

# PROTECTIVE BEHAVIOURS WORKBOOK

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My book all  
about being safe



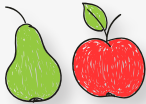
We all have  
the right to  
feel safe at  
all times



## But what is a right?

Rights are all the things we need to grow  
up to be healthy, safe and strong.

Like...the right to:



Good food



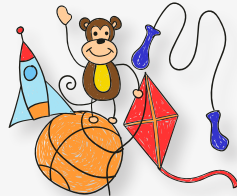
A safe  
place  
to live



Water



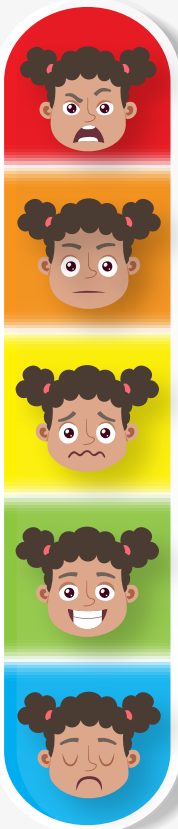
To learn and  
go to school



Play

# My feelings matter

Everyone has the right to be able to express how they feel. It is important that we can talk to trusted family and friends any time we need to share our emotions or need help to deal with how we feel.



## FURIOUS

I need help to stay safe

## MAD

I need to take a break and use a calming strategy

## WORRIED OR SCARED

I need to stop and breathe. I can also use a sensory strategy to relax

## HAPPY

I am feeling good!

## SAD OR TIRED

I can ask for help, a hug, or a break

# I am the boss of my body



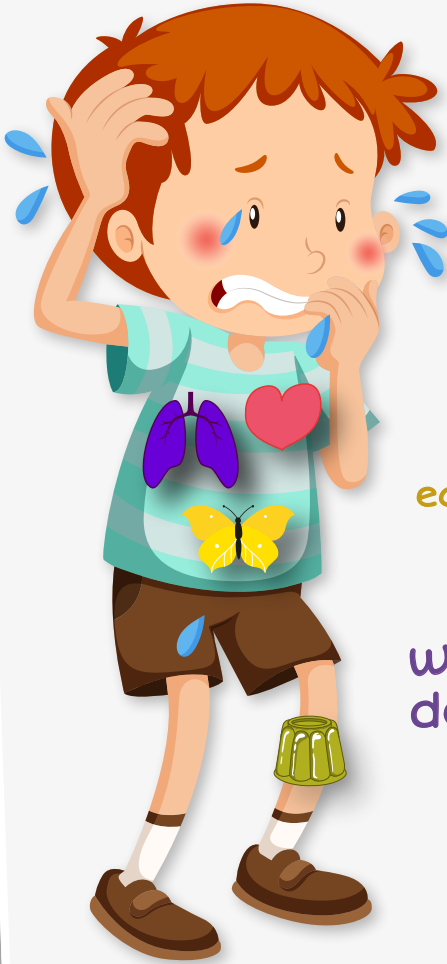
Everyone has a personal space bubble and the right to say what goes.



I can always say **NO**  
or **STOP** when I feel  
uncomfortable.

# My early warning signs

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When I'm doing something exciting, or I feel scared, challenged or unsafe, my body has some signs that will let me know.

We call these early warning signs.

What early warning signs do you have??

# Colouring Game

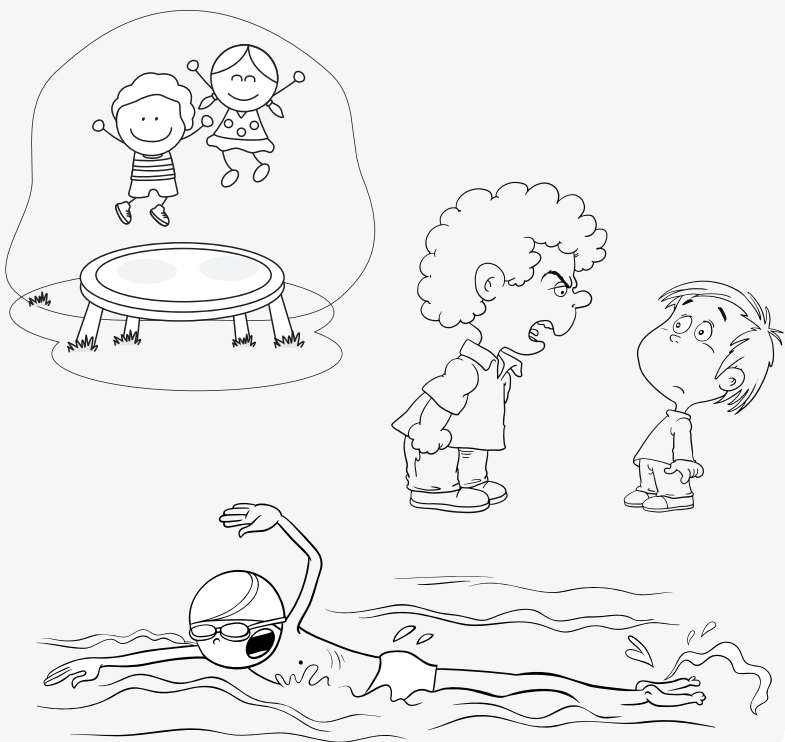
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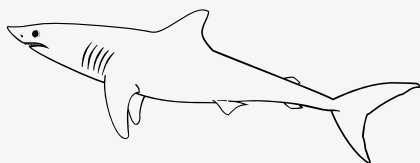
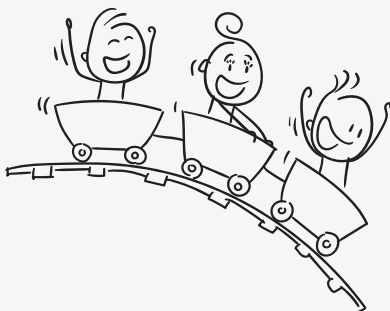
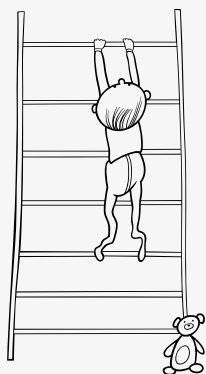
## HOW TO PLAY

SAFE - colour all the pictures that look safe

UNSAFE - put a **cross** through all the pictures that look unsafe

FUN TO FEEL SCARED - circle all the pictures that looks fun but can also make you feel a little nervous or scared







We can talk with  
someone about  
anything no  
matter what it is

Who are all the people  
we could talk to...





# My Safety Team

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The trusted people on my safety team must be:

1. An **adult**
2. **Listen** to me
3. **Believe** me
4. Be **available** for me
5. **Take action** to help me feel safe again



Other people who could help are...

Emergency services: 000



kids**helpline**  
Anytime | Any Reason

1800 55 1800

# Secrets

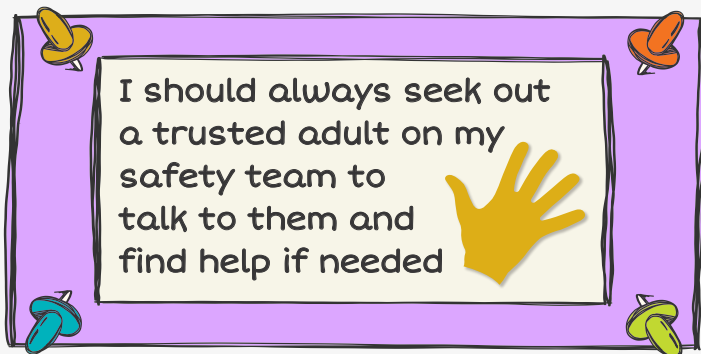
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Sometimes I know things, overhear things or people tell me things that make me feel **scared**, **worried**, **sad**, **unsafe** or **uncomfortable**.

We call these  
**SECRETS**.

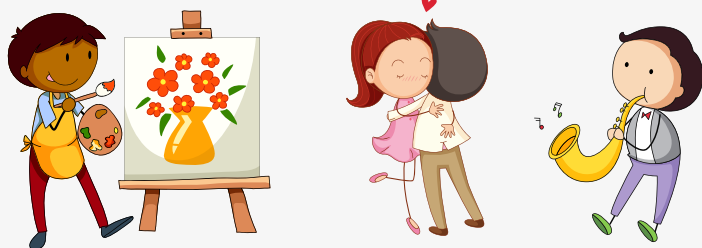
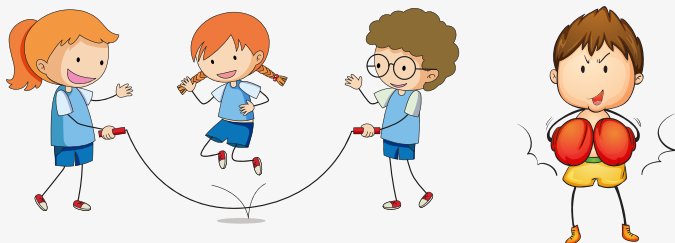
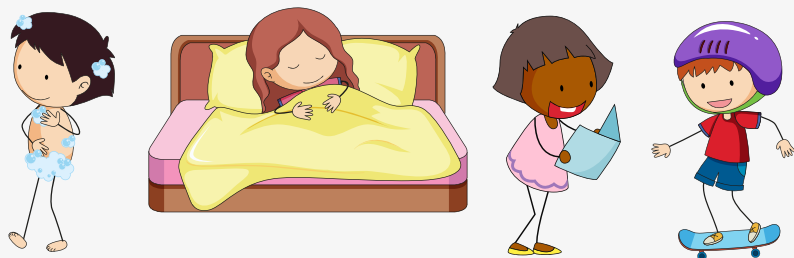


Sometimes people might tell me never to tell, they might lie to me, trick me or buy me things to make me keep a secret.  
This is not ok.



# Things I can do when I need to feel calm again

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One thing I could try is....



# Tips to keep safe online

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- 
1. Keep **personal information offline** - like your address, phone number and email address
  2. **Turn on privacy settings** - ask an adult to help when setting up your account
  3. **Decline messages / friend requests** from people you and your parent's don't know
  4. **Stop and think** before you post online - it will stay in cyberspace forever!
  5. If you get a rude or unsafe message / picture from **someone that gives you EWS** - **tell an adult** and get their help to block and report the person

Being online can be loads of fun, but it is important that we know how to keep safe!

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6. Meeting up with people you meet online **can be very unsafe** - speak with your carer /parent about this

7. Keep your **passwords** to apps and devices **private** - it may be safe to share these with adults on your safety hand

8. Play with your devices in the public spaces within your house - that way you know an **adult** is always **close by** if you need help

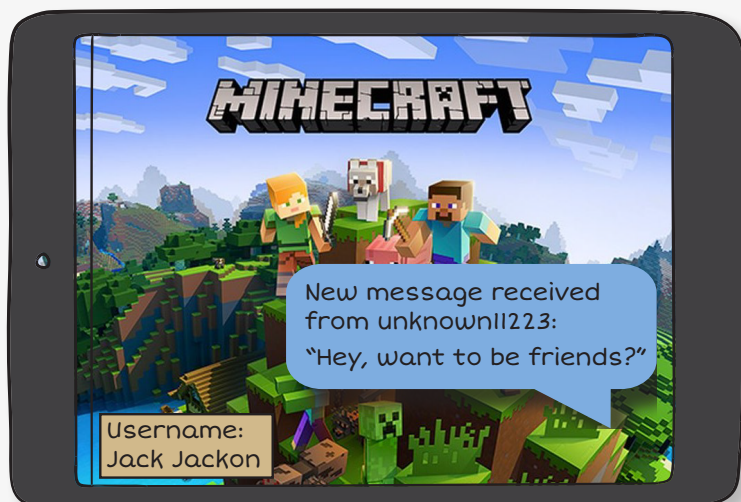
9. **Respect others** - posting mean comments can be very hurtful

10. **Are you old enough?** Apps including Snapchat, Instagram and Facebook require users to be 13 years and older

# Let's help keep Jack safe online!



Jack's playing Minecraft, can you give him some tips on how to keep safe while online?



Circle all the options that would help keep Jack safe online:

1. Reject the message and inform an adult
2. Delete the game and never play again
3. Use alias as username (a nickname, not full name)
4. Respond to message

# Helpful apps and websites for kids

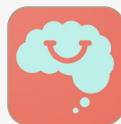
## Apps for the kids...



Sleep  
Meditations  
for Kids



Stop,  
Breathe &  
Think Kids



Smiling  
Mind



The  
Bears



Kids Yoga  
Challenge



Yoga for Kids



or [gogoyogakids.com](http://gogoyogakids.com)

## Some helpful websites for parents and carers to learn more about how to support children...

[commonsensemedia.org](http://commonsensemedia.org)



[thinkuknow.co.uk](http://thinkuknow.co.uk)

[esafety.gov.au](http://esafety.gov.au)



eSafetyCommissioner





DELIVERED IN  
PARTNERSHIP  
WITH THE  
WA POLICE



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