

RESOURCE BOOKLET

PRESCHOOL TO YEAR 6



EVERYONE HAS THE RIGHT TO FEEL SAFE

A Child Safety Initiative of the Daniel Morcombe Foundation Inc.



CONTENT & ACTIVITIES



Keeping Kids Safe Resources

This booklet forms an important part of our Keeping Kids Safe Resources.

The booklet contains activities suitable for preschool children to Year 6 students.

We believe these resources will encourage positive discussions and in turn, promote better decision making and safer outcomes.

The Respectful Relationships material is age specific for Prep to Year 6. We have recreated everyday situations that are realistic and relevant. How an accident, misunderstanding or confrontation will end may be different to how it could end, or how it should end. It is about choices.

Educating children about how to keep safe is the way forward. We trust you will find this resource booklet helpful.

The age recommendation is a guide only. We suggest that parents, teachers and carers assess the material and use the resources that are suitable for the developmental level of the child.

We trust you will find the videos helpful and the accompanying worksheets in this booklet equally beneficial.

**Keep safe,
Daniel Morcombe Foundation team.**

Don't forget,
all videos and
activities are
available on
our website!



We have recreated everyday situations that are realistic and relevant. How an accident, misunderstanding or confrontation will end may be different to how it could end, or how it should end. It is about choices.

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ACTIVITIES GUIDE

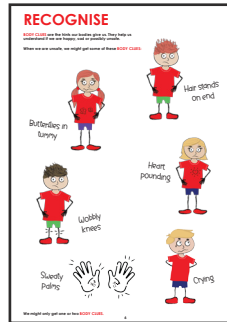
Resources in the booklet by page:



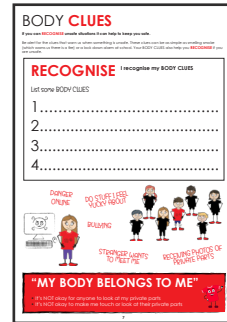
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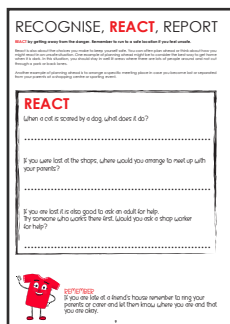
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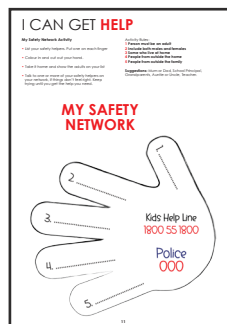
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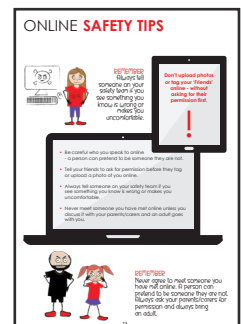
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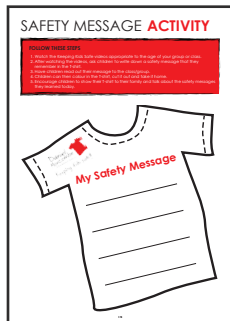
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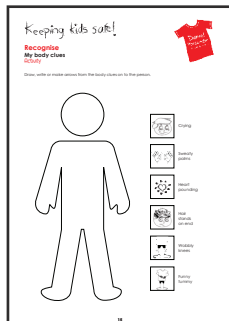
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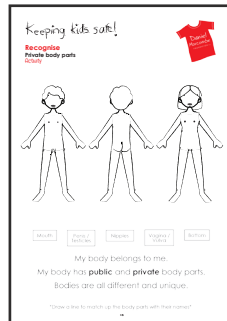
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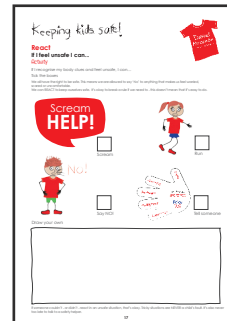
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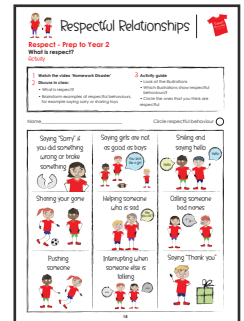
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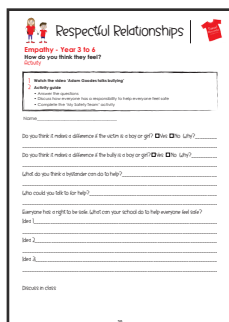
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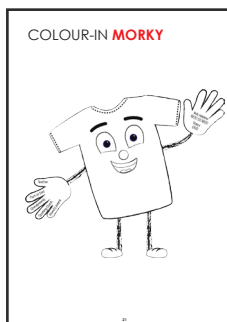
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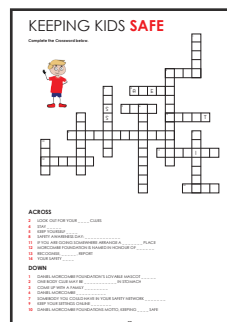
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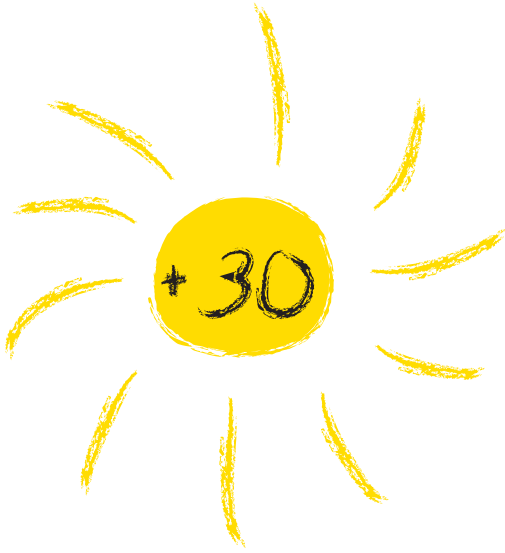
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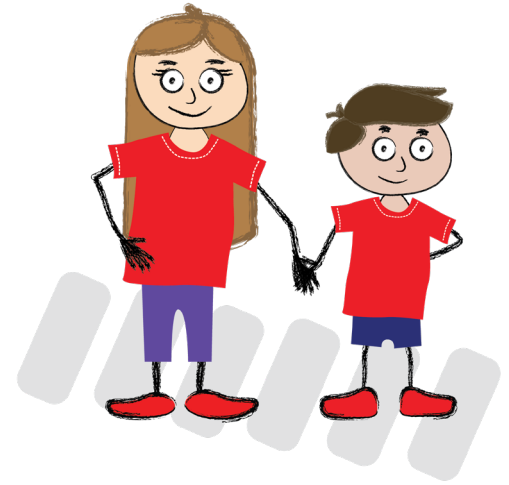
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SAFETY RULES

We need rules to protect us, our homes, our friends and our community.



We have rules to
cross the
road safely



We have rules when playing
sport and visiting friends

We have rules
about being Sun
Smart



We have rules about
keeping our bedroom
tidy at home

At the beach we
know to swim
between the flags



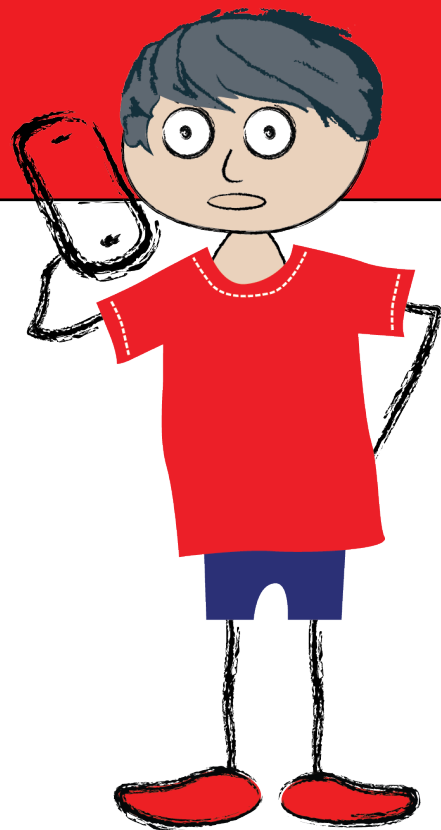
THINGS TO REMEMBER

When visiting friends or playing sports it's important to remember your personal safety.

Here are some safety rules to remember.

TELL SOMEONE

- Where you are going
- What time you will be home
- Who you are with
- If you change your plans



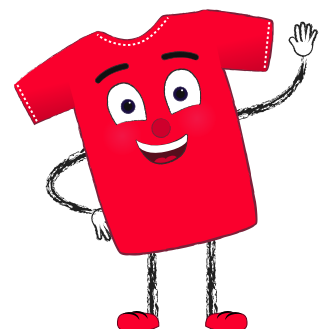
If you are late or change your plans, call your parents or carer and let them know



Always travel with a friend

REMEMBER

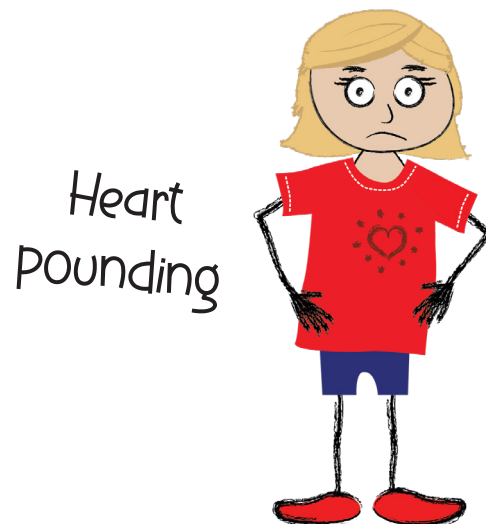
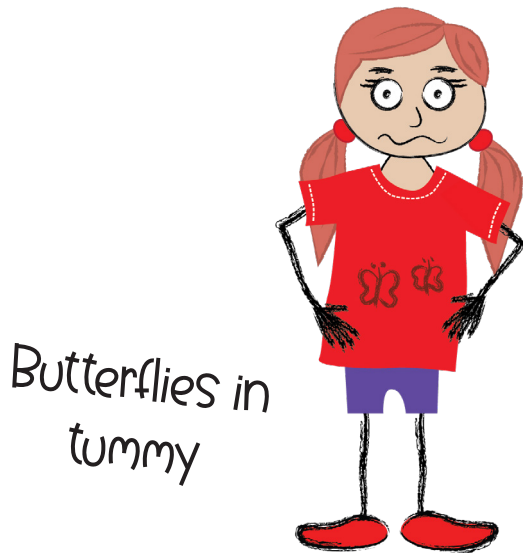
If you are unsure or feel unsafe, then it's ok to say "NO" or break a rule to get away.



RECOGNISE

BODY CLUES are the hints our bodies give us. They help us understand if we are happy, sad or possibly unsafe.

When we are unsafe, we might get some of these **BODY CLUES**:



We might only get one or two **BODY CLUES**.

BODY CLUES

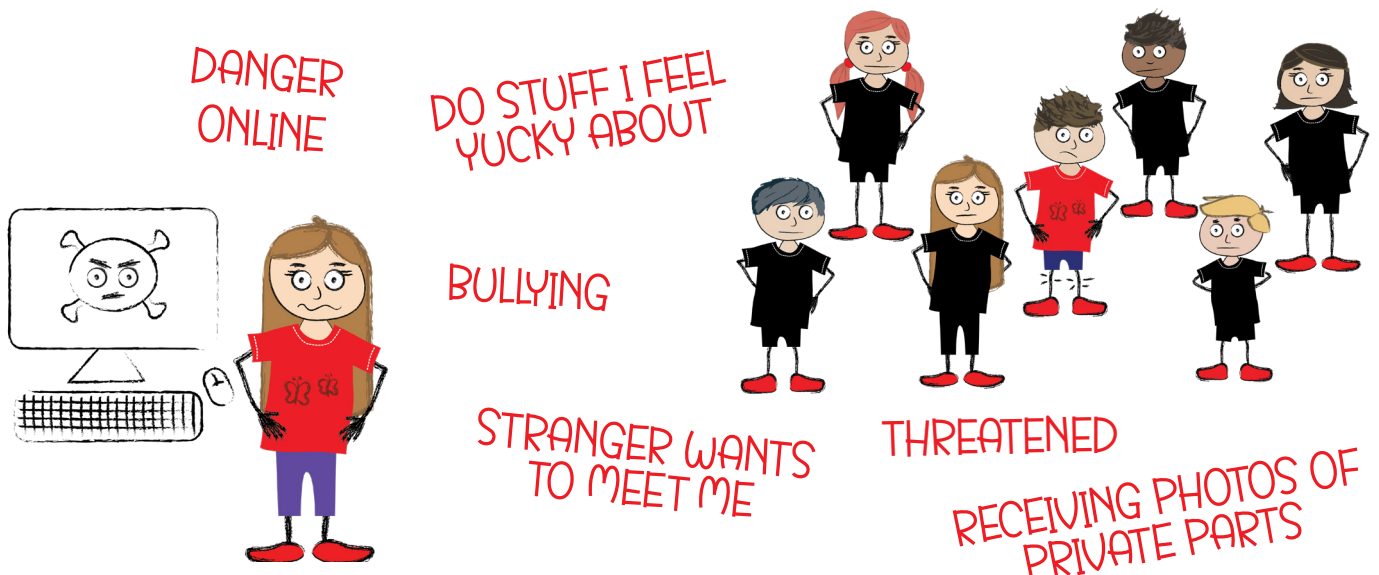
If you can **RECOGNISE** unsafe situations it can help to keep you safe.

Be alert for the clues that warn us when something is unsafe. These clues can be as simple as smelling smoke (which warns us there is a fire) or a lock down alarm at school. Your BODY CLUES also help you **RECOGNISE** if you are unsafe.

RECOGNISE I recognise my BODY CLUES

List some BODY CLUES

- 1
- 2
- 3
- 4



“MY BODY BELONGS TO ME”

- It's NOT okay for anyone to look at or photograph my private parts
- It's NOT okay to make me touch or look at their private parts



REACT

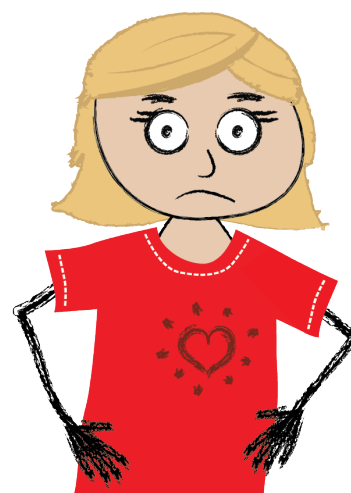
If you feel scared, confused, sad or upset you can **REACT**.

We all have the right to be safe. This means we are allowed to say 'No' to anything that makes us feel worried, scared or uncomfortable. We can **REACT** to keep ourselves safe. It's okay to break a rule if we need to - this doesn't mean that it's easy to do.



Ring a safety helper

It's ok to say "NO"
if you feel unsafe
or unsure



If someone couldn't - or didn't - react in an unsafe situation, that's okay. Tricky situations are **NEVER** a child's fault. It's also never too late to talk to a safety helper.

RECOGNISE, **REACT**, REPORT

REACT by getting away from the danger. Remember to run to a safe location if you feel unsafe.

React is also about the choices you make to keep yourself safe. You can often plan ahead or think about how you might react in an unsafe situation. One example of planning ahead might be to consider the best way to get home when it is dark. In this situation, you should stay in well lit areas where there are lots of people around and not cut through a park or back lanes.

Another example of planning ahead is to arrange a specific meeting place in case you become lost or separated from your parents at a shopping centre or sporting event.

REACT

When a cat is scared by a dog, what does it do?

.....

If you were lost at the shops, where would you arrange to meet up with your parents?

.....

If you are lost it is also good to ask an adult for help.
Try someone who works there first. Would you ask a shop worker for help?

.....



REMEMBER
If you are late at a friend's house remember to ring your parents or carer and let them know where you are and that you are okay.

REPORT

This is a really important safety message.

This means telling an adult in your life who cares about your safety when there is a problem.
It's adults who can keep you safe from harm and who can make a situation safe again for you.

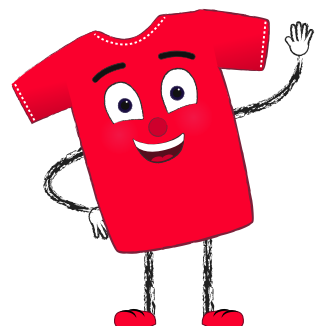


"I CAN GET HELP"

Create a Safety Team of adults and Organisations who you know will LISTEN TO YOU, BELIEVE YOU AND HELP YOU.



REMEMBER
If you are not getting the help you need, keep trying until you do.



I CAN GET **HELP**

My Safety Team Activity

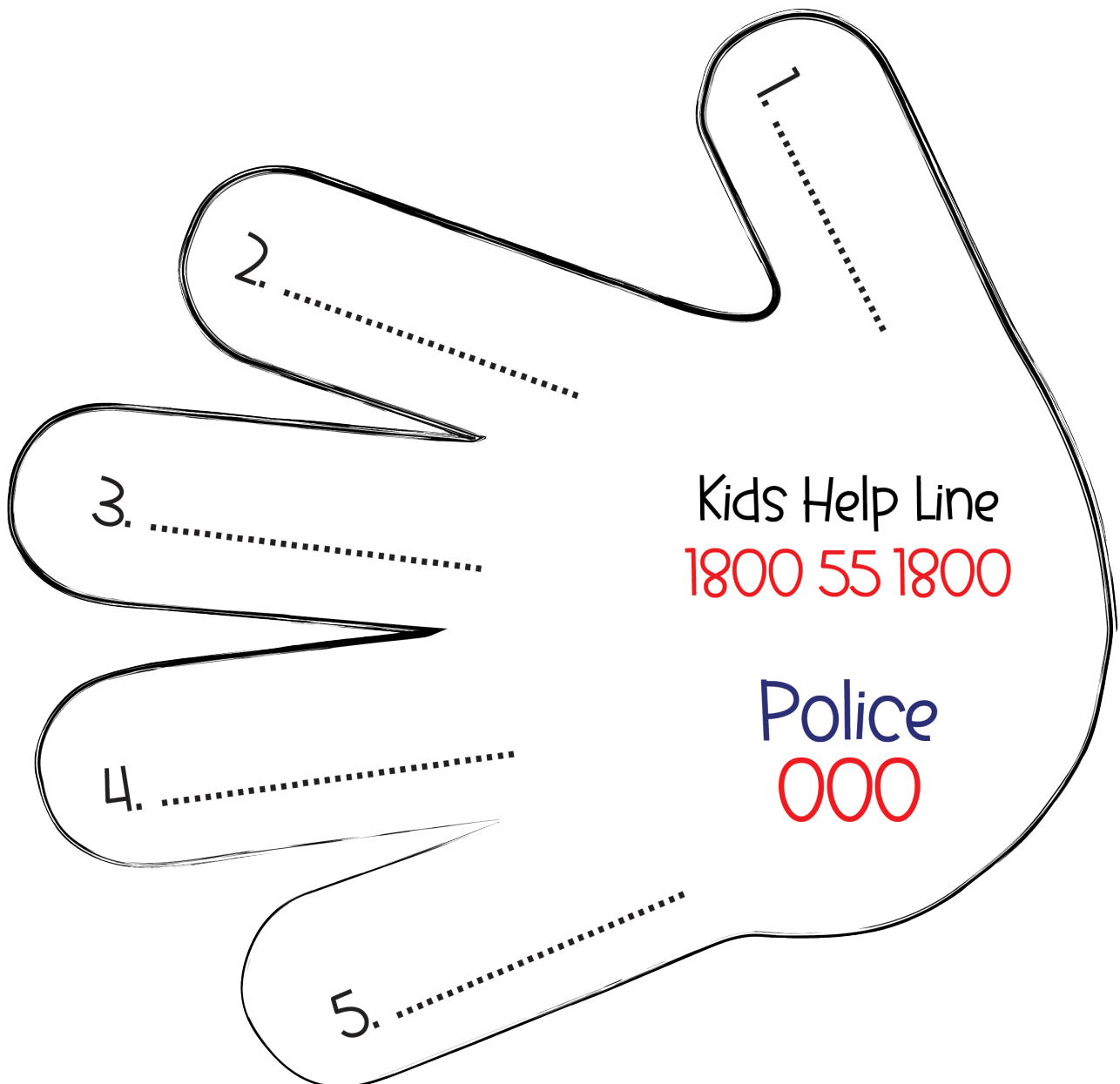
- List your safety helpers. Put one on each finger.
- Colour in and cut out your hand.
- Take it home and show the adults on your list.
- Talk to one or more of your safety helpers on your team, if things don't feel right. Keep trying until you get the help you need.

Activity Rules:

- 1 Person must be an adult**
- 2 Include both males and females**
- 3 People who live at home**
- 4 People from outside the home**
- 5 People from outside the family**

Suggestions: Mum or Dad, School Principal, Grandparents, Auntie or Uncle, Teacher.

MY SAFETY TEAM



ONLINE SAFETY TIPS

Most children and teenagers are active online and staying safe online has never been more important.

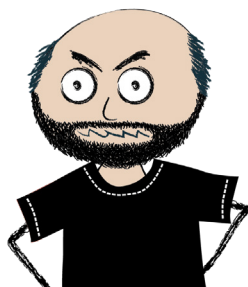
Here are a few tips for online safety. Remember, if it doesn't feel right, it probably isn't.

- Set your profile to **PRIVATE** on all online sites, apps and chat rooms.
- Do not give out your address, telephone number, parent's work address or telephone number and even your school name without your parent's permission.
- Do not accept 'Friend' requests from people you do not personally know - even if it's a friend of a friend.
- Have a strong password - a combination of upper and lower cases and symbols.

Keep your
password a
secret - don't
even tell your
friends.



I am a girl.
I am 13 years old.
I have a pony.

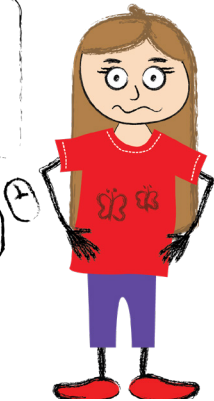
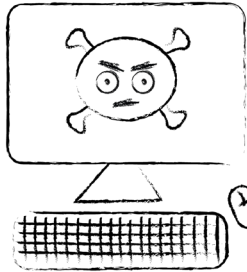


REMEMBER

It's easy for a person to lie about their identity online. Don't accept friend requests from anyone you don't know. Even if it's a friend of a friend.



ONLINE SAFETY TIPS



REMEMBER
Always tell someone on your safety team if you see something you know is wrong or makes you uncomfortable.

Don't upload photos or tag your 'Friends' online - without asking for their permission first.



- Be careful who you speak to online - a person can pretend to be someone they are not.
- Tell your friends to ask for permission before they tag or upload a photo of you online.
- Always tell someone on your safety team if you see something you know is wrong or makes you uncomfortable.
- Never meet someone you have met online unless you discuss it with your parents/carers and an adult goes with you.



REMEMBER

Never agree to meet someone you have met online. A person can pretend to be someone they are not. Always ask your parents/carers for permission and always bring an adult.

SAFETY MESSAGE **ACTIVITY**

FOLLOW THESE STEPS

1. Watch the Keeping Kids Safe videos appropriate to the age of your group or class.
2. After watching the videos, ask children to write down a safety message that they remember in the T-shirt.
3. Have children read out their message to the class/group.
4. Children can then colour in the T-shirt, cut it out and take it home.
5. Encourage children to show their T-shirt to their family and talk about the safety messages they learned today.

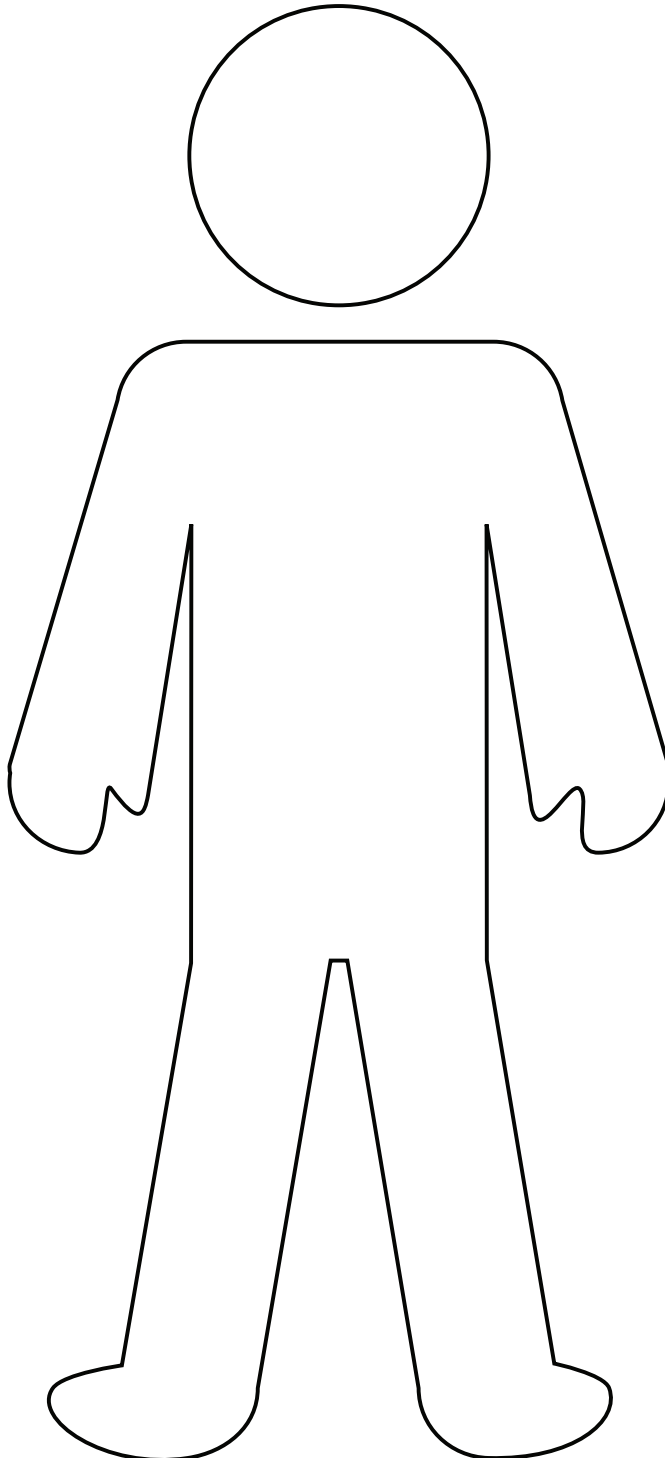


Keeping kids safe!

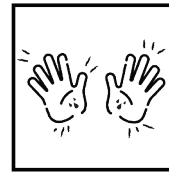
Recognise My body clues Activity



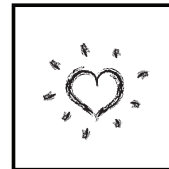
Draw, write or make arrows from the body clues on to the person.



Crying



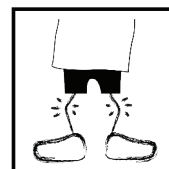
Sweaty
palms



Heart
pounding



Hair
stands
on end



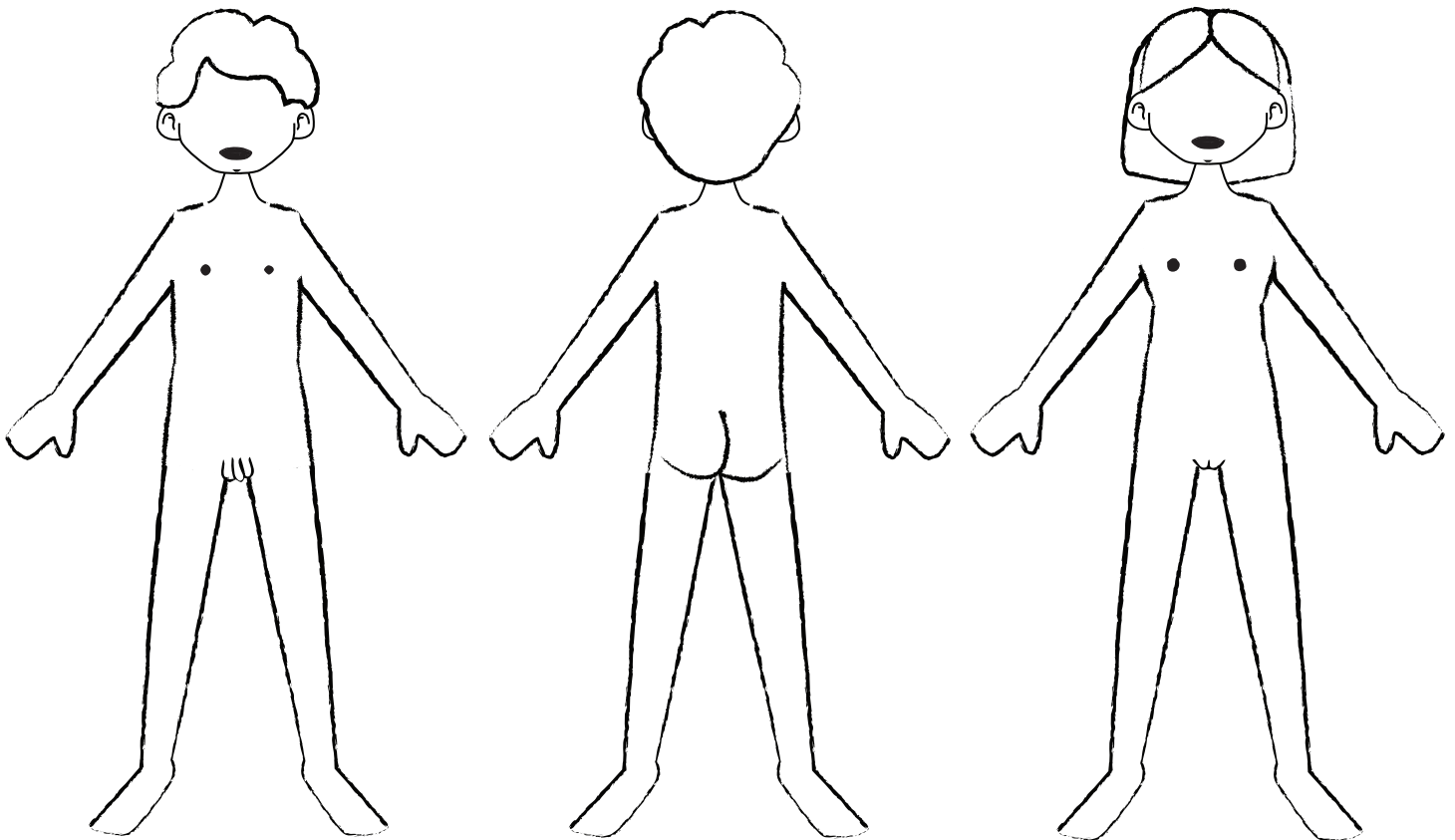
Wobbly
knees



Funny
tummy

Keeping kids safe!

Recognise Private body parts Activity



Mouth

Penis /
Testicles

Nipples

Vagina /
Vulva

Bottom

My body belongs to me.

My body has **public** and **private** body parts.

Bodies are all different and unique.

Draw a line to match up the body parts with their names

Keeping kids safe!



React

If I feel unsafe I can...

Activity

If I recognise my body clues and feel unsafe, I can...

Tick the boxes

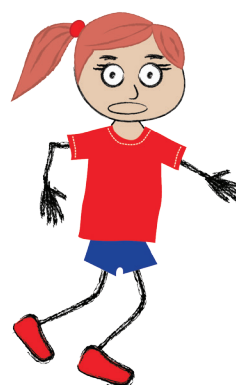
We all have the right to be safe. This means we are allowed to say 'No' to anything that makes us feel worried, scared or uncomfortable.

We can REACT to keep ourselves safe. It's okay to break a rule if we need to - this doesn't mean that it's easy to do.

Scream
HELP!

☐

Scream

☐

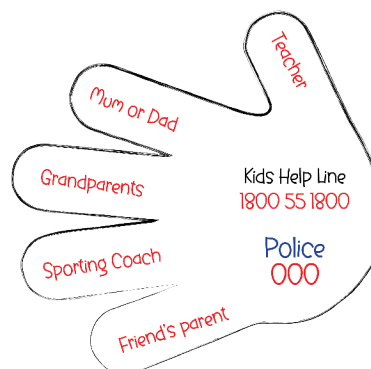
Run



No!

☐

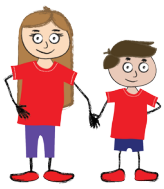
Say NO!

☐

Tell someone

Draw your own

If someone couldn't - or didn't - react in an unsafe situation, that's okay. Tricky situations are NEVER a child's fault. It's also never too late to talk to a safety helper.



Respectful Relationships



Respect - Prep to Year 2

What is respect?

Activity

1 Watch the video 'Homework Disaster'

2 Discuss in class:

- What is respect?
- Brainstorm examples of respectful behaviours, for example saying sorry or sharing toys

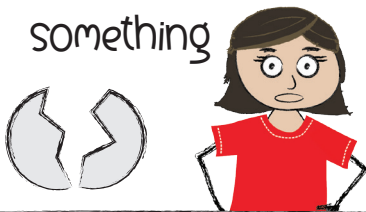
3 Activity guide

- Look at the illustrations
- Which illustrations show respectful behaviours?
- Circle the ones that you think are respectful

Name _____

Circle respectful behaviour ☐

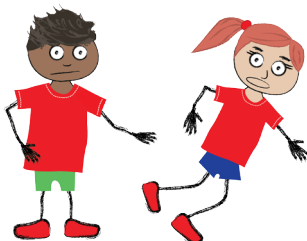
Saying "Sorry" if
you did something
wrong or broke
something



Sharing your game



Pushing
someone



Saying girls are not
as good as boys



Helping someone
who is sad



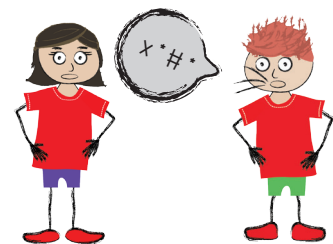
Interrupting when
someone else is
talking



Smiling and
saying hello



Calling someone
bad names



Saying "Thank you"





Respectful Relationships



Empathy - Year 3 to 6

How do you think they feel?

Activity

1 Watch the video 'Footy Fight'

2 Discuss in class:

- What is empathy?
- How do you think you would feel in these situations?
- Who can help you when you need it?

3 Activity guide

- Look at the illustrations
- Draw or write your answer

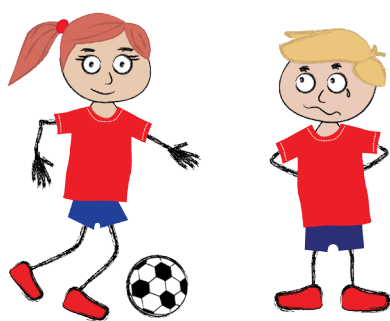
Name _____

Draw or write your answer 😊 ☹️

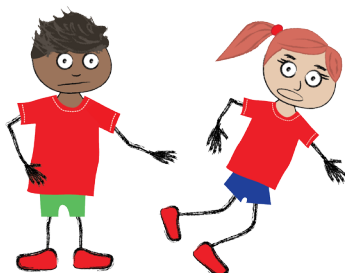
You hurt someone...



You see someone who is upset...



A boy pushes a girl and says he did it because he 'likes' her.



How can you make things right?

How would you feel?

Name adults who can help:

How should you treat others?



Respectful Relationships



Empathy - Year 3 to 6

How do you think they feel?

Activity

1 Watch the video 'Adam Goodes talks bullying'

2 Activity guide

- Answer the questions
- Discuss how everyone has a responsibility to help everyone feel safe
- Complete the 'My Safety Team' activity

Name _____

Do you think it makes a difference if the victim is a boy or girl? ☐ Yes ☐ No Why? _____

Do you think it makes a difference if the bully is a boy or girl? ☐ Yes ☐ No Why? _____

What do you think a bystander can do to help? _____

Who could you talk to for help? _____

Everyone has a right to be safe. What can your school do to help everyone feel safe?

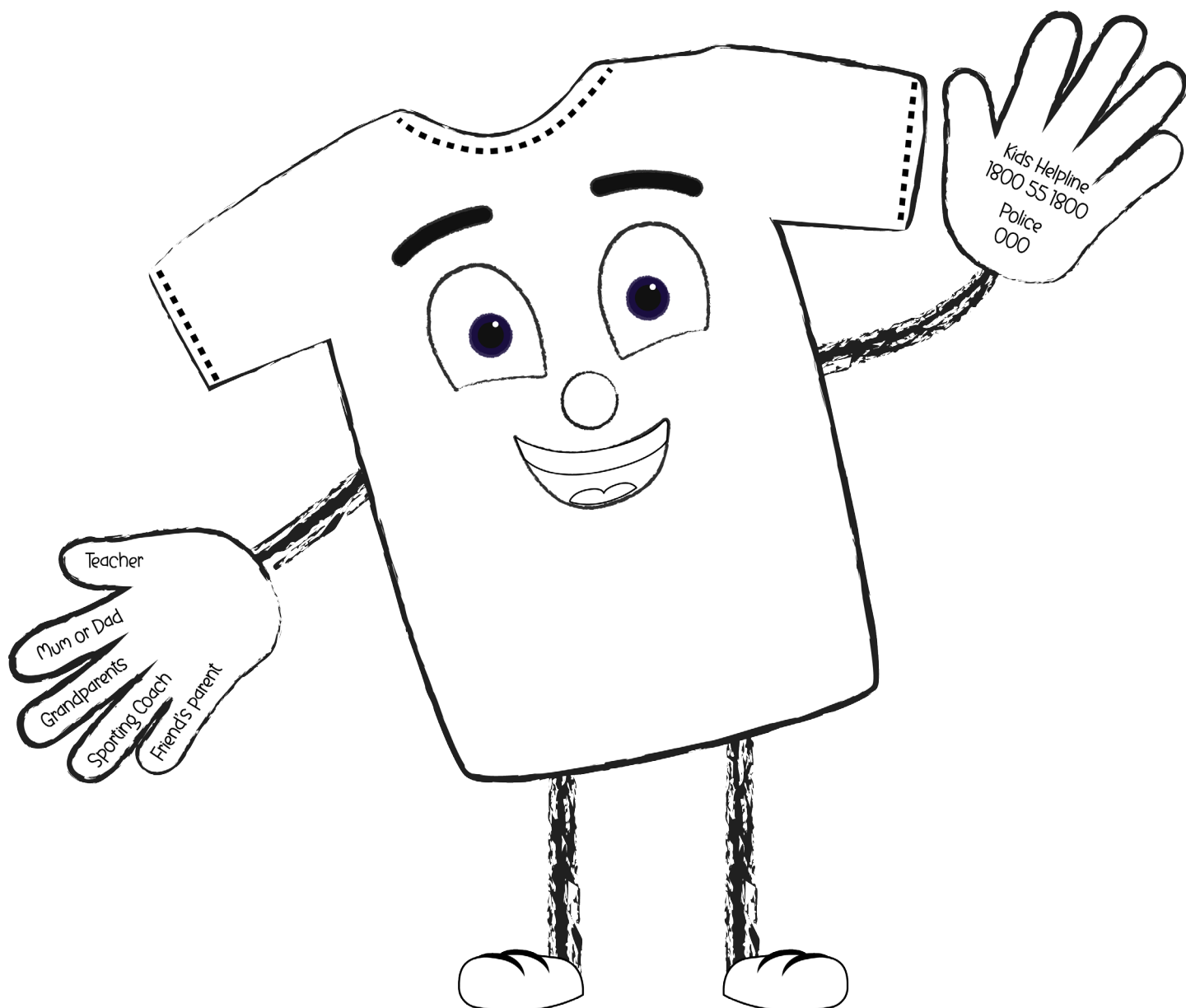
Idea 1 _____

Idea 2 _____

Idea 3 _____

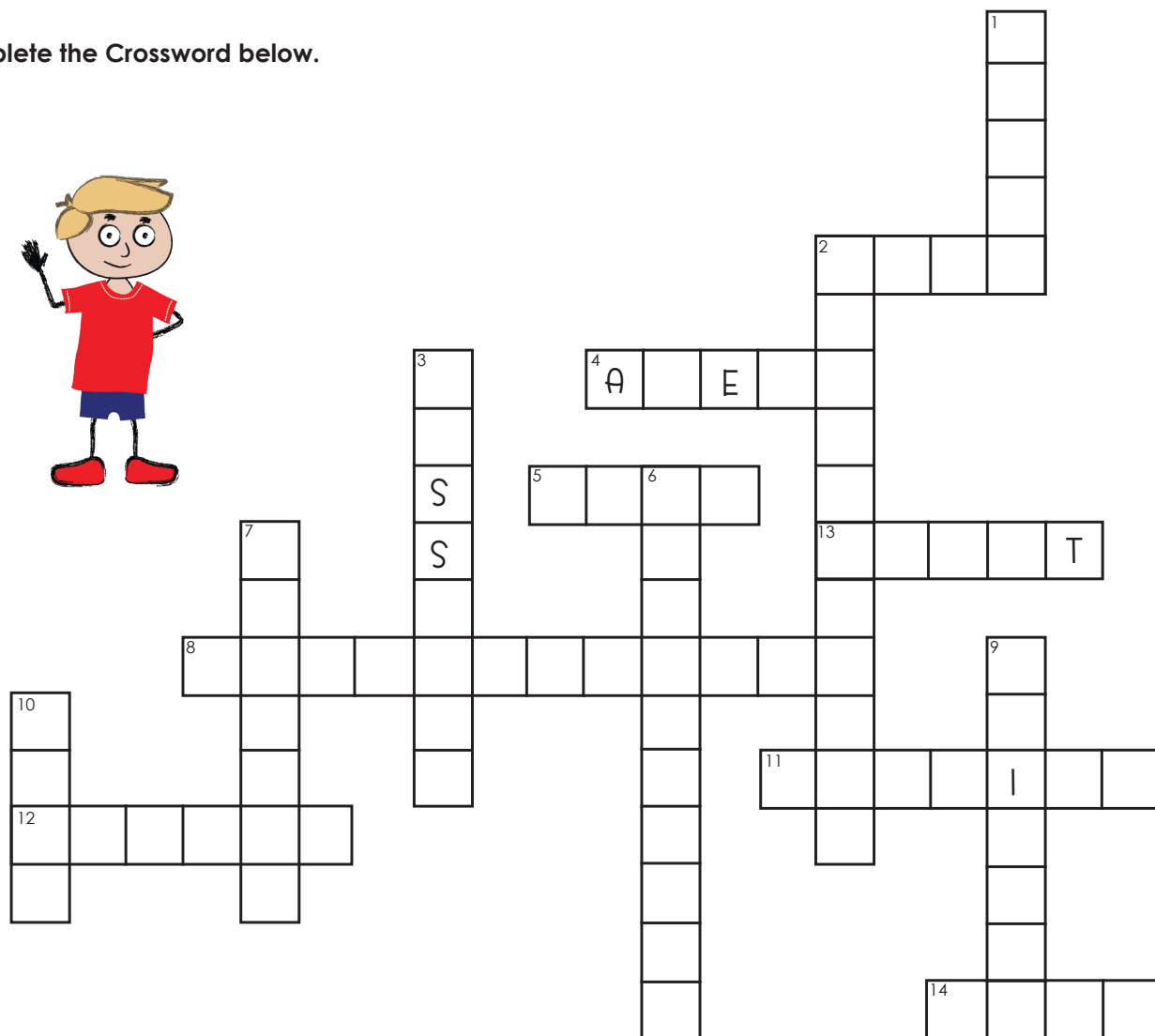
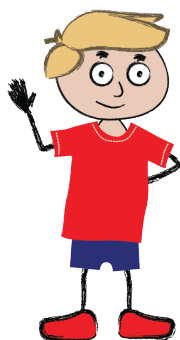
Discuss in class

COLOUR-IN **MORKY**



KEEPING KIDS **SAFE**

Complete the Crossword below.



ACROSS

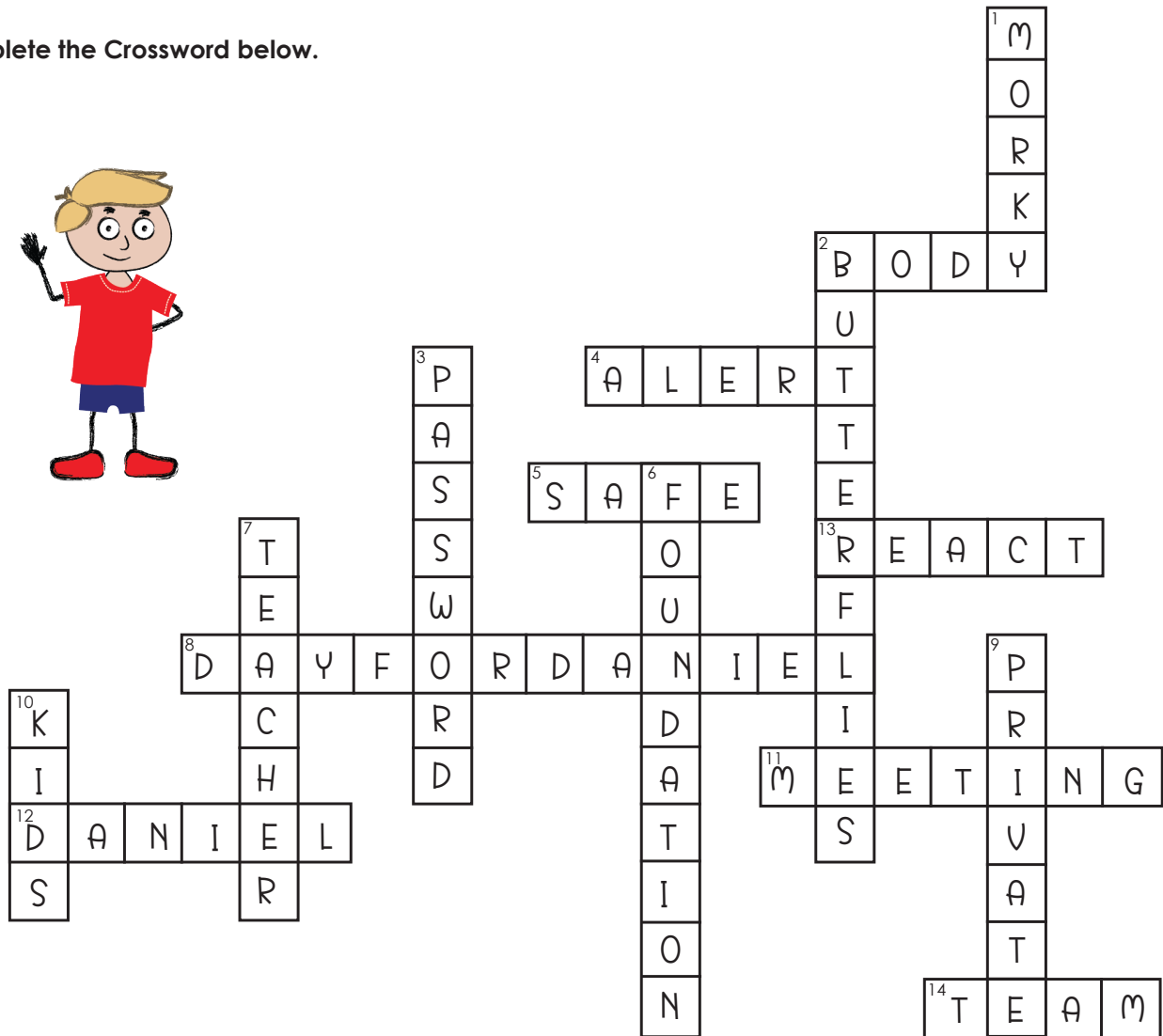
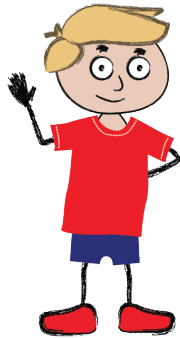
- 2** LOOK OUT FOR YOUR ____ CLUES
- 4** STAY _____
- 5** KEEP YOURSELF _____
- 8** SAFETY AWARENESS DAY: _____
- 11** IF YOU ARE GOING SOMEWHERE ARRANGE A _____ PLACE
- 12** MORCOMBE FOUNDATION IS NAMED IN HONOUR OF _____
- 13** RECOGNISE, _____, REPORT
- 14** YOUR SAFETY _____

DOWN

- 1** DANIEL MORCOMBE FOUNDATION'S LOVABLE MASCOT _____
- 2** ONE BODY CLUE MAY BE _____ IN STOMACH
- 3** COME UP WITH A FAMILY _____
- 6** DANIEL MORCOMBE _____
- 7** SOMEBODY YOU COULD HAVE IN YOUR SAFETY NETWORK _____
- 9** KEEP YOUR SETTINGS ONLINE _____
- 10** DANIEL MORCOMBE FOUNDATIONS MOTTO, KEEPING _____ SAFE

KEEPING KIDS **SAFE**

Complete the Crossword below.



ACROSS

- 2 LOOK OUT FOR YOUR ____ CLUES
- 4 STAY _____
- 5 KEEP YOURSELF _____
- 8 SAFETY AWARENESS DAY: _____
- 11 IF YOU ARE GOING SOMEWHERE ARRANGE A _____ PLACE
- 12 MORCOMBE FOUNDATION IS NAMED IN HONOUR OF _____
- 13 RECOGNISE, _____, REPORT
- 14 YOUR SAFETY _____

DOWN

- 1 DANIEL MORCOMBE FOUNDATION'S LOVABLE MASCOT _____
- 2 ONE BODY CLUE MAY BE _____ IN STOMACH
- 3 COME UP WITH A FAMILY _____
- 6 DANIEL MORCOMBE _____
- 7 SOMEBODY YOU COULD HAVE IN YOUR SAFETY NETWORK _____
- 9 KEEP YOUR SETTINGS ONLINE _____
- 10 DANIEL MORCOMBE FOUNDATIONS MOTTO, KEEPING _____ SAFE

WORD SEARCH

Find safety words hidden in the grid below.

T	E	L	L	L	F	E	Q	H	F	D	E	M	Q	K	P
D	O	B	H	H	F	A	W	A	R	E	N	E	S	S	H
E	B	N	O	A	I	Q	A	N	S	T	A	O	U	K	S
O	E	W	S	D	L	N	O	I	T	A	D	N	U	O	F
S	B	Q	B	M	Y	T	L	P	P	E	H	G	L	W	Y
K	M	P	L	M	R	C	S	R	F	C	A	G	R	I	E
Z	O	O	C	E	R	T	L	S	F	L	U	M	U	S	Q
P	C	B	L	F	E	E	V	U	D	R	H	I	I	Z	Y
A	R	A	T	A	A	H	C	A	E	V	N	N	Y	D	K
S	O	L	Q	U	C	Z	N	P	S	S	G	E	O	Z	N
S	M	L	G	S	T	I	O	M	L	O	M	M	N	Y	J
W	B	T	K	P	E	R	A	A	C	S	F	X	F	P	G
O	Y	Q	L	L	T	R	A	E	X	G	R	J	S	P	W
R	M	F	Q	S	T	Y	R	Y	V	B	N	T	Q	A	T
D	F	C	O	N	F	I	D	E	N	C	E	I	M	H	Y
Y	N	R	L	K	S	U	P	P	O	R	T	I	T	M	J

ACT
ALERT
AWARENESS
BODY CLUES
CONFIDENCE
DANIEL

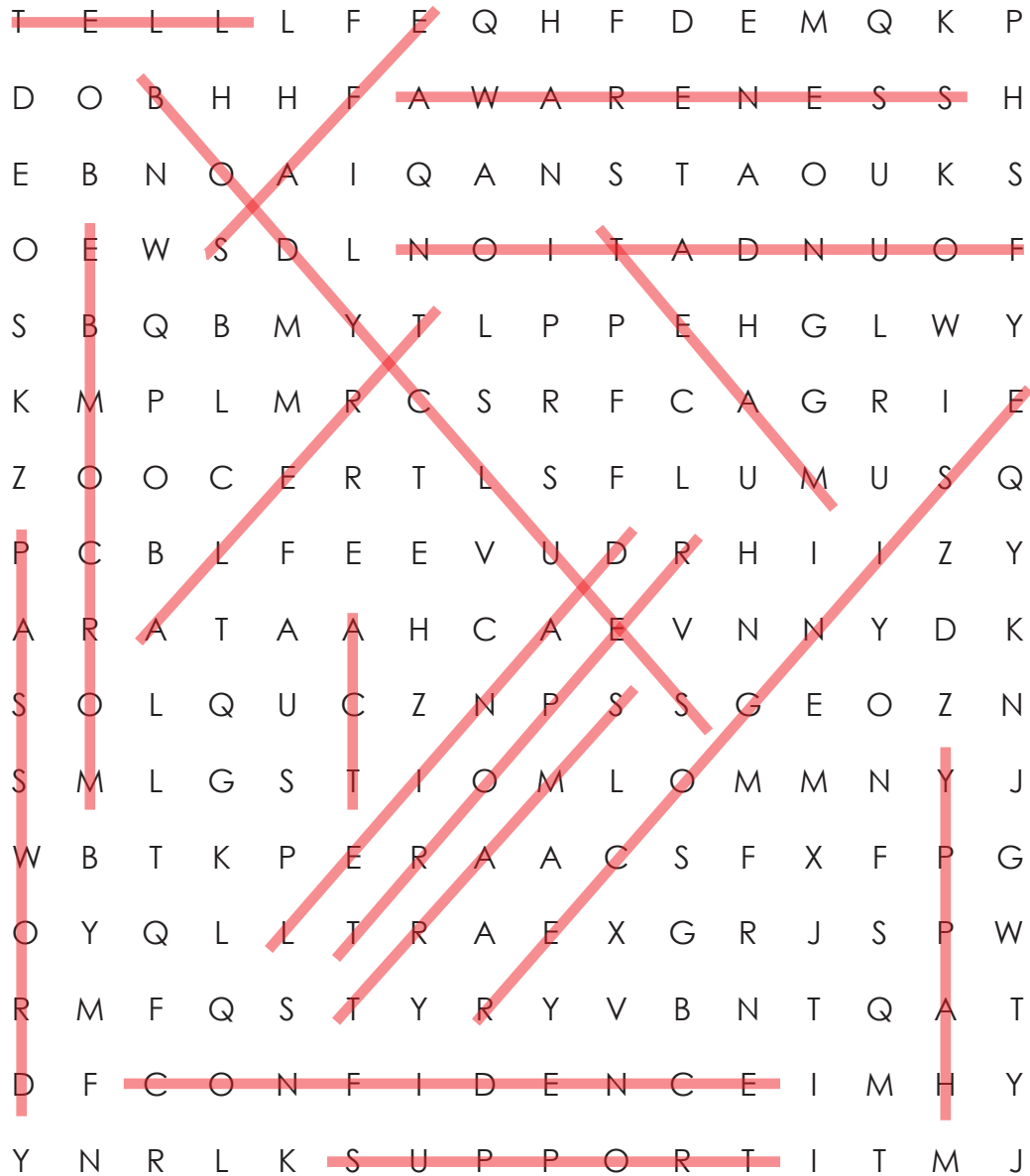
FOUNDATION
HAPPY
MORCOMBE
PASSWORD
REACT
RECOGNISE

REPORT
SAFE
SMART
SUPPORT
TEAM
TELL



WORD SEARCH

Find safety words hidden in the grid below.



ACT

ALERT

AWARENESS

BODY CLUES

CONFIDENCE

DANIEL

FOUNDATION

HAPPY

MORCOMBE

PASSWORD

REACT

RECOGNISE

REPORT

SAFE

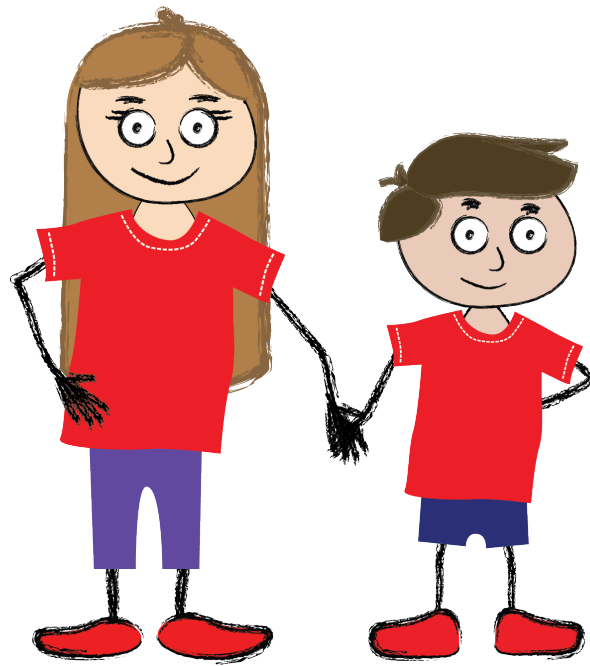
SMART

SUPPORT

TEAM

TELL





Daniel
Morcombe 
FOUNDATION Inc.
Keeping kids safe!