Give me a big THUMBS UP! Kids Helpline are on the thumb because they are there for you, anytime any reason. And even if you don't know who can support you, you can always talk to us.
- 3.On your other 4 fingers is where you put your adult supports. It might be: a parent or carer, a family member like a cousin/adult /sibling/aunty/uncle/ grandparent, a family friend, a coach or baby sitter, teacher.
- 4.On your palm is where you put your friends, pets and toys because these are important too and you can hold them close.





These are some examples the Kids Helpline counsellor's came up with for the 5 fingers of supports.

What would your 5 fingers of support look like?

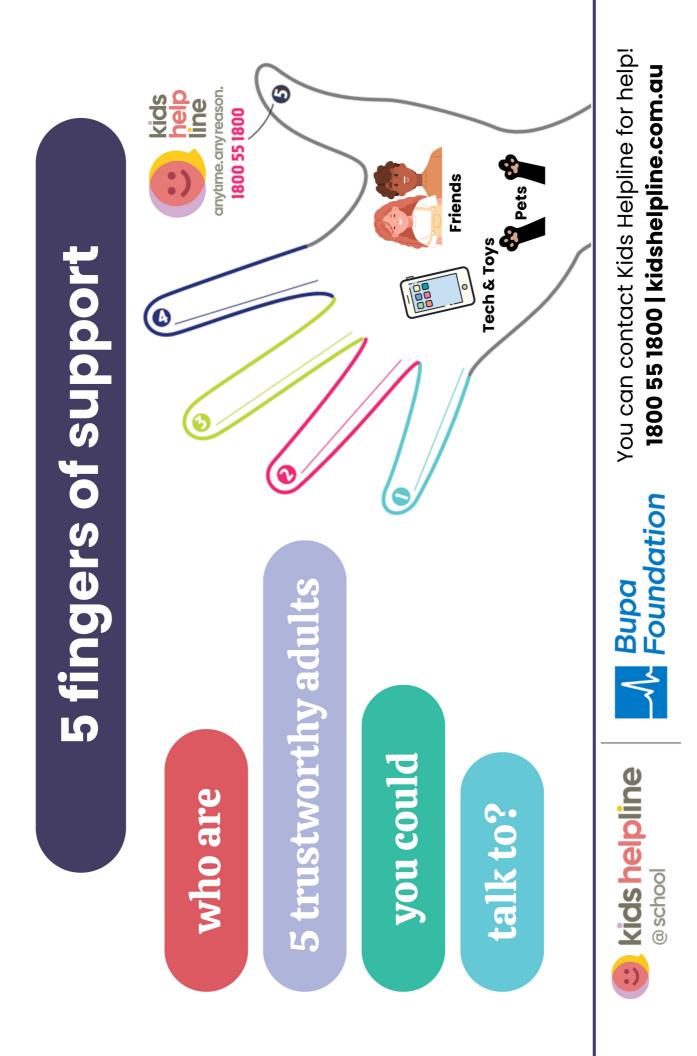
This activity was contributed by Kids Helpline.

Kids Helpline, powered by **yourtown** is Australia's only free and confidential, 24/7 online and phone counselling service for young people aged 5 – 25. Kids Helpline is here for children and young people whenever they need us, anytime for any reason 24/7, through tailored mental health counselling services in line with their changing preferences for help-seeking.

Visit kidshelpline.com.au or free call 1800 55 1800.







SHARING LITTLE STARS

In the busyness of everyday we don't always get a chance to share about what people who are close to us mean in our lives. Here are some little stars that can twinkle a warm light filled message of gratitude, care and or love out to those who are important to us.

Write or draw some little messages for a loved one in the star templates and then fold them up and pop them somewhere your person will come across.

Turn to the next pages for full instructions.



This activity has been contributed by Australian Childhood Foundation

Love has the power to prevent and heal abuse.

At Australian Childhood Foundation love is an action, a daily effort to build positive relationships that keep children and young people safe and help them to heal.

Australian Childhood Foundation provides counselling to children and carers. They teach adults to understand how they can help children to heal from the trauma of abuse and violence. They stand up for children, and young people's rights to safety. They act to ensure every child gets the love they need.

For more information visit www.childhood.org.au





Sharing Little Stars

In the busyness of everyday we don't always get a chance to share about what people who are close to us mean in our lives. Here are some little stars that can twinkle a warm light filled message of gratitude, care and or love out to those who are important to us.

Write or draw some little messages for a loved one in the star templates and then fold them up and pop them somewhere your person will come across. Here are some hidey spot ideas- in their lunch box, on top of their pillow, in a bag they use every day, in the pocket of their favourite coat or an upturned hat they often wear, in their spot they always sit to watch TV, in the top of their sock drawer, or next to their toothbrush.

You could also consider leaving some blank little open stars in a shared space for people to pick up and use if they want to share a heartfelt message with someone they care about.

Some sentence starter ideas for your star:

- · Something I admire about you is...
- · You have taught me that ...
- · I am looking forward to us ...
- · It meant a lot when you ...
- I am grateful that you...
- · Something I love about you is ...
- · What I hope for you today is ...
- · Thank you for ...

Some drawing ideas for your star:

Draw a symbol or illustration that has meaning for both of you

Draw a little picture of you and the person

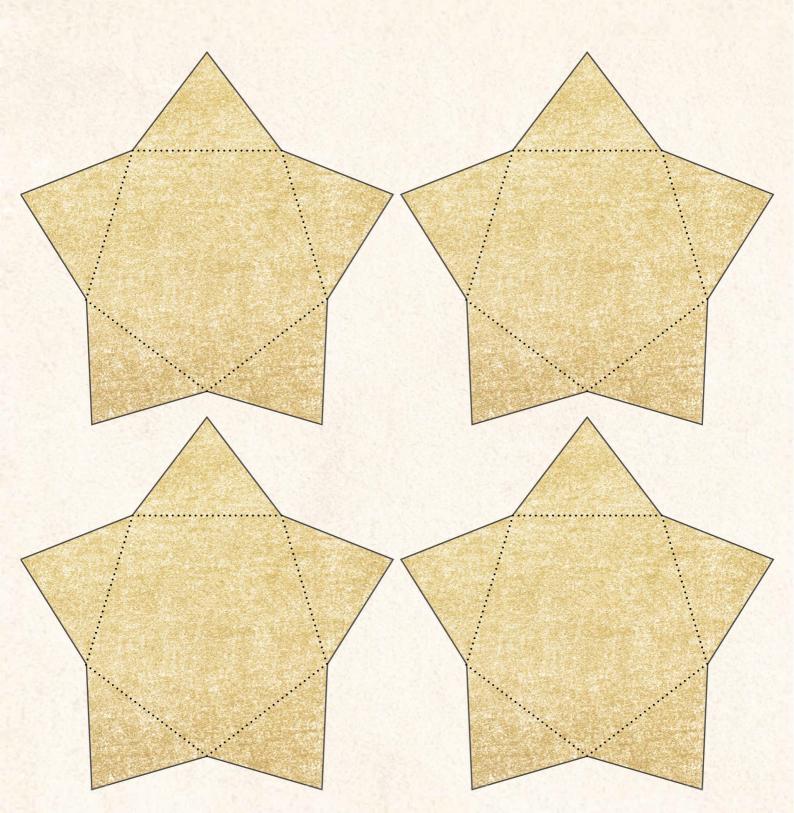
Draw a little picture reminder of a place or time that is special to both of you

childhood.org.au

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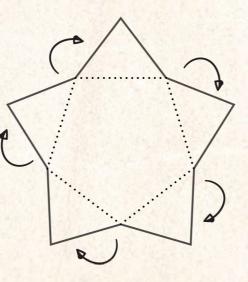


This activity has broad application. It is for anyone who would like to acknowledge someone special in their life with a warm, heartfelt message.



How to use your little stars

Turn stars over to blank side to add you message, then fold the coloured sided points over your message.



childhood.org.au

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WEBSITE TREASURE HUNT

There are lots of great things to do online, but it is also good to know what to do if something goes wrong.

Use the clues to find the 'online safety treasure tips' on our eSafety Kids pages.

Use the clues to find the 'online s	ofety treasure tip	s' on our <u>eSafety Kids</u> pages. www.esafety.gov.au/kids
		Write your answers below:
What is the number one tip when mean to you online?	someone is being	
esafety.gov.au/kids/mean-to-me-o	nine	
What is the main tip (in the pink I spending money online?	about	
esafety.gov.au/kids/money-online		
What is 'unwanted contact'?		
esafety.gov.au/kids/contacting-me		
What are the 3 things passwords	should be?	
esafety.gov.au/kids/security-and-p	ivacy	
Finish this sentence from the page	e called 'I want	Check your privacy settings and talk about what to share — make your online accounts private and talk to
help with being safe online'.		- make your of the decounts private and tak to
esafety.gov.au/kids/being-safe-onl	ine	
What is the first tip about sharing videos?	photos and	
esafety.gov.au/kids/personal-inform	nation	
What is one thing that can trick y something is fake online?	ou when	
esafety.gov.au/kids/something-fak		
How can eSafety help kids?		
esafety.gov.au/kids/esafety-help		

This activity was contributed by the **eSafety Commissioner.**

Through their website, reporting schemes, education resources and work with the tech industry, the eSafety Commission helps kids to keep themselves safe online.



eSafetyCommissioner

www.esafety.gov.au/kids





There are lots of great things to do online, but it is also good to know what to do if something goes wrong.

Use the clues to find the 'online safety treasure tips' on our <u>eSafety Kids</u> pages. www.esafety.gov.au/kids

Check your privacy settings and talk about what to share — make your online accounts private and talk to

This activity was contributed by eSafety. Through our website, reporting schemes, education resources and work with the tech industry we help kids to keep themselves safe online.

esafety.gov.au

I'M DEADLY!

WHY?

To find out a bit about the child and how they see themselves - their strengths and dreams

The circle of friends activity helps your child understand the different people in their life – what their relationship is with these people, how your child should behave with them, and what behaviour is OK from those people. It can help keep them safe.

WHAT TO DO? Explain

- Everyone is different. These differences make you deadly.
- Talk about some of the things that you have noticed about them already things that you admire or you've noticed they do
- Let's take a look at some of the things that are important to you

Using the tool

- Work your way through the **I'm deadly** tool together
- Let the child know they can write words or draw pictures in each circle.
- Let them know if they don't want to fill a space in that's OK you can leave it blank or come up with ideas together



Be Careful

• Some kids can find it hard to talk about their strengths. Without taking over, gently give them some ideas or remind them about what others have told you - Your mum told me you were deadly atYou're great at making me laugh...

Finish

- Ask if you can take a copy so you don't forget
- Ask where they will display **I'm deadly** and who they would want to see it.

This activity is from **Child's Voice - Our children have the right to be heard**, which was created by the Victorian Aboriginal Child Care Agency (VACCA) and includes more activities designed specially for Aboriginal children. VACCA is a state-wide Aboriginal Community Controlled Organisation (ACCO) servicing children, young people, families, and community members. **www.vacca.org**

The Child's Voice resources are based on the Kids Central Toolkit, which was developed by Institute of Child Protection Studies, Australian Catholic University to help services place children in the centre of their work. Find out more at the Kids Central Website: www.acu.edu.au/icps/kids-central-toolkit



AUSTRALIAN CATHOLIC UNIVERSITY





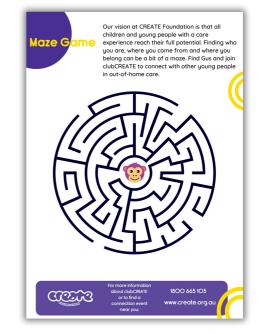
Child's Voice • 13

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CONNECT WITH CREATE MAZE

Life can sometimes feel like a bit of maze, so and your way to GUS the friendly Gorilla at CREATE Foundation.

Gus and the CREATE team can help you use your voice to create change in the out-of-care system.



This activity was contributed by CREATE Foundation www.create.org.au

Become a clubCREATE member: www.create.org.au/clubcreate-members/



About CREATE

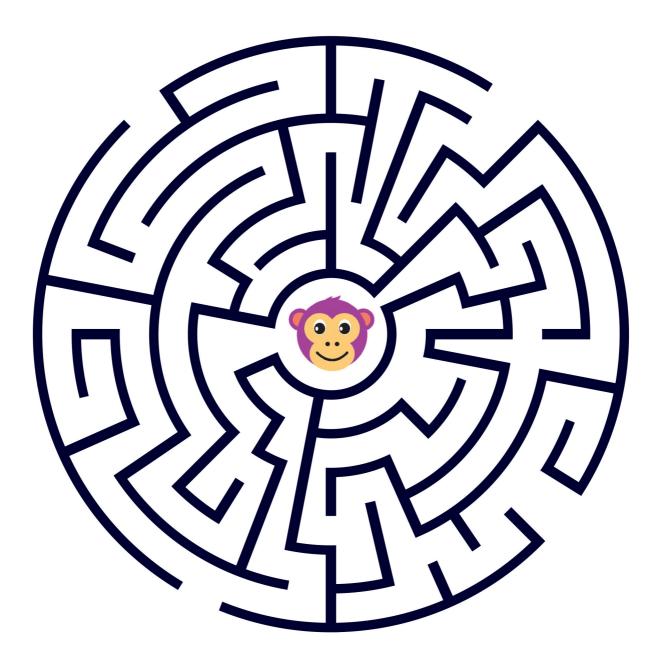
CREATE provides programs and services to children and young people with a statutory care experience and develops policy and research to advocate for a better care system. Their mission is to create a better life for children and young people in care by:

- Connecting children and young people to each other, CREATE and their community
- Empowering children and young people to build self-confidence, self-esteem and skills that enable them to have a voice and be heard
- Changing the care system, in consultation with children and young people, through advocacy to improve policies, practices and services, and increase community awareness.



Maze Game

Our vision at CREATE Foundation is that all children and young people with a care experience reach their full potential. Finding who you are, where you come from and where you belong can be a bit of a maze. Find Gus and join clubCREATE to connect with other young people in out-of-home care.





For more information about clubCREATE or to find a connection event near you:

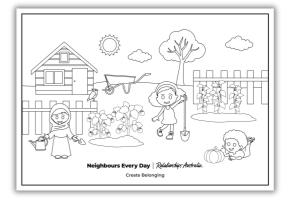
1800 665 105

www.create.org.au

BRIGHTEN UP YOUR NEIGHBOURHOOD!

Brighten up your neighbourhood. Use your favourite colours (crayons, pencils, markers, paints etc.) to colour these images of neighbours being friendly and kind to each other.

If you'd like to share your artwork you could write a thoughtful note on the back of your page and gift it to a neighbour.



This activity was contributed by **Relationships Australia**, a leading provider of relationship support services for individuals, families and communities. **www.relationships.org.au**

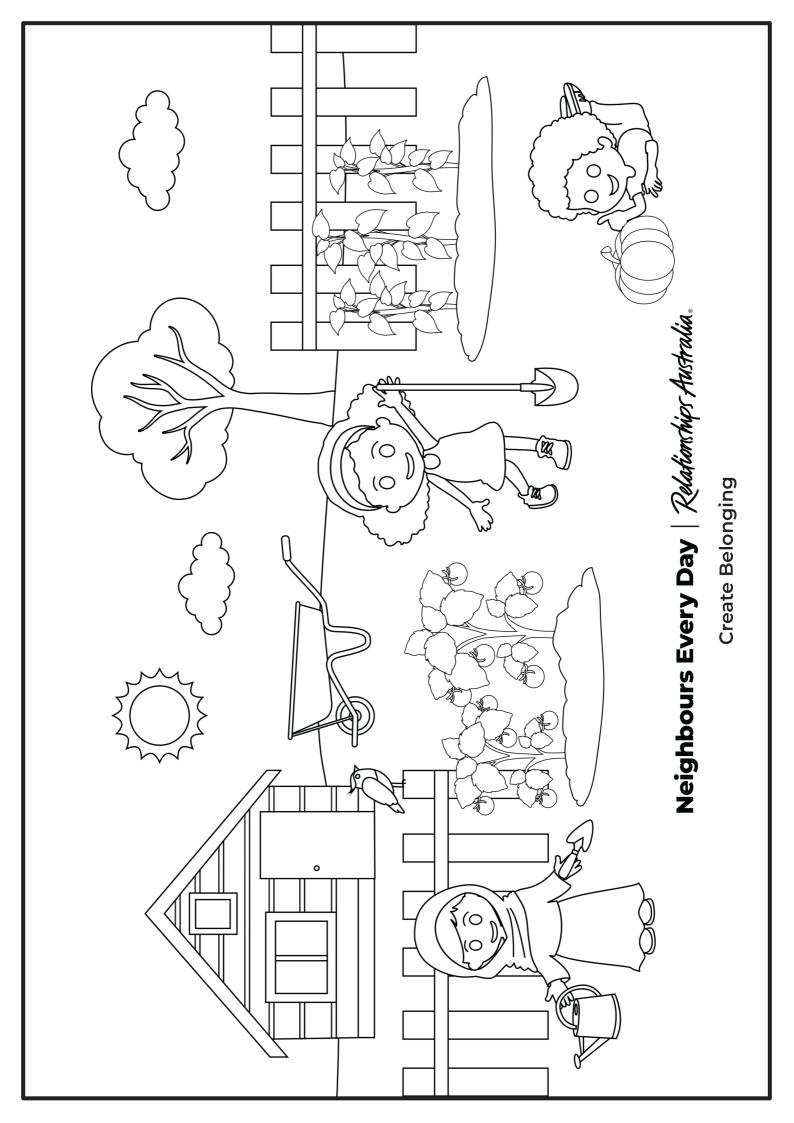
Relationships Australia aims to support all people in Australia to achieve positive and respectful relationships. With a childcentred approach to family relationships, Relationships Australia very much supports the efforts of NAPCAN and the theme of the campaign this year.

Neighbours Every Day (NED) is Relationships Australia's social connection campaign. It's annual day of action is Neighbour Day, a celebration of community on the last Sunday in March, encouraging people to connect with their neighbours and create belonging. **www.neighbourseveryday.org**

Relationships Australia.







WORD MAZE

Protecting children is everyone's business.

There are many people in your neighbourhood who you might be able to go to for help if you need it. See how many you can find in the word search puzzle.



This activity has been contributed by **Queensland Child Protection Week** which runs concurrently with National Child Protection Week. The enduring theme for Queensland Child Protection Week is **Protecting Children is Everybody's Business**.

For more information about Queensland activities, resources, awards and events visit www.childprotectionweek.org.au









Protecting children is everyone's business – play your part.

3–9 September 2023 www.childprotectionweek.org.au

Word maze

Can you find all 11 people and places that you can go to for help and support?

Polic Teacl		Sport co Hospital		Ambu Famil			ls Helpli cial wor		Doctor School	Cai	rer
S	0	С	Ι	А	L	W	0	R	к	Е	R
А	K	С	Ρ	0	L	Ι	С	Е	Е	Ρ	С
U	J	Н	Х	Р	U	Е	Ν	G	Е	Z	А
Ν	K	U	F	А	М	Ι	L	Y	Ν	0	М
I	Ρ	R	D	Z	F	D	F	S	Ι	Т	В
D	0	С	Т	0	R	Е	V	Ι	L	Y	U
E	Т	Н	L	G	0	F	Ν	0	Р	Н	L
D	Ν	Е	Ι	R	F	С	0	Ζ	L	0	А
Ν	Ι	С	Y	В	I	Н	V	S	Е	S	Ν
S	Ρ	0	R	Т	С	0	А	С	Н	Ρ	С
S	Е	R	U	S	L	U	С	В	S	I	Е
Т	Е	А	С	Н	Е	R	Ι	R	D	Т	Z
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А	Ν	С	А	R	Е	R	Т	Α	К	L	G

Proudly supported by







Kids Helpline: phone 1800 551 800 or go to www.kidshelpline.com.au

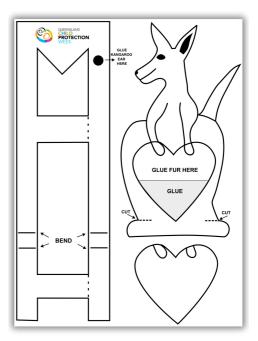
KANGAROO ART PROJECT

Hop into the Queensland Child Protection Week art project and show your support for protecting children and young people during Queensland Child Protection Week 2023.

For full instructions and to watch the 'How to make your Kangaroo' instruction video, head to the Communify website link:

https://communify.org.au/child-protectionweek-art-project/





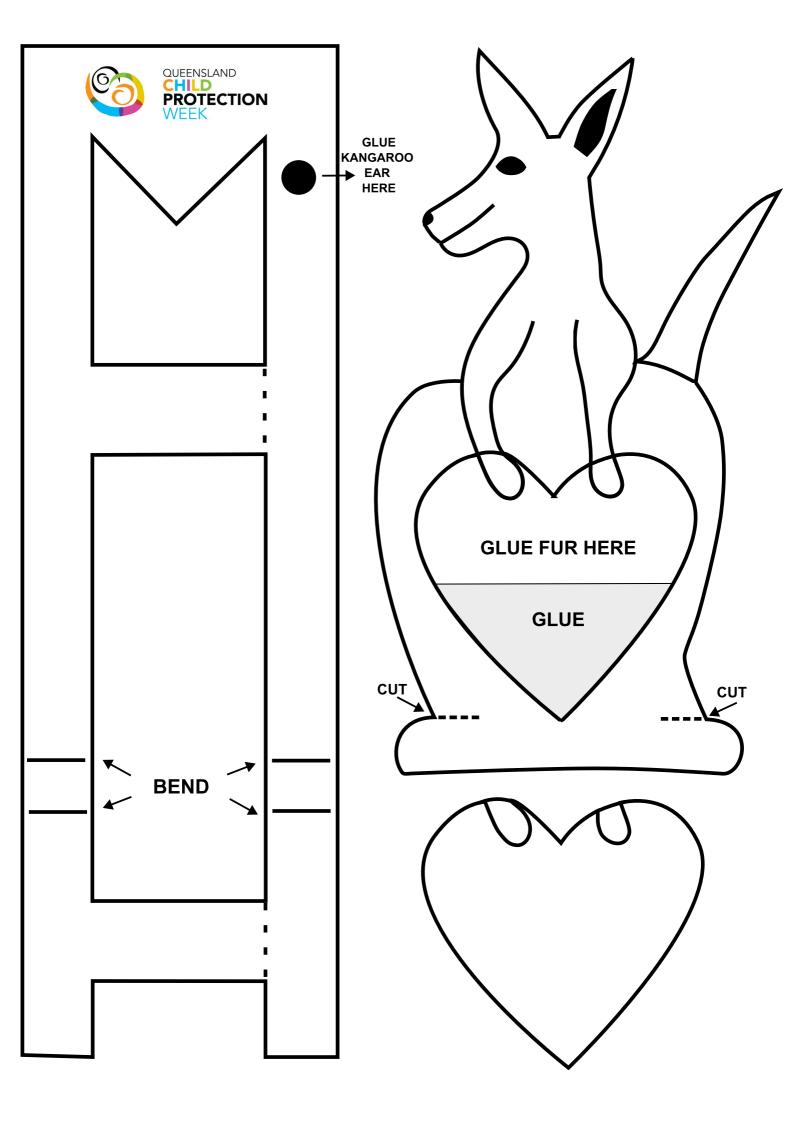
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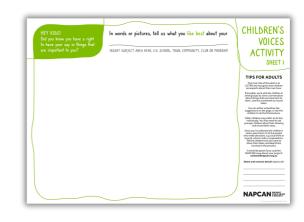
CHILDREN'S VOICES

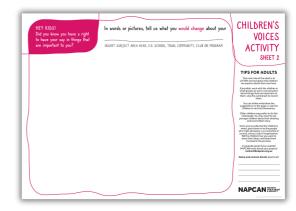
If we want to make our local communities great for children, we need to ask them what they think, because:

- Children experience the world differently from adults.
- Adults cannot guess what is important for children without asking them and listening to the answer.
- Children may have priorities that adults prefer not to think about.
- Children use community facilities in ways that are different from adults.

The aim of this activity is to provide a simple tool to help adults to start listening to, and acting on, the views of young people. A critical part of this project is to make sure that this feedback is actually used to inform decisions in the local community.

So, once you've done this activity, think about ways to pass on the children's suggestions to decision-makers such as local councils. Or get creative about how you display the drawings at your school or maybe even the local library.





The Children's Voices Activity was created by the **National Association for Prevention of Child Abuse and Neglect (NAPCAN)** as a tool to support organisations to listen to, and act on, the voices of children. To find out more about the work of NAPCAN including how to get involved with National Child Protection Week, visit **www.napcan.org.au**





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HΕΥ	Did

nave a right to have your say in things that are important to you?

In words or pictures, tell us what you like best about your

INSERT SUBJECT AREA HERE, E.G. SCHOOL, TOWN, COMMUNITY, CLUB OR PROGRAM

VOICES **CHILDREN'S** SHEET I ACTIVITY

TIPS FOR ADULTS

LISTEN and recognise that children are experts about their own lives. The main role of the adult is to

small groups to start a conversation about things that are important to them. Use this worksheet to record If possible, work with the children in ideas. You can either write/draw the suggestions on the page, or ask the children to do that themselves.

younger children about their drawing Older children may prefer to do this individually. You may need to ask and record their story.

who make decisions, e.g. local shire or council, school, club or organisation. Once you've collected the children's views, pass them on to the people Tell the children how you want to share their ideas, and keep them involved in the process.

It would be great if you could let NAPCAN know about your project! **contact@napcan.org.au**

Name and contact details (optional):

NAPCAN CHILDABUSE CHILDABUSE

HEY KIDS! Did you know you have a right	In words or pictures, tell us what you would change about your	CHILDREN'S
to have your say in things that are important to you?	INSERT SUBJECT AREA HERE, E.G. SCHOOL, TOWN, COMMUNITY, CLUB OR PROGRAM	ACTIVITY
		SHEET 2
		TIPS FOR ADULTS
		The main role of the adult is to LISTEN and recognise that children are experts about their own lives.
		If possible, work with the children in small groups to start a conversation about things that are important to them. Use this worksheet to record ideas.
		You can either write/draw the suggestions on the page, or ask the children to do that themselves.
		Older children may prefer to do this individually. You may need to ask younger children about their drawing and record their story.
		Once you've collected the children's views, pass them on to the people who make decisions, e.g. local shire or council, school, club or organisation. Tell the children how you want to share their ideas, and keep them involved in the process.
		It would be great if you could let NAPCAN know about your project! contact@napcan.org.au
		Name and contact details (optional):
		NAPCAN CHILDABUSE NAPCAN CHILDABUSE

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SUPPORT AND SAFETY CIRCLE

The aim of this activity is for children to make a Support and Safety Circle of trusted adults they can go to for help, and places and things that help them to feel safe.

Activity

1. Explain to children that they are going to make their own Support and Safety Circle of adults in their life and community who:

- look out for them
- they trust and feel safe with
- they could go to for help and support

2. Provide each child with a **Support and Safety Circle** handout (next page). A3 size is best.

3. Invite them to **draw a picture or put a photo** of themselves in **Circle 1** (centre).

4. For Circle 2, invite children to write or draw:

- **people close to them** who they trust and feel safe with (e.g. family and friends)
- the **adults they could talk to** if they were feeling happy, excited, upset, unsafe or worried
- the **things or items that are important** to them and that help them to feel comfortable and safe (e.g. toys, pets, comfort items)

5. For **Circle 3**, invite children to write or draw:

- **community members** who they trust and feel safe with (e.g. teachers, support workers, local business owners or workers)
- **places** where they feel safe and welcome (e.g. school, childcare, shop, library, parks).



6. Help children to work out ways they can invite the adults they have identified to be in their Support and Safety Circle, so each adult understands what this means (i.e. that the child trusts them to listen to and support them).

Ideas could include:

- writing or drawing an invitation for each person (which could include the qualities identified by the child)
- writing or drawing a group invitation if a number of children have identified a community member or service, e.g. a particular teacher, or the local library
- inviting adults in the children's circles to a community and family celebration.

This activity was contributed by NAPCAN.

Safer Communities for Children is an inclusive, culturally safe, whole-of-community protective behaviours approach, specifically designed for young children aged four to eight years. It is based on bush animal stories with specific messages about safety that also reinforce community responsibility to value and protect children.









SUPPORT AND SAFETY CIRCLE



EVERY CHILD IN EVERY COMMUNITY NEEDS A FAIR GO

WHERE WESTART MATTERS

NATIONAL CHILD PROTECTION WEEK 2023

