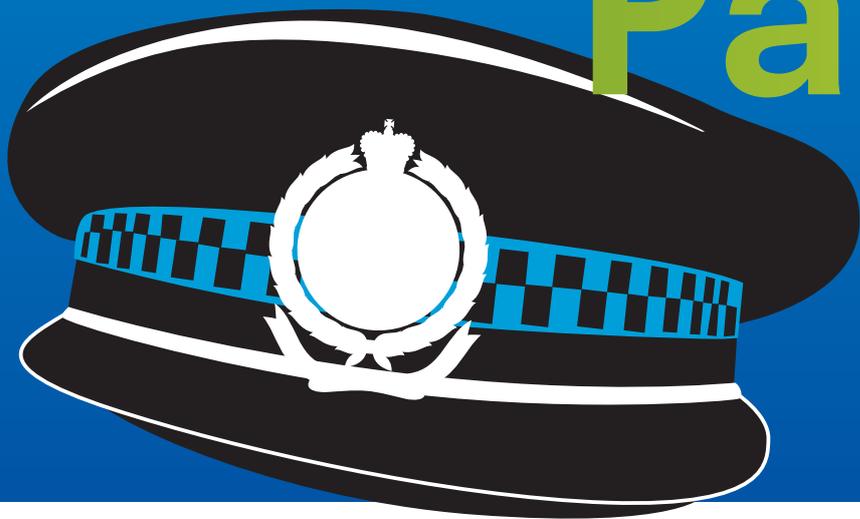


Information for

# Parents



Assisting parents with the aim of helping children identify safe adults and places in the community.

# Inside Front Cover



## Introducing the program to parents

### The NSW Department of Education and Training is committed to:

- Providing students with the knowledge, understanding, skills and values for productive and rewarding lives
- Providing a well-rounded education that values and supports the intellectual, creative, physical, social and emotional development of each child
- Providing a safe, secure, disciplined and quality learning environment
- Involving parents, caregivers and local communities in all aspects of the public education system.

### The Keeping Me Safe Program

The Keeping Me Safe Program is designed to assist teachers and police to work together with the aim of helping your child identify the safe adults in your community, as well as safe places to go when they are lost, feeling unsafe, frightened or are in danger. Other goals include enabling your child to develop their own personal safety strategies, to respect their bodies and their personal space, and to feel empowered with the ability to say, 'No' and seek help when they feel unsafe or unsure and have the confidence to tell a trusted adult if they are being harmed in any way. The program reinforces the message that it is NOT safe to go with anyone unless you as a parent, guardian or caregiver has given permission.

The program is school based and involves a process of collaboration. It has been written with the understanding that the classroom teacher will work with police to deliver relevant activities and to promote constructive relationships.

## Constable Charlie

Introducing Constable Charlie. Constable Charlie is the mascot for the NSW Police Force. He plays a vital role in educating young children about safe adults and safe places.



One of the most remarkable things about a penguin is the importance of protecting their young.

### **The penguin is important to the NSW Police Force Program because:**

- They stay together in their safe place which is the iceberg that they call home
- They huddle together and protect each other
- They always wait for an adult to return
- The chicks never leave the group by themselves and they travel in groups



## Community Programs

- The NSW Police Force supports personal safety through many community programs including:
- Presentations on staying safe at schools
- Information sessions to parents about how to keep their child safe
- 'Cybersafe' Crime Prevention Workshops – Internet and chat room safety both for children and their parents to manage internet usage
- Participating in major events such as the Royal Easter Show
- Distribution of fact sheets on various topics such as Personal Security
- Involvement and promotion of safety initiatives such as 'Walk Safely To School Day.'

## Responsibilities of parents

As many more children are vulnerable to harm, abuse or neglect from people they know or with whom they are acquainted, the NSW Police Force prioritises working with families to keep children safe.

You should encourage your child to develop some simple prevention strategies that can apply across a range of situations to help them know what to do. This will never replace adequate supervision, but will assist your child when they are feeling unsafe or unsure of what to do and help them develop the personal strategies to respect their own body and space.

In whatever ways you teach your child, you want them to understand they can be safe, with or without you, as other people will help them to be safe too.

Talking to your child is the best way to know if something is bothering or frightening them. You may also notice some changes in behaviour such as your child refusing to go certain places, regressing to an earlier developmental stage or behaving in very out of character ways.

## Information for Parents

### Teach your children

- Set boundaries about places they can go
- Reinforce the importance of 'taking a friend' when they go places or play outside
- It's okay to say, 'stop', 'I don't want too.'
- Teach your children to TELL a trusted adult if anything makes them feel unsafe or uncomfortable
- Practice with your child what they should do if they get lost by identifying people who can help them, like a police officer, shop keeper
- Never take anything from someone they don't know
- Never to get in a car with someone else unless you have told them too

### Get involved

- Know where your child is at all times
- Participate in your child's activities
- Have your child check in with you on a regular basis
- Practice safety skills with your child so that they become second nature

### At home

- Keep contact numbers and emergency numbers near the telephone, including the phone number of a trusted adult if they are home alone
- Teach your child never to answer the door unless the person is a trusted friend or relative, your child feels comfortable being alone with that person and you have told your child it is okay

### School

- Walk the route with your child and point out safe places they can go if needed
- If your child takes the bus to school, then go to the stop and review what they should do when waiting for a bus, ie to step back from the footpath if a car pulls up next to them
- Tell your child to report suspicious people to a trusted adult

### Family Outings, Events and Parks

- Make sure your child knows his or her name and address, emergency telephone numbers and your name in case they get lost or write your phone number on something that your child has with them
- Discuss what to do if you get separated
- Remind your child never to go out alone, but to take a friend and always tell someone where they are going

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[www.police.nsw.gov.au](http://www.police.nsw.gov.au)