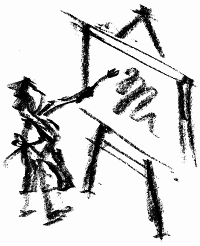
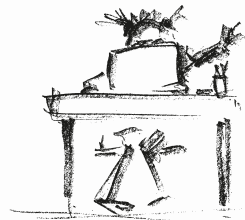


NATIONAL CHILD PROTECTION WEEK 2021



Children's Activity Booklet



EVERY CHILD IN EVERY COMMUNITY NEEDS A FAIR GO

To treat all of Australia's children fairly, we need to make sure every family and community has what kids need to thrive and be healthy.

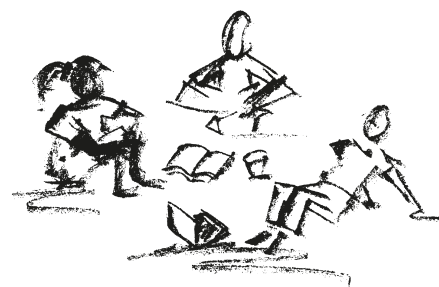
NAPCAN PREVENT CHILD ABUSE & NEGLECT

www.napcan.org.au

Activity Booklet

Let's start some conversations with parents, carers and children about the importance of community in improving the outcomes for all Australia's children.

Each year our stakeholders tell us that they enjoy having children's activities to support their promotion of National Child Protection Week. This year we have created this small booklet containing contributions from a range of our partners. **Thank you to all the wonderful organisations who contributed to this booklet.** And thanks for getting involved with National Child Protection Week.



**EVERY CHILD
IN EVERY COMMUNITY
NEEDS A FAIR GO**

Helplines are like lighthouses

Raising children is a bit like sailing a boat. But when we experience serious stress - e.g. due to finances, health, isolation or violence - raising children can feel like sailing in a storm. Support lines can be the lighthouses that we all need to navigate these rough waters.

These are some of the main Helplines that you can call for guidance:

Kids Helpline:

1800 55 1800 (make sure your kids know this one)

Parentline:

ACT - (02) 6287 3833

NSW - 1300 1300 52

NT & QLD - 1300 30 1300

SA - 1300 364 100

TAS - 1300 808 178

VIC - 13 22 89

WA - 1800 111 546 (country areas) or **(08) 9368 9368**

Lifeline:

13 11 14

Or refer to the Australian parenting website www.raisingchildren.net.au

ACTIVITY

BRIGHTEN UP YOUR NEIGHBOURHOOD!

Use your favourite colours (crayons, pencils, markers, paints etc.) to colour these images of neighbours being friendly and kind to each other.

If you'd like to share your artwork you could write a thoughtful note on the back of your page and gift it to a neighbour.



This activity was contributed by **Relationships Australia**, a leading provider of relationship support services for individuals, families and communities. www.relationships.org.au

Relationships Australia aims to support all people in Australia to achieve positive and respectful relationships. With a child-centred approach to family relationships, Relationships Australia very much supports the efforts of NAPCAN and the theme of the campaign this year.

Relationships Australia is the home of Neighbour Day, Australia's annual celebration (last Sunday in March) of community, encouraging people to connect with their neighbours. Connected people connect communities. www.neighbourday.org



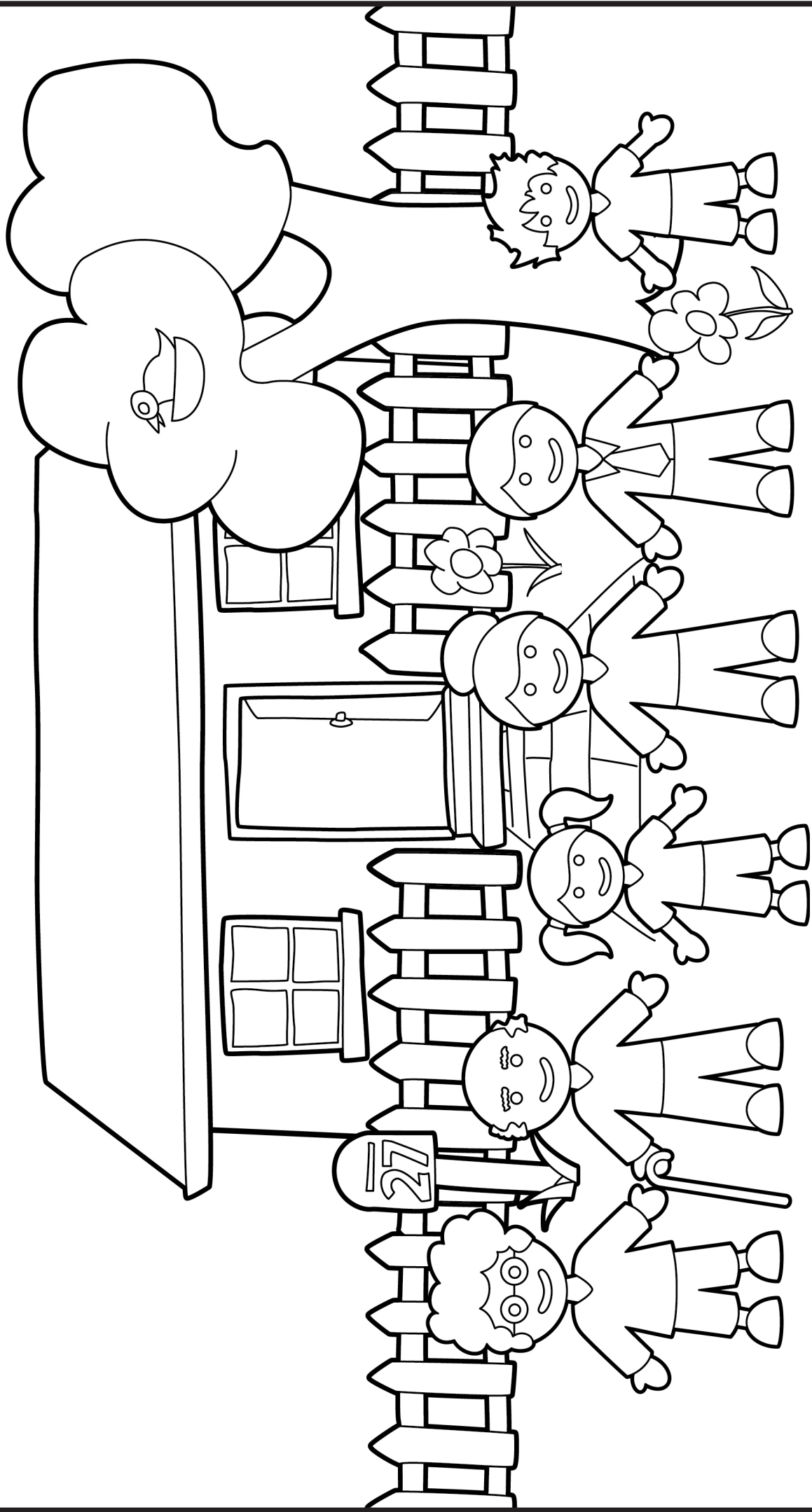
neighbour day
Last Sunday in March

Relationships Australia.



neighbour day
Last Sunday in March

Relationships Australia®



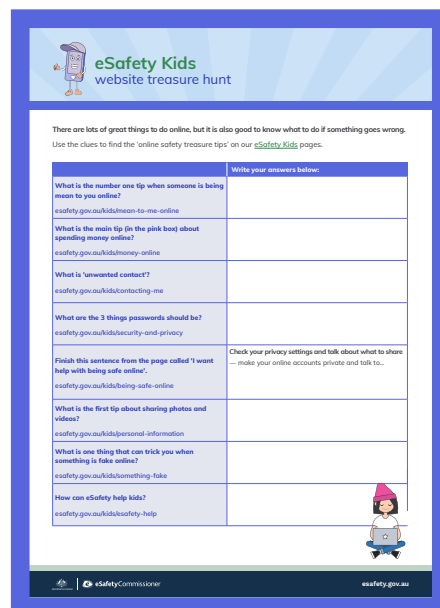
The community you want starts at your front door™

ACTIVITY

WEBSITE TREASURE HUNT

There are lots of great things to do online, but it is also good to know what to do if something goes wrong.


Use the clues to find the 'online safety treasure tips' on our eSafety Kids pages.




eSafety Kids website treasure hunt

There are lots of great things to do online, but it is also good to know what to do if something goes wrong. Use the clues to find the 'online safety treasure tips' on our [eSafety Kids](#) pages.

	Write your answers below:
What is the number one tip when someone is being mean to you online? esafety.gov.au/kids/mean-to-me-online	
What is the main tip (in the pink box) about spending money online? esafety.gov.au/kids/money-online	
What is 'unwanted contact'? esafety.gov.au/kids/contacting-me	
What are the 3 things passwords should be? esafety.gov.au/kids/security-and-privacy	
Finish this sentence from the page called 'I want help with being safe online'. esafety.gov.au/kids/being-safe-online	Check your privacy settings and talk about what to share — make your online accounts private and talk to...
What is the first tip about sharing photos and videos? esafety.gov.au/kids/personal-information	
What is one thing that can trick you when something is fake online? esafety.gov.au/kids/something-fake	
How can eSafety help kids? esafety.gov.au/kids/esafety-help	



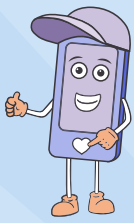
 eSafety Commissioner [esafety.gov.au](#)

This activity was contributed by **eSafety**.

Through our website, reporting schemes, education resources and work with the tech industry we help kids to keep themselves safe online.

www.esafety.gov.au/kids





eSafety Kids

website treasure hunt

There are lots of great things to do online, but it is also good to know what to do if something goes wrong. Use the clues to find the 'online safety treasure tips' on our [eSafety Kids](http://www.esafety.gov.au/kids) pages. www.esafety.gov.au/kids

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How can eSafety help kids? esafety.gov.au/kids/esafety-help	



ACTIVITY

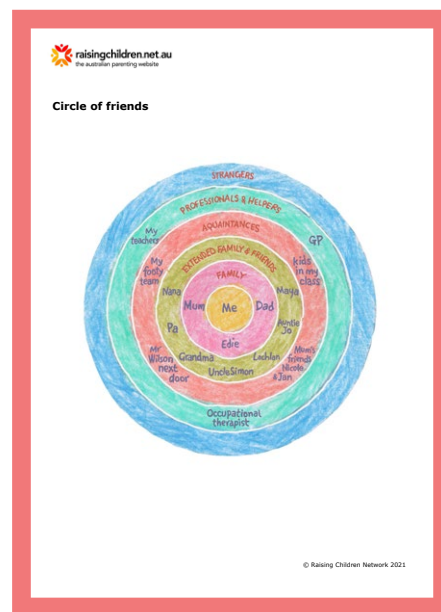
CIRCLE OF FRIENDS

Children come in to contact with many people in the community, and it's important for them to understand how those different relationships support them, as well as where boundaries should lie.

The circle of friends activity helps your child understand the different people in their life – what their relationship is with these people, how your child should behave with them, and what behaviour is OK from those people. It can help keep them safe.

How to do a circle of friends activity with your child

1. Start with a big piece of paper and ask your child to draw a **picture of themselves** in the middle. Or they could stick a photo of themselves there. Ask your child to draw a circle around themselves.
2. Draw a larger circle around your child's circle. In this circle add the people who are closest to your child – for example, the **family** they live with. Your child could write their names, draw pictures or stick on photos of them.
3. Draw a larger circle around the first two circles. In this circle add people who are close to your child but not quite as close as those in the first circle. They could be **extended family or your child's best friends**. Talk with your child about who to include.
4. Draw another circle around the others and add **acquaintances**. These are people your child knows but isn't close friends with. They could be people in your child's wider group of friends, in their class at school, on their sports team, or family friends. Talk with your child about who to include.
5. Draw another circle and add **professionals** and other people whose jobs are to help your child. They might be teachers, doctors or carers.
6. In the outside circle add **strangers**. These are people your child doesn't know.



Using the circle of friends to help your child understand personal boundaries

Once you've added people to each of the circles, talk with your child about how your child should behave with people in each circle.

You could ask questions like these:

- How would you greet people in this circle?
- Which people would it be OK to kiss or hug?
- Who would you invite to your house for dinner?
- Who could you talk to if you're worried about something?
- Can you sit in this person's lap?

You can use this activity to help your child stay safe. To do this, you can ask your child questions about how other people should behave around them.

For example:

- Which people can hug or kiss you?
- Which people can hold your hand?
- Which people can collect you from school?

This activity was contributed by raisingchildren.net.au, the Australian parenting website providing up-to-date, evidence-based, independent and free information for parents and professionals working with families.

Circle of friends

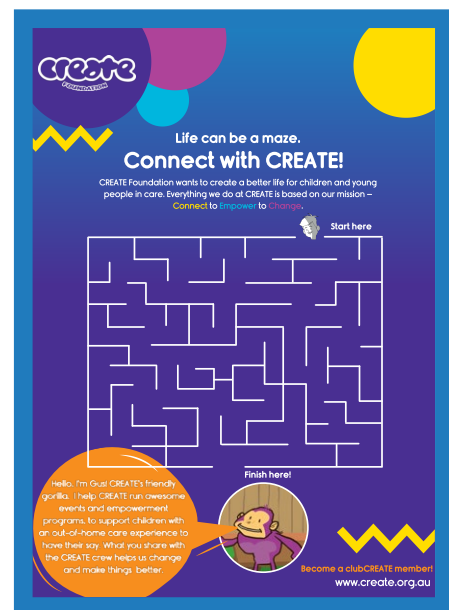


ACTIVITY

CONNECT WITH CREATE MAZE

Life can sometimes feel like a bit of maze, so find your way to GUS the friendly Gorilla at CREATE Foundation.

Gus and the CREATE team can help you use your voice to create change in the out-of-care system.



This activity was contributed by **CREATE Foundation** www.create.org.au

Become a clubCREATE member: www.create.org.au/clubcreate-members/



About CREATE

Our vision is that all children and young people with a care experience reach their full potential.

Our mission is to create a better life for children and young people in care. To do this we:

- Connect children and young people to each other, CREATE and their community to
- Empower children and young people to build self-confidence, self-esteem and skills that enable them to have a voice and be heard to
- Change the care system, in consultation with children and young people, through advocacy to improve policies, practices and services, and increase community awareness.

We provide programs and services to children and young people with a statutory care experience and develop policy and research to advocate for a better care system.

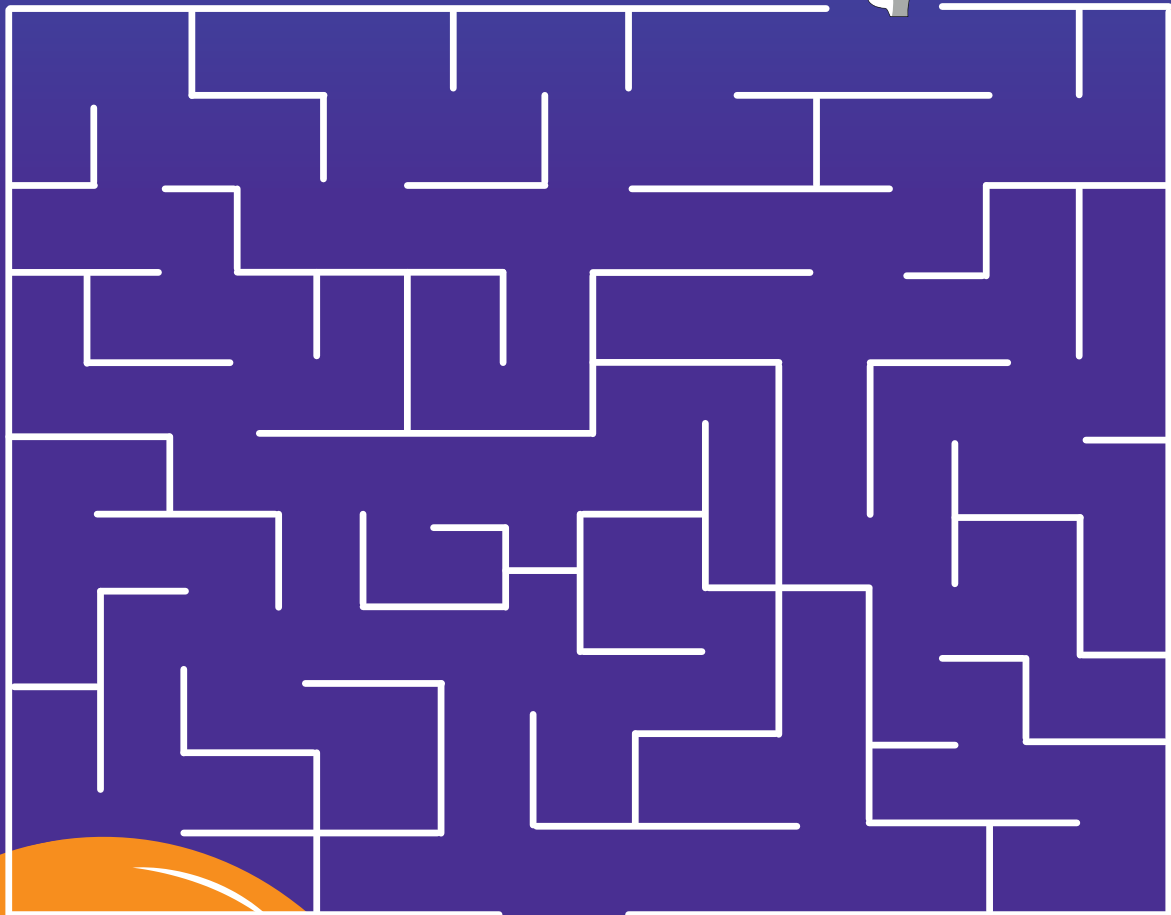
Life can be a maze.

Connect with CREATE!

CREATE Foundation wants to create a better life for children and young people in care. Everything we do at CREATE is based on our mission –
Connect to **Empower** to **Change**.



Start here



Finish here!

Hello, I'm Gus! CREATE's friendly gorilla. I help CREATE run awesome events and empowerment programs, to support children with an out-of-home care experience to have their say. What you share with the CREATE crew helps us change and make things better.



Become a clubCREATE member!
www.create.org.au

ACTIVITY

WHAT DOES SPIRIT MEAN TO ME?

Use this activity sheet to express what spirit means to you.

Also ask somebody from your community such as an Elder, cousin or friend what spirit means to them.

Aboriginal and Torres Strait Islander peoples believe that spirit is all around, in the trees, the sky, the earth, the rocks, the waterhole. Stories connect us to *spirit* through The Dreaming.

What does *spirit* mean to me?

Ask somebody from your community such as an Elder, cousin or friend what spirit means to them. For more fun activities, go to www.aboriginalchildrensday.com.au/resources

This activity was contributed by **SNAICC – National Voice for our Children.**

SNAICC is the national peak body representing Aboriginal and Torres Strait Islander children through our member services.

We exist to see all Aboriginal and Torres Strait Islander children grow up healthy, happy and safe.

Each year on 4 August, we celebrate National Aboriginal and Torres Strait Islander Children's Day but you can celebrate our kids being proud in culture and strong in spirit anytime. Visit our websites for resources and to find out more.

www.snaicc.org.au
www.aboriginalchildrensday.com.au





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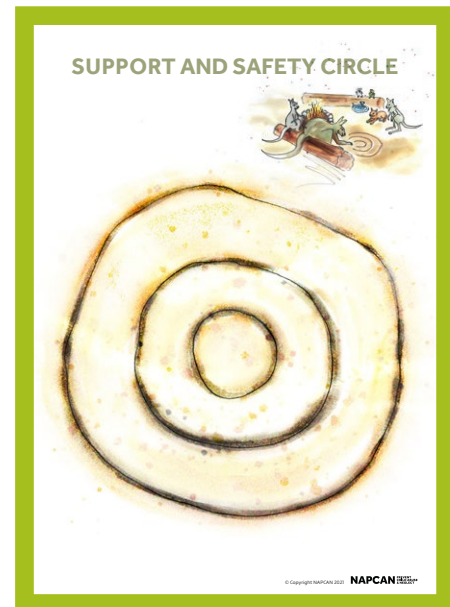
ACTIVITY

SUPPORT AND SAFETY CIRCLE

The aim of this activity is for children to make a **Support and Safety Circle** of trusted adults they can go to for help, and places and things that help them to feel safe.

Activity

1. Explain to children that they are going to make their own **Support and Safety Circle** of adults in their life and community who:
 - look out for them
 - they trust and feel safe with
 - they could go to for help and support
2. Provide each child with a **Support and Safety Circle handout** (next page). A3 size is best.
3. Invite them to **draw a picture or put a photo** of themselves in **Circle 1** (centre).
4. For **Circle 2**, invite children to **write or draw**:
 - **people close to them** who they trust and feel safe with (e.g. family and friends)
 - the **adults they could talk to** if they were feeling happy, excited, upset, unsafe or worried
 - the **things or items that are important** to them and that help them to feel comfortable and safe (e.g. toys, pets, comfort items)
5. For **Circle 3**, invite children to write or draw:
 - **community members** who they trust and feel safe with (e.g. teachers, support workers, local business owners or workers)
 - **places** where they feel safe and welcome (e.g. school, childcare, shop, library, parks).



6. **Help children to work out ways** they can **invite the adults** they have identified to be in their **Support and Safety Circle**, so each adult understands what this means (i.e. that the child trusts them to listen to and support them). Ideas could include:
 - writing or drawing an invitation for each person (which could include the qualities identified by the child)
 - writing or drawing a group invitation - if a number of children have identified a community member or service, e.g. a particular teacher, or the local library
 - inviting adults in the children's circles to a community and family celebration.

This activity was contributed by **NAPCAN**.

Safer Communities for Children is an inclusive, culturally safe, whole-of-community protective behaviours program, specifically designed for young children aged four to eight years. The program can be delivered by local community members and services across a range of settings such as schools, family centres and early childhood environments in urban, rural and remote settings.

Find out more: www.napcan.org.au/Programs/safer-communities-for-children



NAPCAN PREVENT CHILD ABUSE & NEGLECT

SUPPORT AND SAFETY CIRCLE



ACTIVITY

TOE TO HEAD READY FOR BED

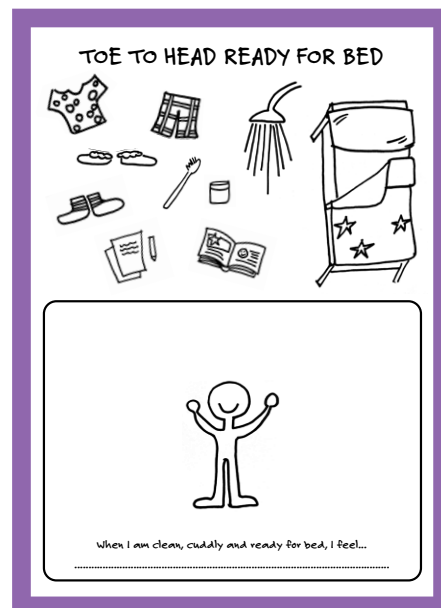
Use these images as a prompt for the discussion of the importance of routine, in general - for child development and with added importance in establishing a sense of safety and security following any trauma or adverse childhood experiences.

Activity

1. Colour in the items at the top of the page - ones you might use before bedtime. While colouring, talk through what the items are and why you use them. Add your own.
2. Cut out each item.
3. Paste these onto the person at the bottom of the page and finish the sentence below.
4. Print out multiple copies and do the activity as many times as you like.



Example



This activity is brought to you by Kez Holloway, Children and Young Person Wellbeing Manager at **Women's and Girls' Emergency Centre**. WAGEC supports women and children impacted by homelessness, domestic violence and systemic disadvantage in inner city and the inner west of Sydney.

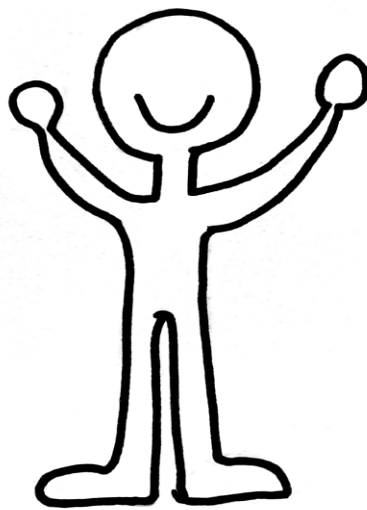
The Top to Toe activity can be used morning and night to help children build routines and can easily be adapted to work with all ages. It's based on evidence from Emerging Minds that shows how routines support healthy development and can be particularly helpful to establish a sense of safety and security following trauma or adverse childhood experiences.

For more information about WAGEC www.wagec.org.au

Emerging Minds develops mental health policy, services, interventions, training, programs and resources in response to the needs of professionals, children and their families. A wide range of free resources are available at www.emergingminds.com.au



TOE TO HEAD READY FOR BED



When I am clean, cuddly and ready for bed, I feel...

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