

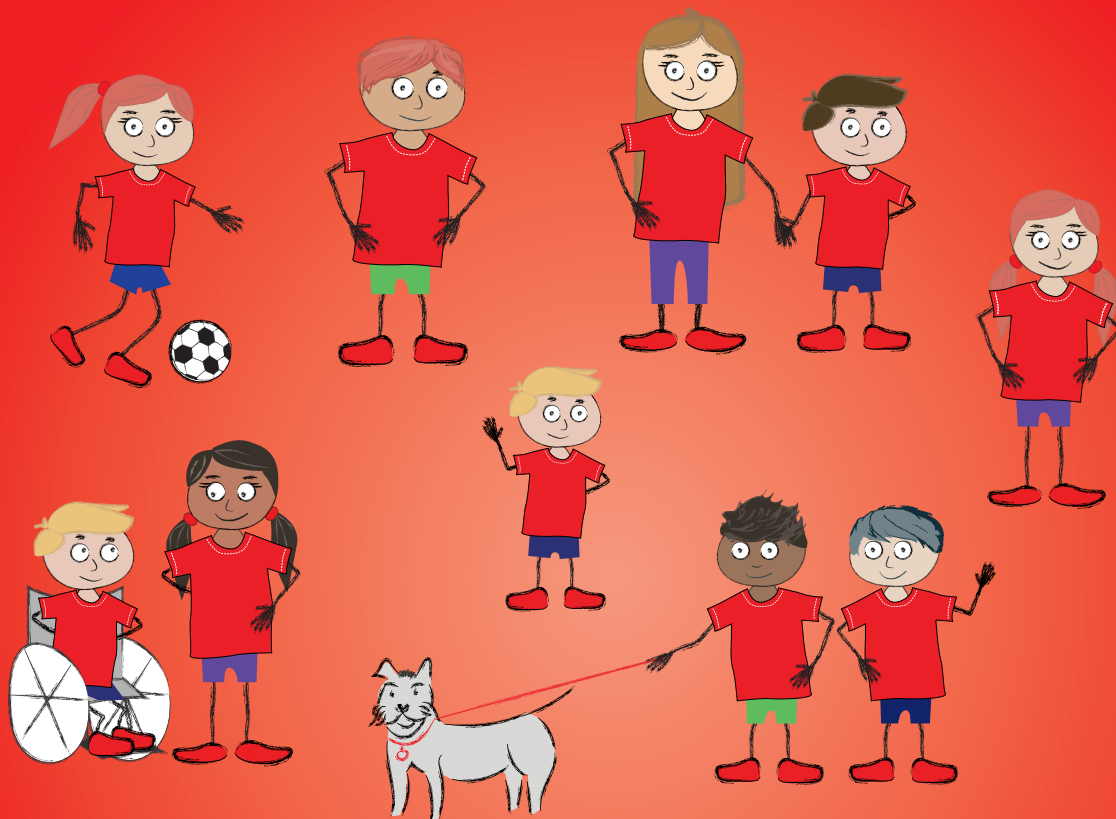
RESOURCE BOOKLET

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 Resource Kit

This resource booklet forms an important part of our Keeping Kids Safe Resource Kit.

The kit contains videos and 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 2 and Year 3 to 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 kit 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.**

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.

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



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ACTIVITIES GUIDE

Resources in the booklet by page:

SAFETY RULES

Let's make rules to cross the road safely.

Let's make rules when playing sport and keeping things.

Let's make rules about being Sun Smart.

Let's make rules about keeping our bedroom tidy at home.

At the beach we know to swim between the flags.

4

THINGS TO REMEMBER

TELL SOMEONE

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

Always travel with a friend.

5

RECOGNISE

Remember in funny.

Heat punching.

Washy knive.

Sweaty palm.

Use stands on end.

6

BODY CLUES

RECOGNISE

1.

2.

3.

4.

MY BODY BELONGS TO ME

7

REACT

Run.

No!

Bring a safety helper.

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

8

RECOGNISE, REACT, REPORT

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 or with your parent?

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

9

REPORT

"I CAN GET HELP"

Plan or Dad

Grandparents

Sporting Coach

Friend's parent

Kids Help Line 1800 55 1800

Police 000

10

I CAN GET HELP

MY SAFETY NETWORK

1.

2.

3.

4.

5.

Kids Help Line 1800 55 1800

Police 000

11

INTERNET SAFETY TIPS

Let your parents know what you are doing online.

Don't give out your personal information.

Do not accept friend requests from people you do not personally know.

Have a strong password - a combination of upper and lower case letters and numbers.

I'm a girl

I'm 13 years old

I have a phone

12

INTERNET SAFETY TIPS

Don't upload photos or videos of yourself or others.

Be careful who you speak to online.

Have a strong password - a combination of upper and lower case letters and numbers.

Have a strong password - a combination of upper and lower case letters and numbers.

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SAFETY MESSAGE ACTIVITY

My Safely Message

14

Keeping kids safe!

Recognise All body parts

15

Keeping kids safe!

Recognise Private body parts

My body belongs to me. My body has public and private body parts. Bodies are all different and unique.

16

Keeping kids safe!

React if you are in trouble

Screen HELP!

17

Keeping kids safe!

Report My safety network

1.

2.

3.

4.

5.

Kids Help Line 1800 55 1800

Police 000

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Keeping kids safe!

Being safe

I feel safe when...

19

Respectful Relationships

Respect - Year 2

2. Being safe

3. Being safe

4. Being safe

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Respectful Relationships

Empathy - Year 3 to 6

1. Being safe

2. Being safe

3. Being safe

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Respectful Relationships

Empathy - Year 3 to 6

1. Being safe

2. Being safe

3. Being safe

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Respectful Relationships

Respect - Relationship

1. Being safe

2. Being safe

3. Being safe

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Respectful Relationships

Respect - Party Crasher

1. Being safe

2. Being safe

3. Being safe

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COLOUR-IN MORKY

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HELP MORKY

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KEEPING KIDS SAFE

ACROSS

DOWN

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WORD SEARCH

1.

2.

3.

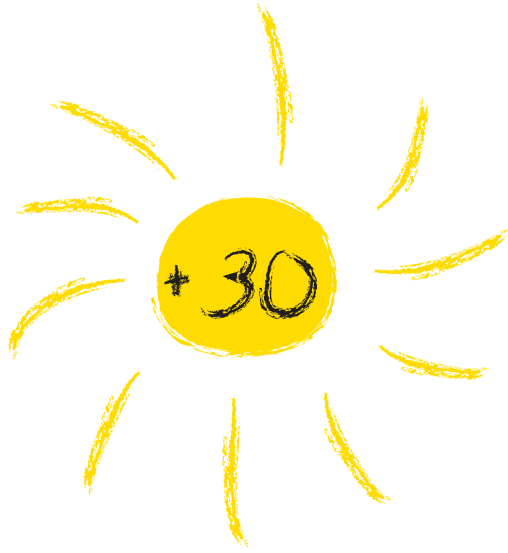
4.

5.

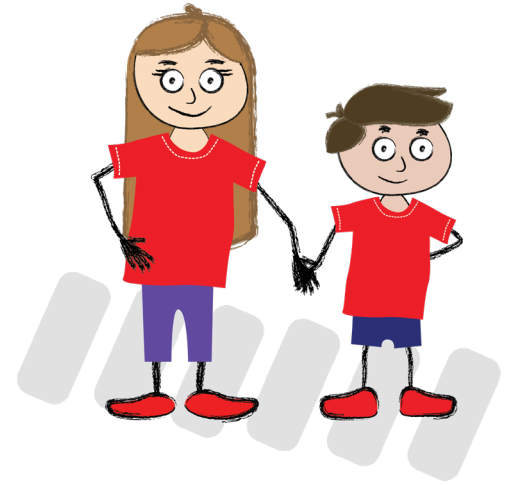
30

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



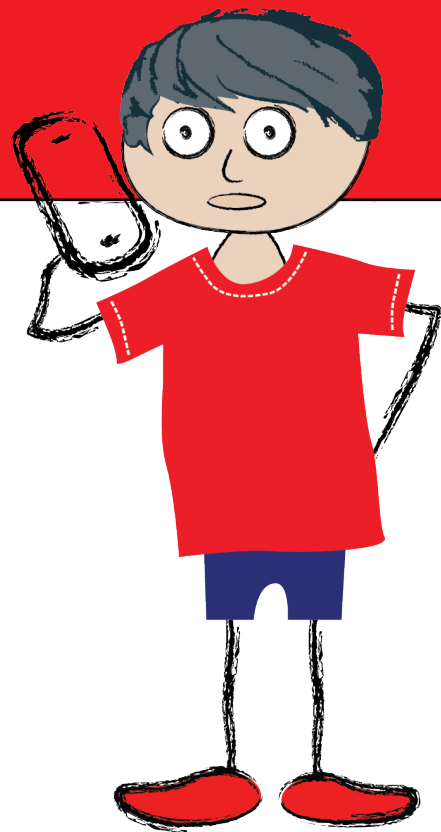
THINGS TO REMEMBER

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

Here are some safety rules to remember.

TELL SOMEONE

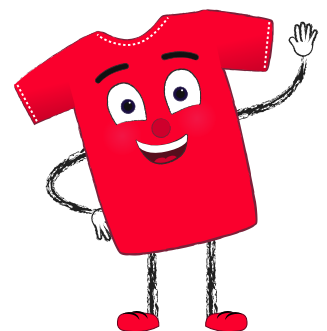
- Where you are going
- What time you will be home
- Who you are with
- If you change your plans



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.

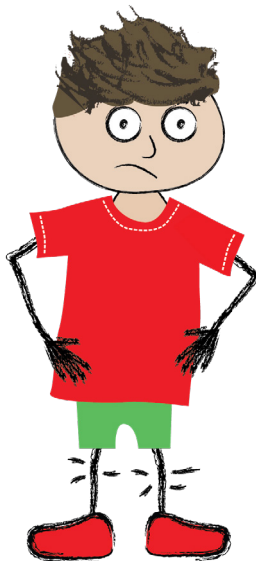
When we are unsafe, we might get some of these **BODY CLUES**:



Butterflies in tummy

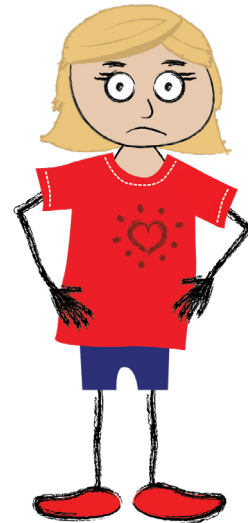


Hair stands on end

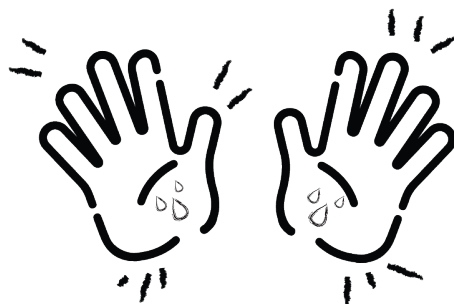


Wobbly knees

Heart Pounding



Sweaty palms



Crying

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

BODY CLUES

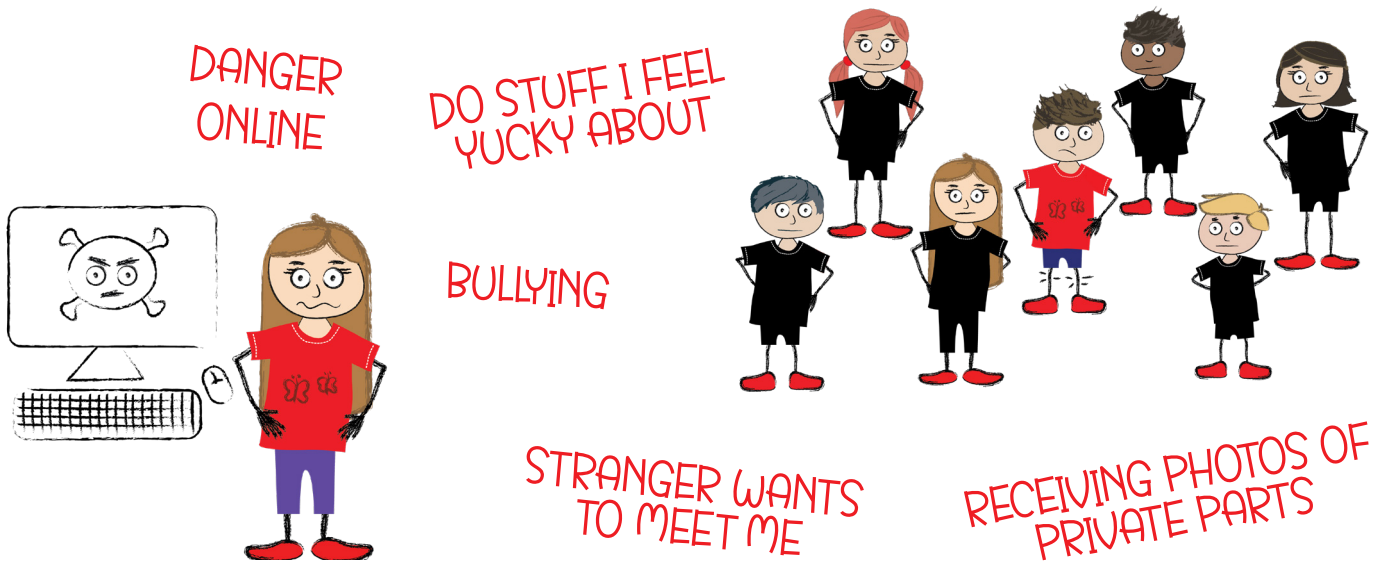
If you can **RECOGNISE** unsafe situations it can help to keep you safe.

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



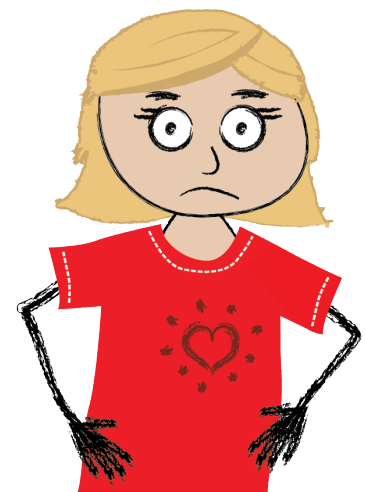
REACT

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.



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?

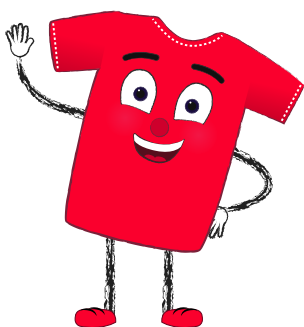
.....

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.

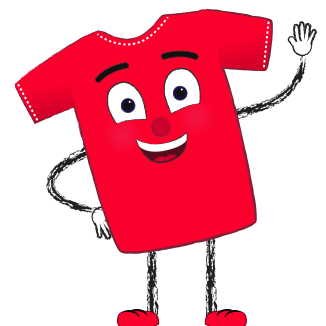


“I CAN GET HELP”

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

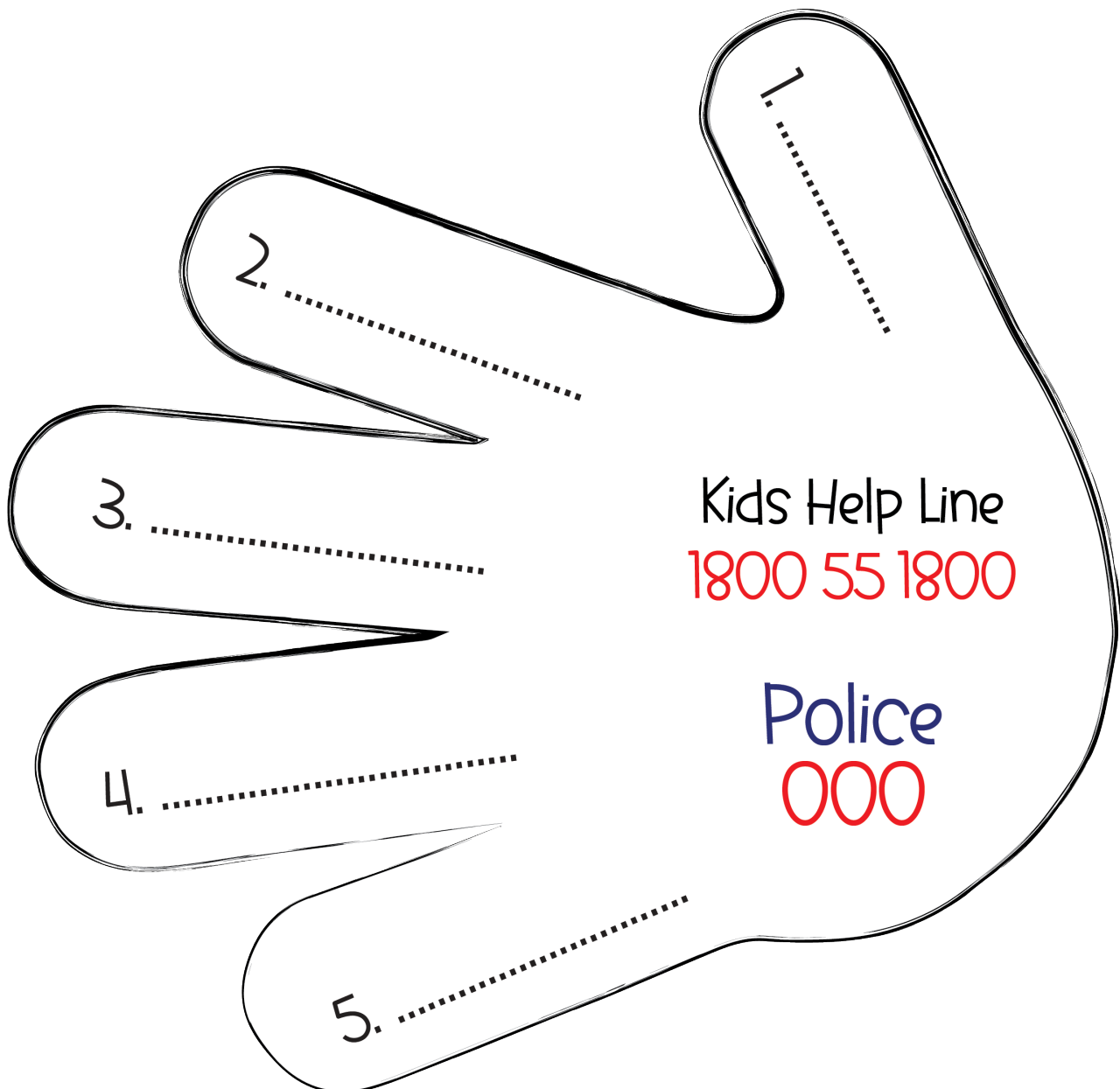
- List your safety helpers. Put one on each finger.
- Colour in and cut out your hand.
- Take it home and show the adults on your list.
- Talk to one or more of your safety helpers on your team, if things don't feel right. Keep trying until you get the help you need.

Activity Rules:

- 1 Person must be an adult**
- 2 Include both males and females**
- 3 Some 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



INTERNET SAFETY TIPS

Most children and teenagers have or will soon have access to social media and staying safe online has never been more important.

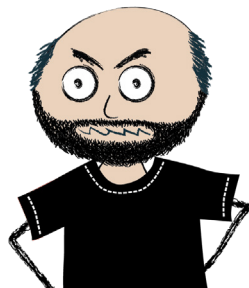
Here are a few tips for internet safety. Remember, if it doesn't feel right, it probably isn't.

- Set your profile to **PRIVATE** on all social media 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.

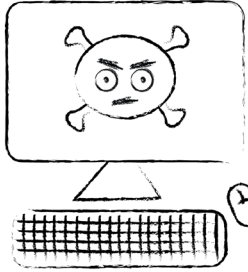


REMEMBER

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.



INTERNET SAFETY TIPS

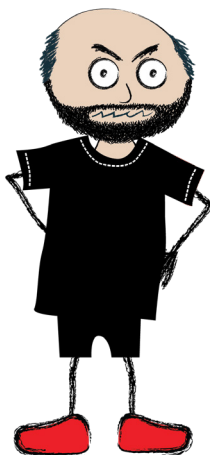


REMEMBER
Always tell someone on your safety team if you see something you know is wrong or makes you uncomfortable.

Don't upload photos or tag your 'Friends' in posts on social media - 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 on any social media site.
- 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.

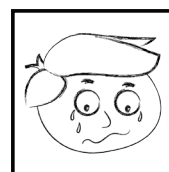
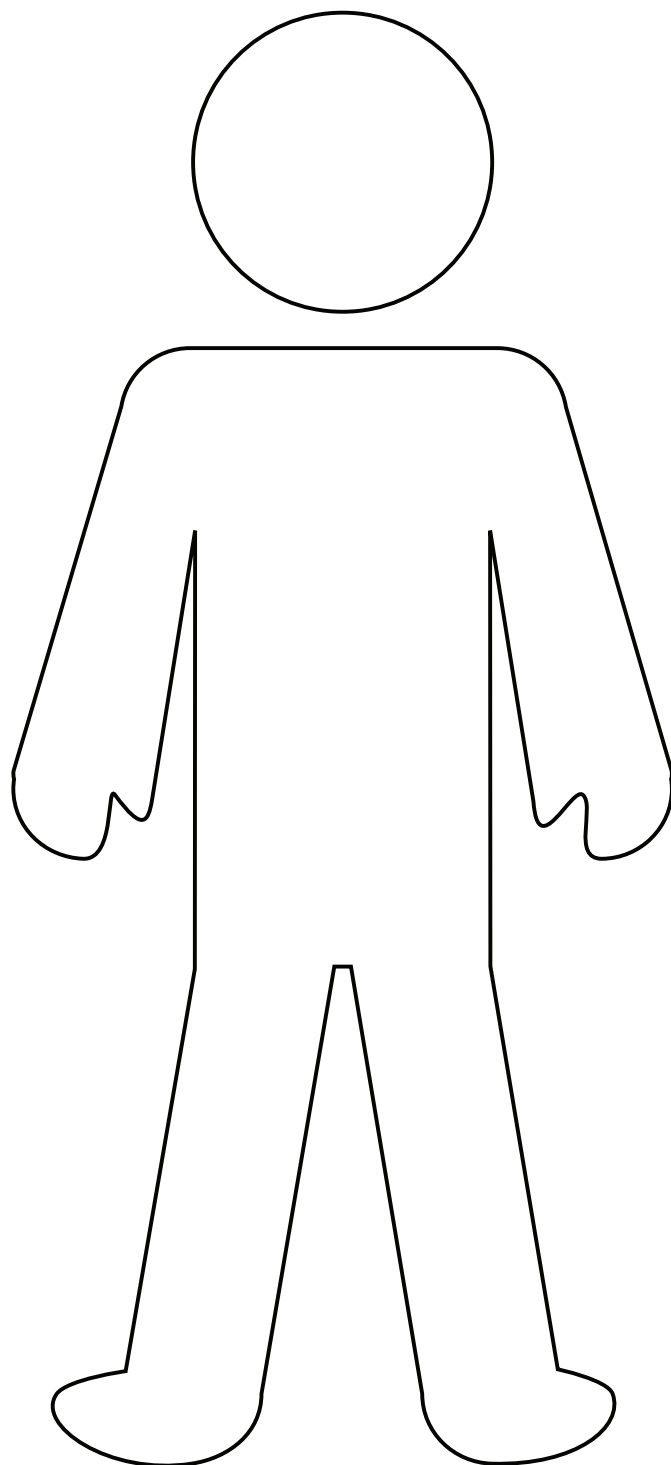


Keeping kids safe!



Recognise My body clues Activity

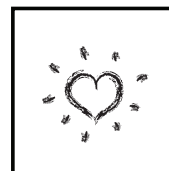
Draw, write or make arrows from the body clues on to the person.



Crying



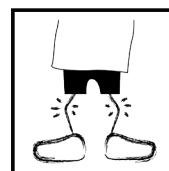
Sweaty palms



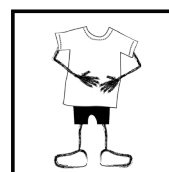
Heart pounding



Hair stands on end



Wobbly knees

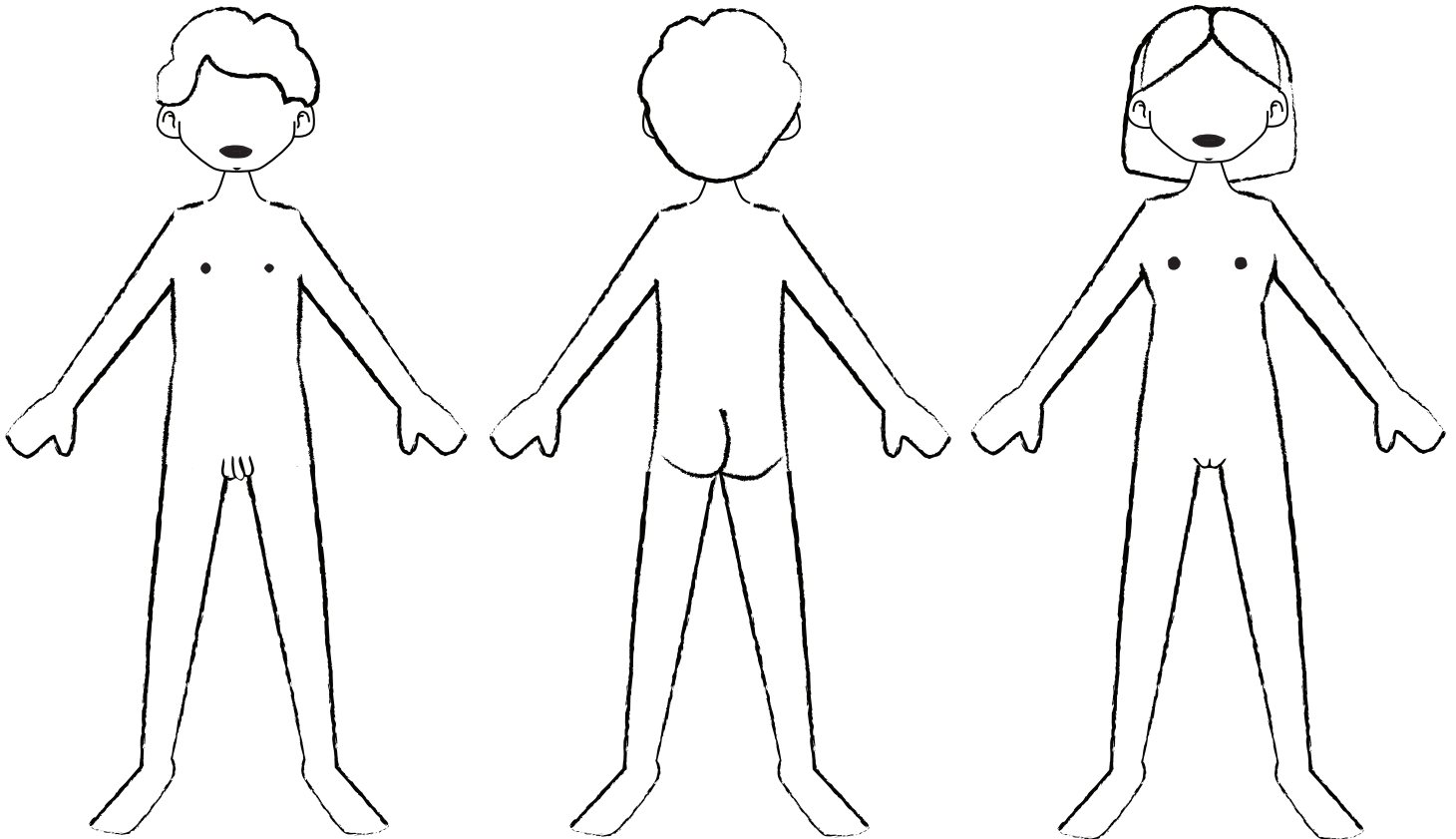


Funny tummy

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...

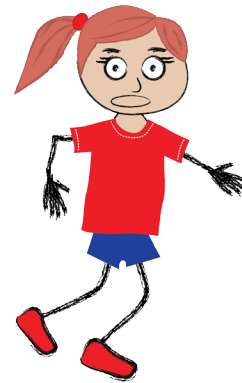
Tick the boxes

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

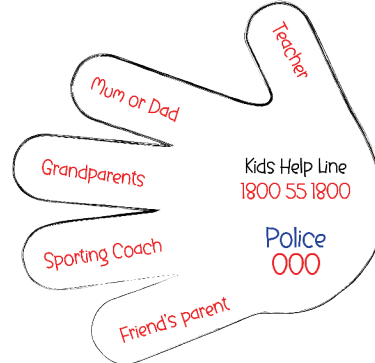


Run



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.

Keeping kids safe!



Report

My safety team

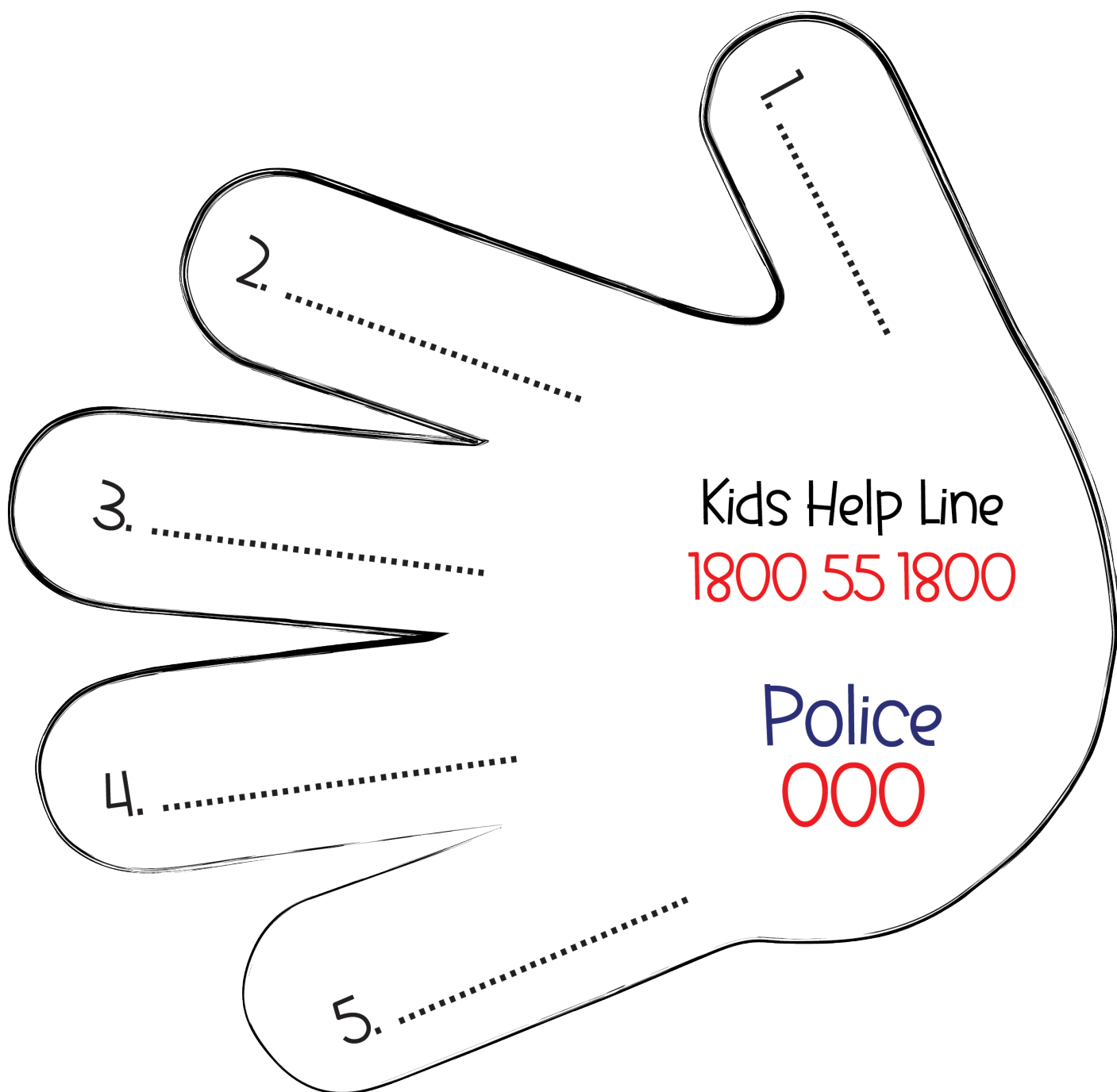
Activity

1 List your safety helpers. They must be adults and should include someone who lives at home, males and females, as well as people who live outside the home.

Suggestions: Mum, Dad, Carer, Grandparent, Uncle, Teacher, Principal, Friend of Mum or Dad, Police

2 Colour in and cut out your hand.

3 Take home and show the adults on your list.



Keeping kids safe!



Being safe

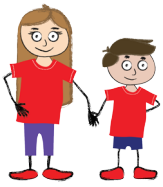
I feel safe when...

Activity

Watch the video **Being safe**

Write or draw places or situations where you feel safe

A large outline of a t-shirt, intended for a drawing or writing activity. The text "I feel safe when..." is printed in the center of the shirt. Below the text are four horizontal lines for writing. The neckline, armholes, and hem of the shirt are indicated by dashed lines.



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

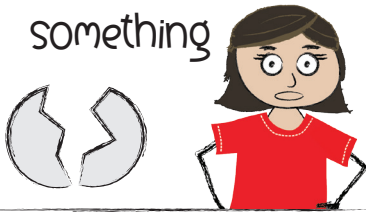
3 Activity guide

- 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



Saying girls are not as good as boys



Smiling and saying hello



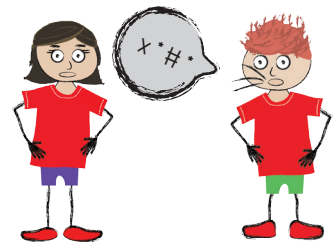
Sharing your game



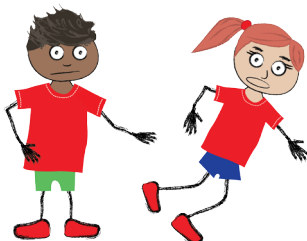
Helping someone who is sad



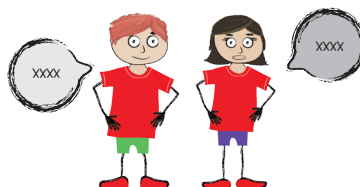
Calling someone bad names



Pushing someone



Interrupting when someone else is talking



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?

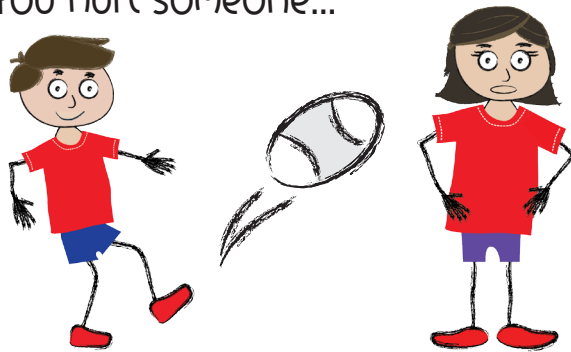
3 Activity guide

- Look at the illustrations
- Draw or write your answer

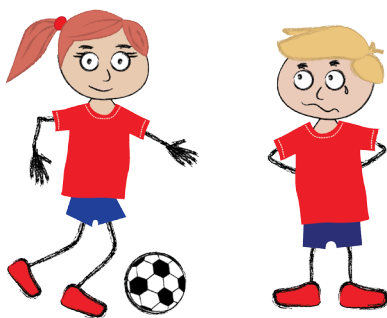
Name _____

Draw or write your answer 😊 ☹️

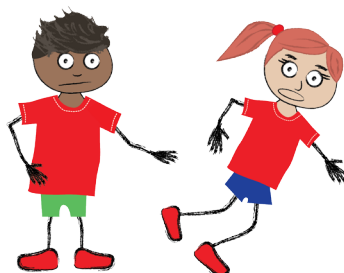
You hurt someone...



You see someone who is upset...



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

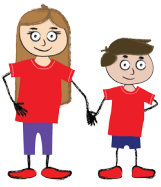


How can you make things right?

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 'Toilet Block Bullying'

2 Activity guide

- Answer the questions
- Discuss how everyone has a responsibility to help everyone feel safe

Name _____



Do you think the example shown in the video is bullying? Yes No Why? _____

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? _____

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



Respectful Relationships



Respect - iRelationship

Qualities of Respectful Relationships

Activity

1 Watch the video 'iRelationship'

2 Activity guide

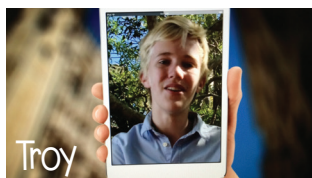
- Choose one of the characters from the video and write them a post giving advice on safe, respectful relationships. When giving advice think about the qualities of a respectful relationship, including being safe, fair, equal and free from violence and harm.
- Use the table to list the qualities that you would want from a relationship.
- Once the table is complete discuss your ideas.

Name _____

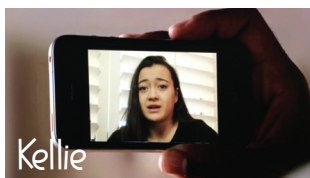
Pick one of the characters from the clip:



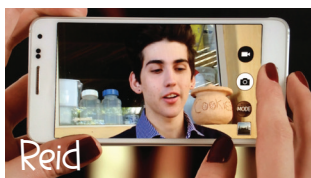
Her boyfriend is talking down to her and standing over her



He is disappointed that he doesn't get a reply



She gets pushed and is worried things are getting worse



Things were going great until his partner started being abusive

Your advice

The advice is for: _____

When giving advice, consider the qualities of a safe, respectful relationship

Important qualities in a relationship

Face to face

iRelationship (phone & online)

Both face to face and iRelationship

Need to talk to someone?

DV CONNECT Domestic Violence 24/7 hotline 1800 811 811 Women | 1800 600 636 Men

1800 RESPECT National sexual assault, domestic violence counselling service 1800 737 732

BEYOND BLUE Talk to someone about depression and anxiety 1300 224 636

KIDS HELPLINE 1800 55 1800



Respectful Relationships



Respect - Party Crashers

The Sunlight Test

Activity

1 Watch the video 'Party Crashers'

2 Activity guide

- Safe, healthy and respectful relationships are also called ethical. An ethical relationship is one that does no harm, makes things better, respects others, is fair and is caring.
- Read and answer the questions below relating to each character from the video clip.
- Discuss strategies for getting help. Be creative, but make sure your ideas could work in real life (eg, 'Say your mother called and is picking you up', not that you are a super hero).

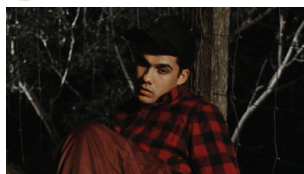
Name _____

The Sunlight Test: How do you think they feel the next day?



How do you think Madison feels the next day?

Her 18th birthday party was ruined by her drunken dad and uninvited guests



How do you think he feels the next day? What could he have done differently?

After an evening of drinking, he woke up the next day not remembering what happened



Taking or sharing photos and videos of someone without their consent is a criminal offence. How would a criminal record affect this young man's life?

After filming under a young woman's skirt, he receives a punch as payback

How do you think the victim feels? How can she get help?



How do you think the Dad feels the next day? Talk about taking responsibility for your actions.

Dad comes home drunk with uninvited guests and disturbs the party.

Need to talk to someone?

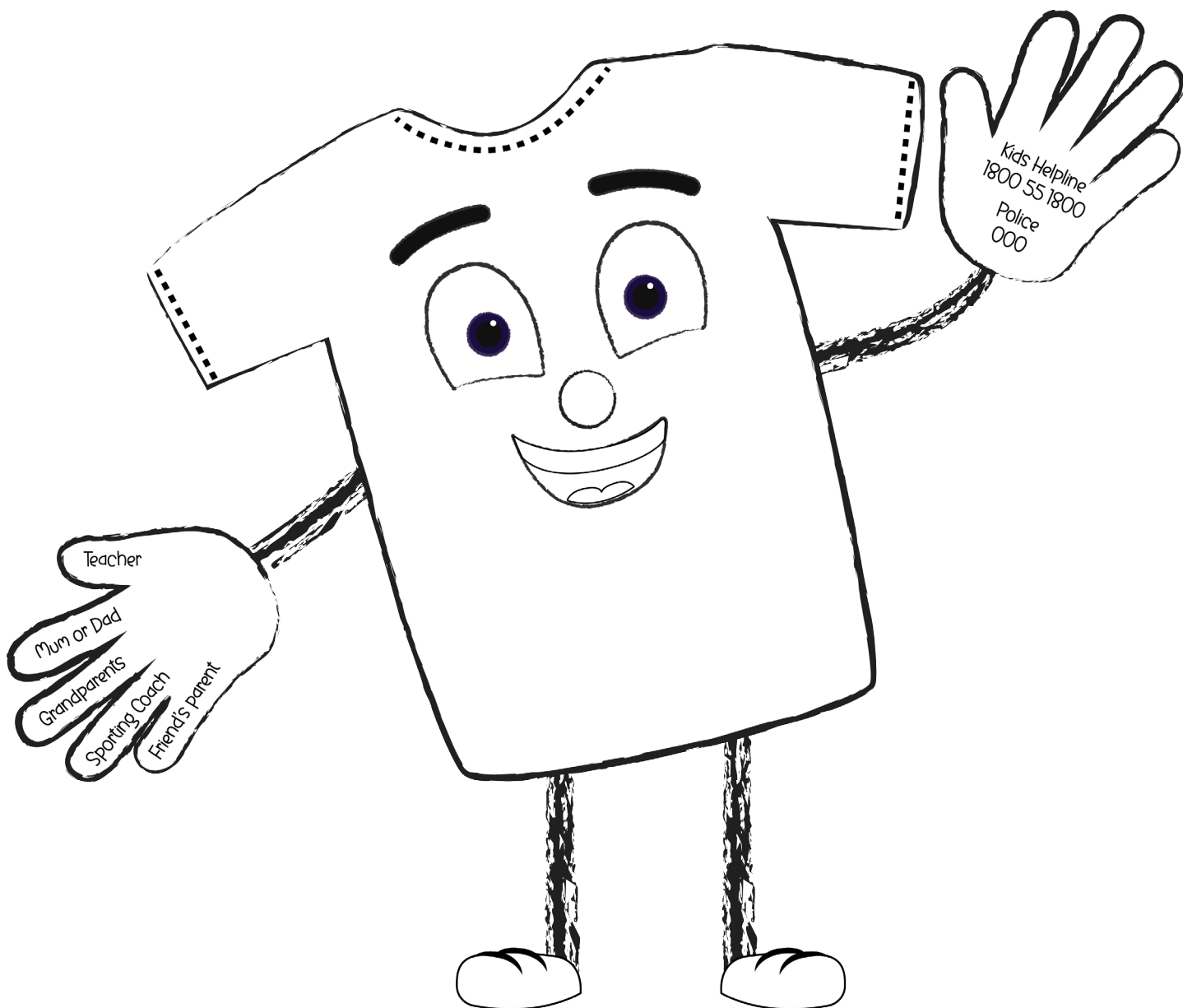
DV CONNECT Domestic Violence 24/7 hotline **1800 811 811** Women | **1800 600 636** Men

1800 RESPECT National sexual assault, domestic violence counselling service **1800 737 732**

BEYOND BLUE Talk to someone about depression and anxiety **1300 224 636**

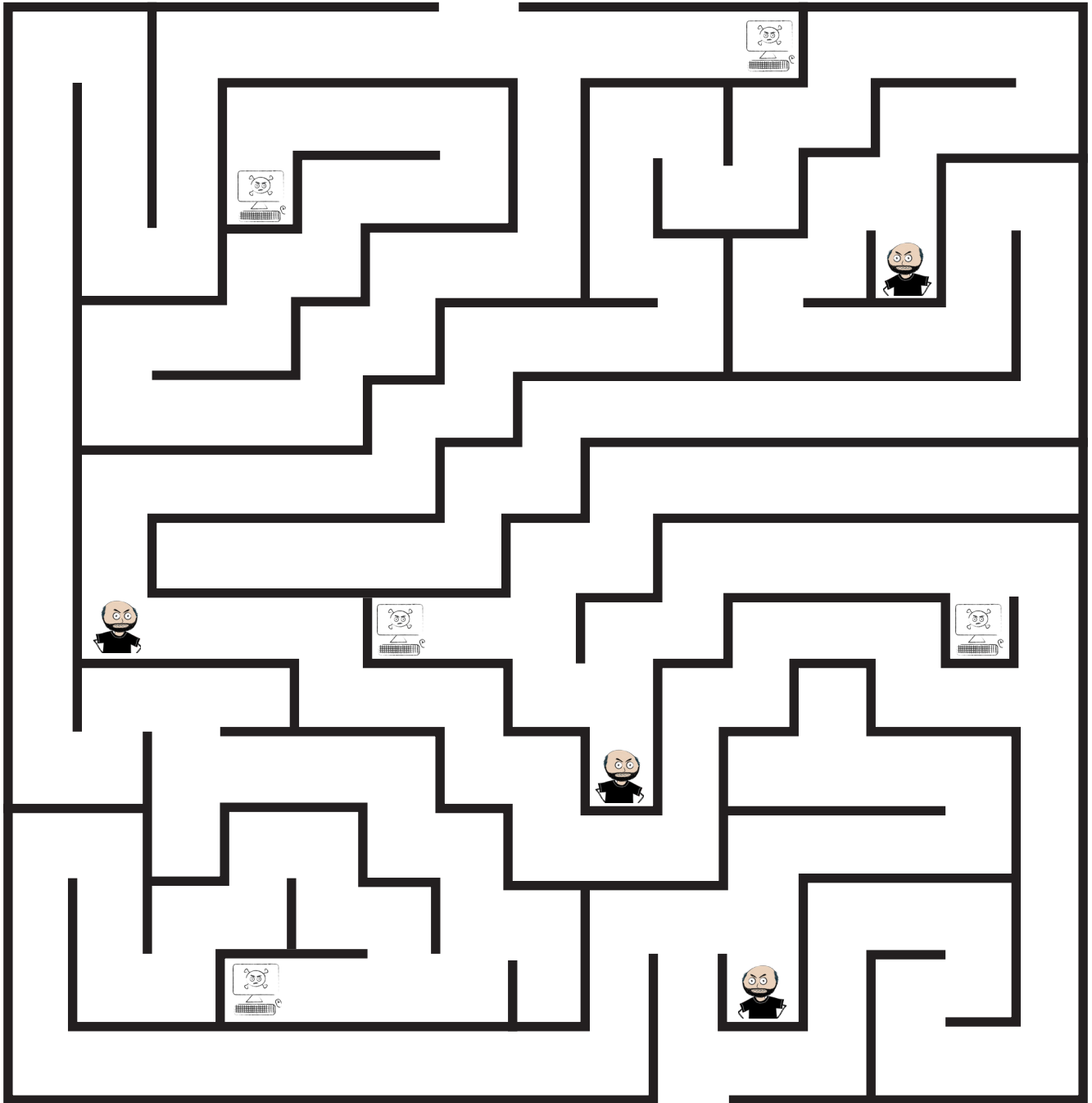
KIDS HELPLINE **1800 55 1800**

COLOUR-IN MORKY



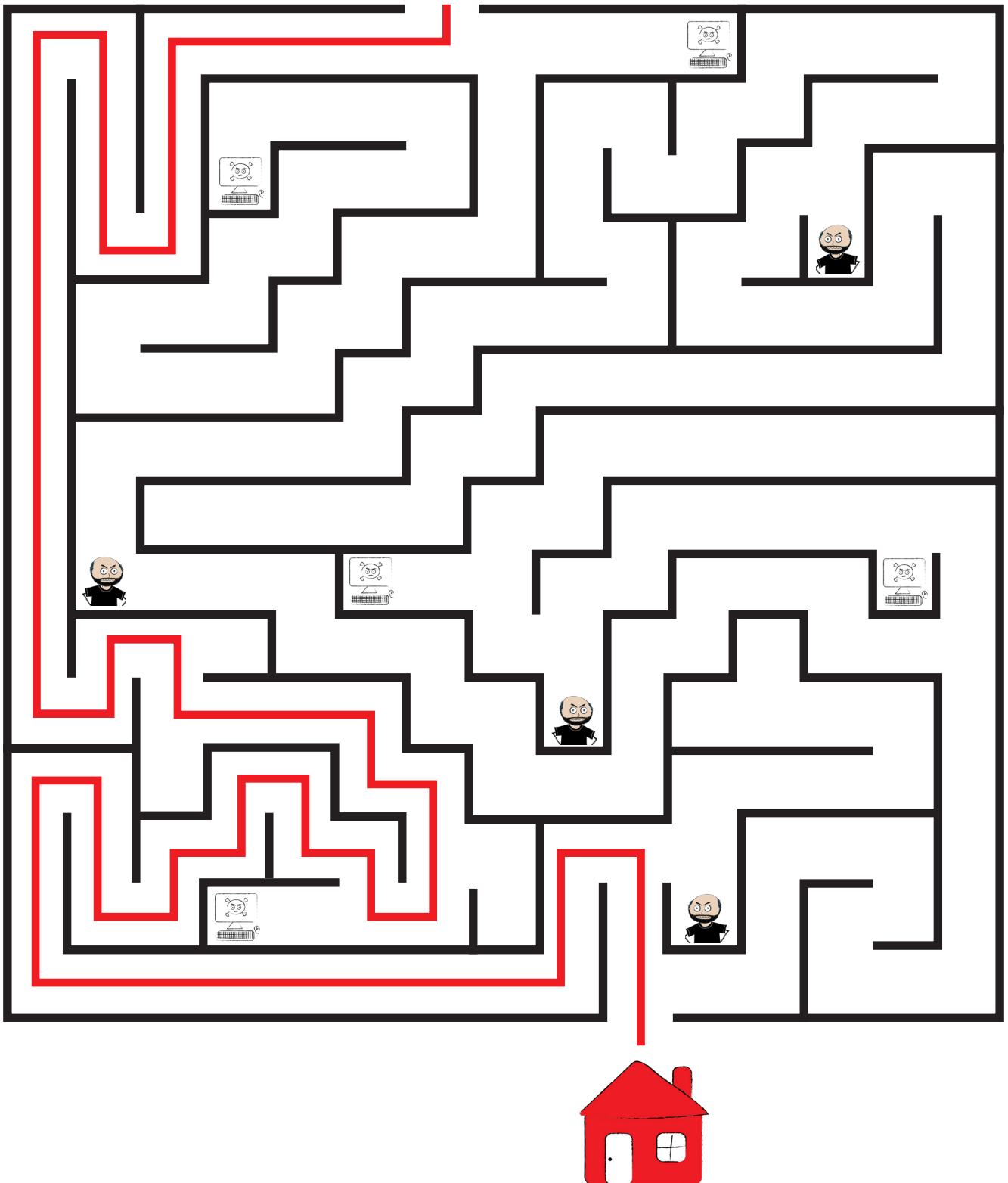
HELP MORKY

Help Morky find his way home safely. Remember, no shortcuts.



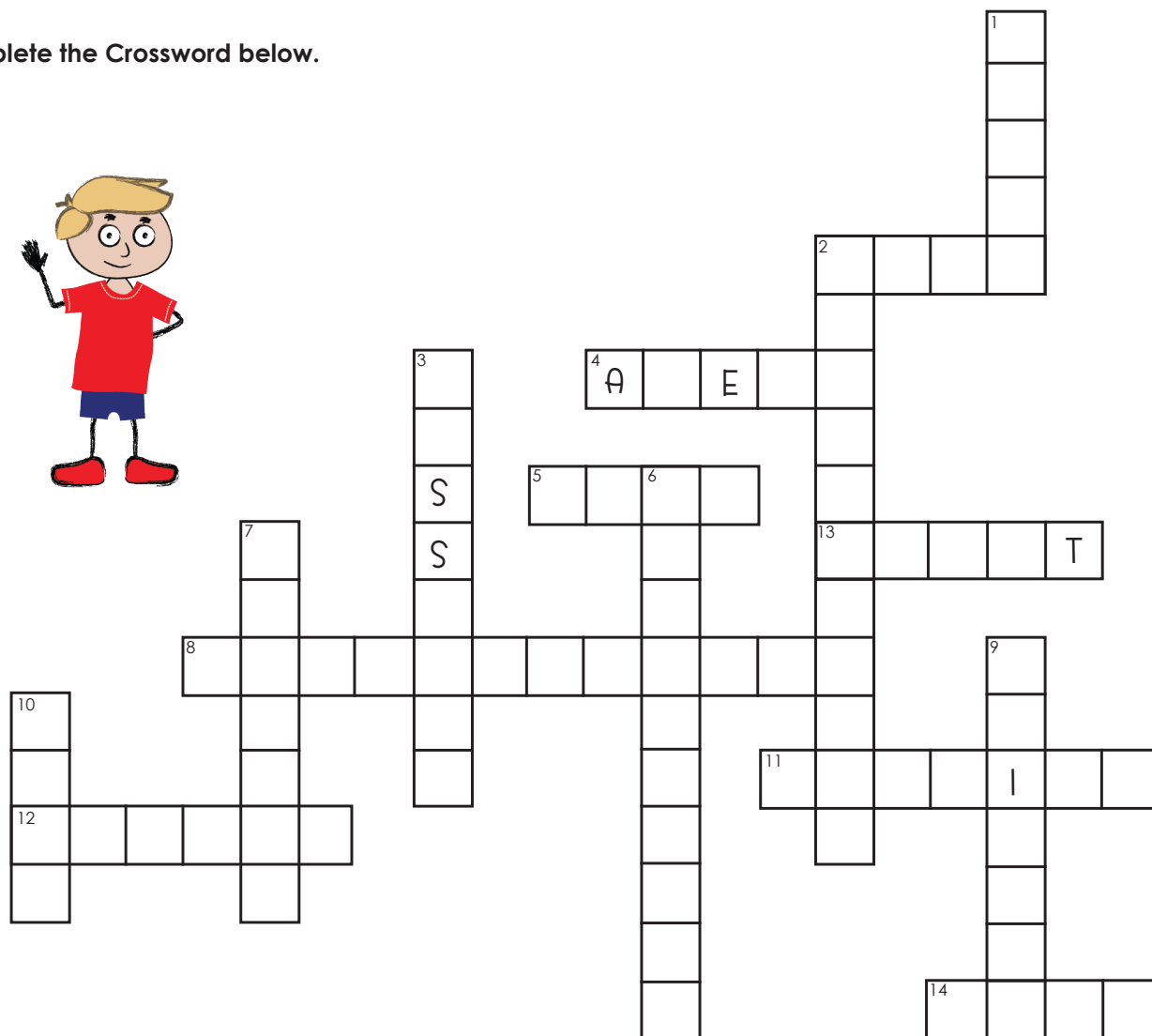
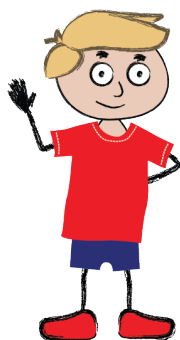
HELP MORKY

Help Morky find his way home safely. Remember, no shortcuts.



KEEPING KIDS **SAFE**

Complete the Crossword below.



ACROSS

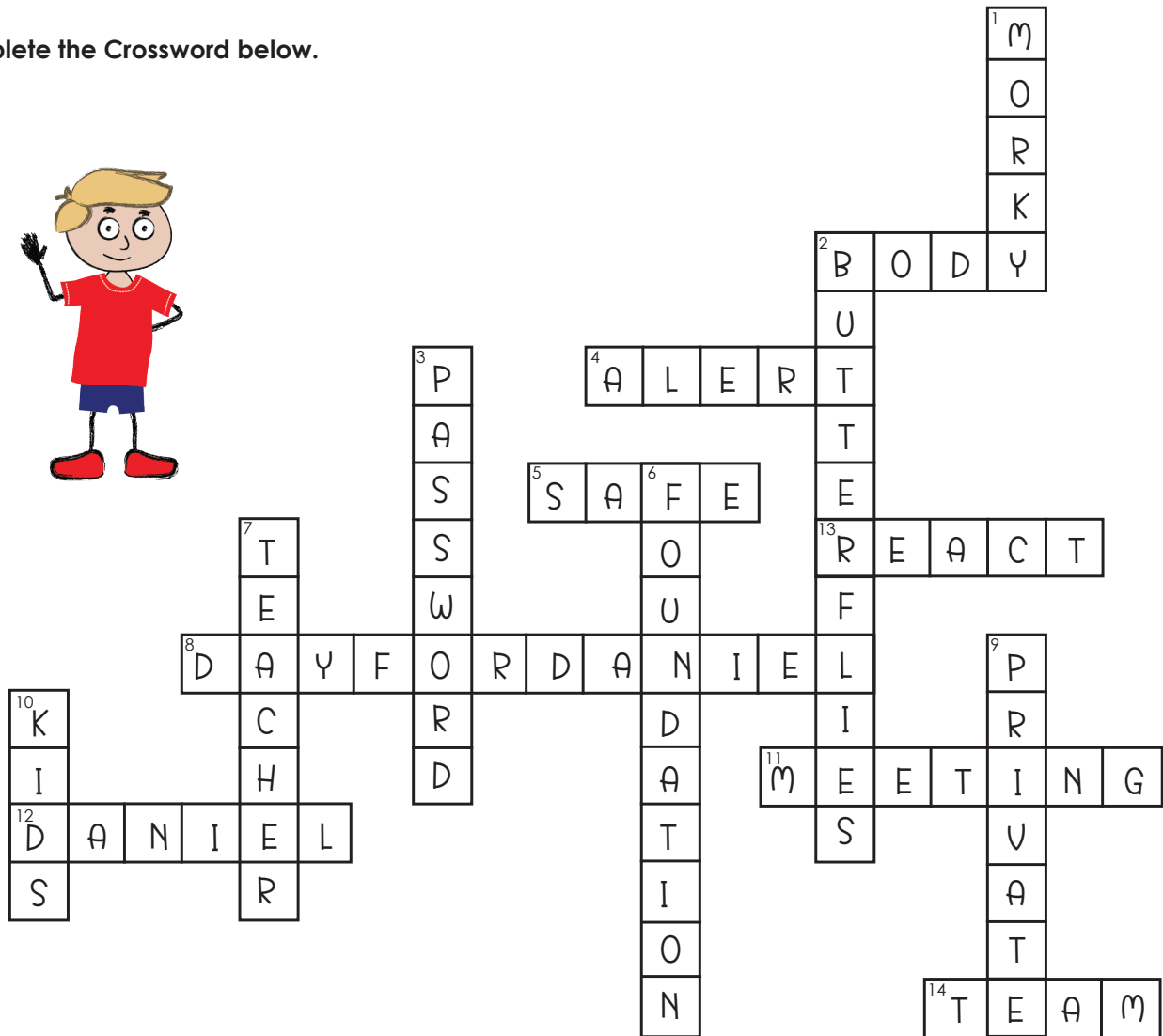
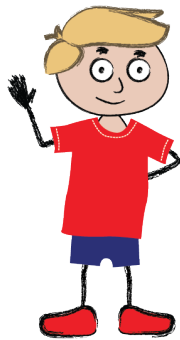
- 2 LOOK OUT FOR YOUR _____ CLUES
- 4 STAY _____
- 5 KEEP YOURSELF _____
- 8 SAFETY AWARENESS DAY _____
- 11 IF YOU ARE GOING SOMEWHERE ARRANGE A _____ PLACE
- 12 MORCOMBE FOUNDATION IS NAMED IN HONOUR OF _____
- 13 RECOGNISE, _____, REPORT
- 14 YOUR SAFETY _____

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 _____
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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

ALERT
AWARENESS
BODY CLUES
CONFIDENCE
DANIEL
FOUNDATION

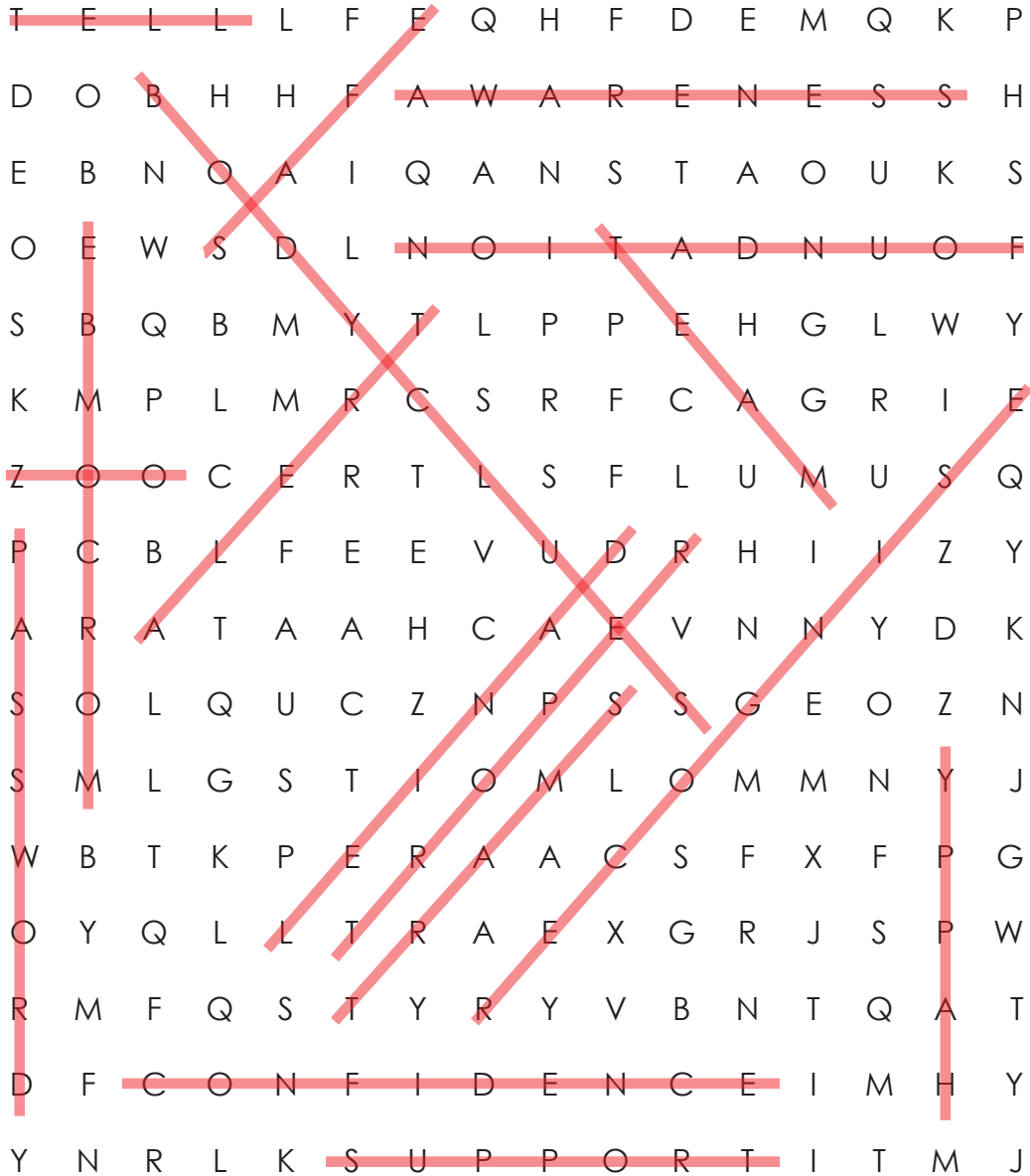
HAPPY
MORCOMBE
TEAM
PASSWORD
REACT
RECOGNISE

REPORT
SAFE
SMART
SUPPORT
TELL
ZOO



WORD SEARCH

Find safety words hidden in the grid below.

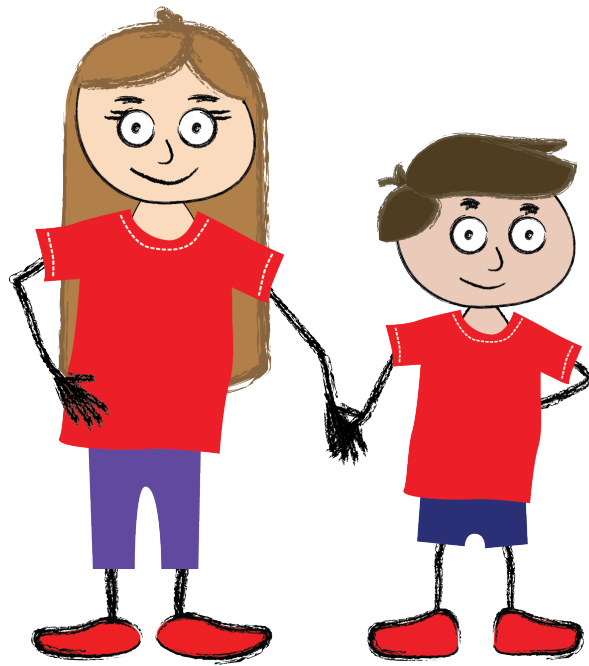


ALERT
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Daniel
Morcombe 
FOUNDATION Inc.
Keeping kids safe!