



**Everyone Needs
to Feel Safe**

Connect with children

This story is intended to support you as you create your own special moments of connection with your child/children. One of the greatest gifts you can give your children is a healthy self esteem. **Children who feel valued and who trust themselves and the adults that care for them, have the tools to develop healthy self esteem.** As a parent or carer, you can help your child/children to feel valued by spending time with them, playing games, reading books or just listening to them.



The **Safer Communities For Children** approach is all about sharing stories that can be used to **start important conversations** with children about safety. Each of the six available stories has important messages for our children about how they can think and talk about safety with trusted grown ups.

The stories also help adults to understand what makes children feel safe and unsafe. **Within the stories you will find questions that may help children to share their feelings with you.** There are also links to activities you can use to continue these important conversations.

We hope this book provides you with another special opportunity to **connect with the children you care for** and that in that connection, you recognise how important you are in their lives and the positive impact you can have in keeping them safe.

STORY 1

THE BIG IDEA

Children do well when they feel safe



Benny Bilby feels safe when...
**he cooks a feed
with his mob.**

Ling Ling lizard feels safe when...
**she's playful with
her sisters.**





Kenny Kangaroo feels safe when...
**he sits and talks
with mum.**



Kirra Kookaburra feels safe when...
her neighbours laugh with her.




WHAT HELPS
YOU FEEL
SAFE?

Sasha Snake feels safe when...
he picnics in the sun.



Luca Ladybird feels safe when...
he has a peaceful place to be.



HOW DOES IT FEEL
WHEN YOU JUMP AND
DANCE AND SPIN?

When Effie Emu
feels safe she likes to...
**jump and dance
and spin.**



WE ALL NEED
TO FEEL SAFE

When Kasey Koala
feels safe she can...
**share her
thoughts and
feelings.**

When Pamir Platypus feels safe he likes to...
swing and slide and swim:



When Charlie Cockatoo feels safe they like to...
wear their favourite hat.



When Dani Dingo
feels safe she likes to...
sing the loudest song.

When Frankie Frog feels safe he can...
**smile and laugh and
tell funny stories.**



A watercolor illustration of a possum, Polly Possum, climbing a tree. She is shown from the side, clinging to a horizontal branch with her tail wrapped around it. The tree trunk is brown and textured. The background is white with scattered colorful dots in purple, yellow, and green.

When Polly Possum feels safe she...
climbs the tallest trees.

When Wiley Wombat
feels safe he...
**dreams and
soundly sleeps.**





WHAT DO YOU LIKE
TO DO WHEN YOU
FEEL SAFE?



ACTIVITY

Support and Safety Circle

Invite children to make a Support and Safety Circle of adults in their life and community who:

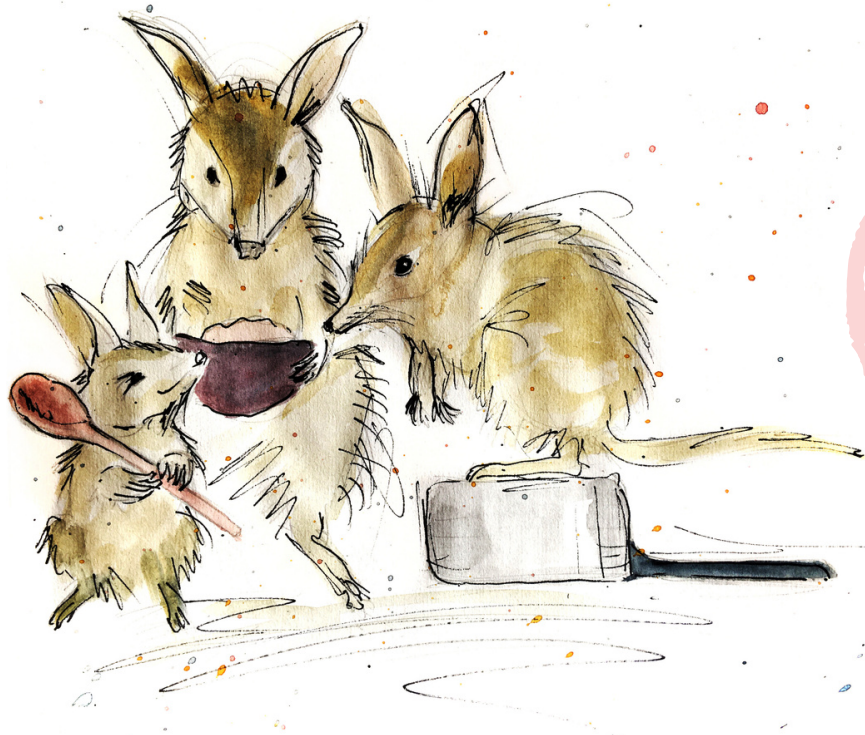
- look out for them
- they trust and feel safe with, and
- they could go to for help and support



DRAW OR WRITE ABOUT
THE PEOPLE, ACTIVITIES OR
PLACES THAT HELP YOU
FEEL SAFE.....



DRAW OR WRITE ABOUT
THE THINGS YOU LIKE TO
DO WHEN YOU FEEL
SAFE.....



EXPLAIN TO YOUR CHILD THAT WE ALL HAVE THE RIGHT TO FEEL SAFE WITH PEOPLE.

Ask your child what are the times or situations
where they feel safe?

How does "safe" feel in their body?

How does "unsafe/uncomfortable" feel different?

Help them to pay attention to safe signals like feeling calm and relaxed, breathing slowly, feeling happy and warm inside. Also unsafe signals like their heart beating faster, feeling sick in their tummy, nervous, shaky feelings, tense muscles, feeling sweaty and hot.

Ask your child how they might show you
(or another adult) that they feel safe?

How do they show they feel worried or unsafe?

Help your child to understand that it is important pay attention to the clues that their body gives them about how they are feeling and tell a trusted adult if they feel worried/unsafe.



LET'S TALK...

NEED A BIT OF
EXTRA SUPPORT?



<https://parentline.com.au/>
<https://www.13yarn.org.au/>
<https://kidshelpline.com.au/>



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