

# Teach your child how to keep themselves safe

**As your child gets older, they become increasingly independent and may spend time away from you or with a babysitter/ carer. As part of the journey of growing up, it's important to speak to your child about being safe. Let them know:**

## Tip 1

It's OK to say NO if they think what they're being asked to do is or feels wrong.

## Tip 2

If they feel they're in danger, it's OK to yell, scream, kick or run to a safe place that you and your child have both agreed on – such as a neighbour or friend.

## Tip 3

Make sure that you tell your child that you would never send a stranger to pick them up.

## Tip 4

They can tell a lie, even to an adult, if they need to get away from someone who makes them feel unsafe.

## Tip 5

To use a 'code' word you both have agreed on, to let you know they're not feeling safe; as an example, using your first name when talking to you on the phone.

## Tip 6

Their body is their own – once a child no longer needs nappies to be changed or help with toileting, a carer or any other person should not touch their private areas.

## Tip 7

To tell you or another adult if they have any problems or if someone is making them feel unsafe.

## Tip 8

A babysitter or any other adult should not ask a child to keep a secret.

## Tip 9

Not to give out personal information online, including their school, suburb, sporting team or nicknames and to never meet someone they have met online in person.

