

Parent & Carer Workshop

Supporting your family with
creating childhoods free from
violence

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The information provided by Body Safety Australia via our employees, contractors, agents, educators, on our website or in our resources ("BSA information") is general information only and does not take into account your personal situation, that of your child, family, school or community group.

Thank you for being proactive with body safety and protective behaviours education in your child's community!

This booklet supports you in creating positive culture change and ending the silence of childhood sexual abuse. You will find strategies to empower children, tips on how to model consent, and advice on how to reach your wider community.

Body Safety Australia is a not-for-profit organisation established in 2015 to promote childhoods free from violence where children enjoy equitable and respectful relationships.

One in five children experiencing sexual abuse in Australia.

Our team provides whole community education in a fun, interactive and age-appropriate way.

Body Safety Australia celebrates diversity and respect for all. We have specialist knowledge and experience in faith-based environments, special schools and with LGBTIQ+ and culturally diverse communities including Aboriginal and Torres Strait Islander students.

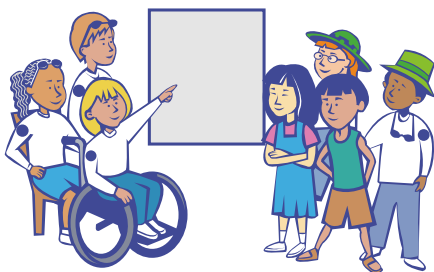
Protect and empower

Keeping children safe from harm is a partnership between the adults in their homes, their school or early learning environment and the child themselves.

It is an adults responsibility to **protect** the child while creating opportunities for **empowerment**.

Body Safety Australia has created ten learning objectives for children based on research of best practice and interviews with survivors of childhood sexual abuse.

Best practice involves delivering these learning objectives at school where children have the opportunity to practise skills with their peers while also modelling these behaviours at home.



Learning Objectives

Emotions

Children identify emotions in others using body language and facial expressions as cues.

Children identify emotions in themselves and communicate them to safe adults.

Early Warning Signs

Children identify the physical cues in their body that let them know they may be unsafe.

Fight, Flight, Freeze

Children begin to understand the different fear responses and how they may prevent us from acting when faced with danger.

Assertive Communication

Being able to clearly and assertively communicate their needs in regards to bodily autonomy.

Safe Adults

Children reflect on what makes an adult a safe persons and then identify who those safe adults are in their lives.



Learning Objectives

Bodily Autonomy

Children have a right to bodily autonomy. They can make choices about how, and with whom, they share touch.

Necessary Touch

While children have a right to bodily autonomy, a range of safe adults help them make decisions about their bodies that pertain to health, hygiene and safety.

Private, Personal & Public Body Parts

Children learn the names for genitals and the difference between private, public and personal body parts.

Secrets & Surprises

Differentiating between secrets and surprises can help children identify when people are asking them to keep inappropriate secrets.

Tricky Times

Understanding appropriate boundaries between children and teens or adults.

Activity 1: Emotions

Children create their own feelings book. They can draw, paint or stick together things that make them feel happy, sad, scared, angry, embarrassed, excited or calm.

Activity 2: Fight, Flight, Freeze

Explain that sometimes when we are scared we react in different ways.

Sometimes we want to fight back. We might make ourselves bigger like a puffer fish or louder like a lion.



Other times we might feel small and fast like a mouse.



Or we could curl up in a ball like a sea anemone!

Children can make masks with different animal faces.



Brainstorm different risk situations and have children wear the mask that matches their response.

Activity 3: Bodily Autonomy & Assertive Communication

Use hugs, tickles or wrestles to role model consent. The child asks for touch then asks you to stop. Stop immediately and repeat.



Using chalk you can explore body boundaries. Move towards your child and have them draw a chalk circle around themselves when you have reached their 'body bubble'. Role play being different people, ie: a teacher, a shop assistant, a friend, a sibling. See if their body bubble changes based on relationship

Activity 3: Safe Adults

Safe adults are people who listen, who validate and who act if a child needs support.

Brainstorm safe adults with your child. Don't lead the child into naming particular people but know that safe adults can be found in and outside the family.

Once your child has named 5 safe adults, flip to the back of this booklet and fill in the names on the shields. These can be cut out and handed to the adult so they know the child trusts them.

This activity can also be done using our Safe Adult Puppets and story book.



Activity 4: Body Safety Rules

Create a poster with your child with some simple rules or guidelines that could be used in your home.

Put the poster on the fridge for everyone to see!



Advocating for your child

Sometimes the people around us don't practice body safety behaviours with our children.

It could be that they have different values, have not thought about body safety education or sometimes it is grooming behaviours.

It can take a lot of courage to address behaviours that are inconsistent our learning objectives - especially when it comes from a family member!

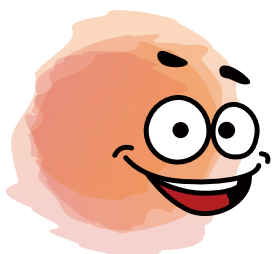
Your job is to educate, educate, educate!

If you have concerns about someone's behaviour to a child, it needs interrupting.



This can be done by addressing the behaviour directly and setting boundaries about what is appropriate. It can also be reinforced by talking frequently about body safety practices and having your family's body safety rules up in your home.

Sexualised behaviour



Children are naturally curious about their bodies and the bodies of others. Not all play that involves nudity is a cause

for concern, but rather is an opportunity for conversation. If two or more children are playing in a way that is consensual and curious, remind them of their body boundaries and privacy.



Sometimes this play is persistent and may usually be instigated by one child. This needs to be addressed and close observations made.



When sexualised behaviour is frequent and other children seem uncomfortable then action needs to be taken.

If a child has frequent sexual themes in play or conversation, or play is more explicit than curious, this becomes a matter for immediate reporting.

Reporting

For immediate help call the National Police: 000

Reporting child abuse is confidential

VIC Child Protection Crisis Line on 131 278

NSW Child Protection Helpline 132 111

ACT Child and Youth Protection Service 1300 556 729

TAS Child Protection Advice and Referral Service on
1800 737 639

QLD Child Safety After Hours Service Centre on
1800 177 135

WA Child Protection and Family Support 1800 273 889

SA Child Abuse Report Line (CARL) on 13 14 78

NT Child Abuse Hotline on 1800 700 250

Support



1800Respect - Call 1800 737 732 24 hours, 7 days a week. anytime sexual assault and family and domestic violence counselling

Blueknot - Call 1300 657 380 between 9 am and 5 pm Monday to Sunday AEST/AEDT Survivor Trauma Counselling

Lifeline 131 114 – 24 hours, 7 days a week crisis support counselling

Kids Helpline 1800 551 800 – 24 hours, 7 days a week 24/7 online and phone counselling service for young people aged 5 to 25

Mensline Australia 1800 041 612 24 hours, 7 days a week support, referrals and counselling for men

Support by State

VIC

Child FIRST - central referral point to family services and other supports. Contact for each location available at services.dhhs.vic.gov.au/referral-and-support-teams

The Orange Door - women's and children's family violence services, child and family services, Aboriginal services. Contact details for each location available at orangedoor.vic.gov.au/contact

NSW

Sexual Assault Survivors Victims Services' Approved Counselling Service Call 1800 633 063
Available 8am - 6pm Monday to Friday.

Domestic Violence Line 1800 65 64 63.
Available 24/7 provides counselling and referrals to women experiencing domestic and family violence.

ACT

Canberra Rape Crisis Centre 02 6247 2525
Provides sexual assault counselling, crisis support, advocacy, community education and facilitation of support groups. An Aboriginal Outreach support worker is available for women and children.

TAS

Sexual Assault Support Service (SASS) 1800 697 877
Available 24/7

Support By State Cont...

QLD

Sexual Assault Helpline 1800 010 120

Available 7.30 am -11.30 pm, 7 days they offer emotional support and referral pathways to anyone who has, or thinks they may have been sexually assaulted or abused.

WA

Sexual Assault Resource Centre 1800 199 888 -

Available 24/7 SARC

Women's Family Violence 1800 007 339 -

Available 24/7 Information,

SA

Women's Safety Services SA 1800 800 098 -

Available 24/7

Information, referral and telephone counselling for women experiencing domestic violence in South Australia.

NT

Domestic and Family Violence Centre (08) 8932 9155 -

Available 24/7

Parentline 1300 30 1300

Available 8am- 10pm 7 days a week provides free counselling and support to parents and carers of children living in NT.

Resources

We have a range of resources available for purchase at bodysafetyaustralia.com.au

Some of our favourites include:

- My Safe Adult Puppets: Finger Puppet Activity
- Roll 'n' Play Emotions Game
- Space Invader Poster: Introducing Personal Space
- Surprise! Mum's Birthday by Deanne Carson
- It's My Body by Lory Freeman
- My Body Belongs to Me by Jill Starishevsky
- I Won't Said Willow by Candy Lawrence



Other Body Safety Australia Programs.



Unique You -

Respectful relationships and Sexuality Education



Naked Truths -

Respectful Relationships On and Off-Line and Consent Education



Imagine Me -

Promoting Positive Body Image



Gender Glorious -

Gender Equity & Inclusivity training



Over the Rainbow -

LGBTQIA+

Inclusion and Empowerment

Testimonials

"Our staff and families were fortunate to be able to participate in the Body Safety Superstars! training & information sessions. Despite having to do this via Zoom, the presenters were professional and engaging. The information was easy to understand and based on current research....it initiated lots of discussion around subjects adults sometimes find awkward. The feedback from both educators and families was positive and reflective. The participants all felt they learnt something new and are now better equipped to empower young children to communicate body autonomy, identify situations where they felt safe or unsafe and seek help if they felt unsafe"

- Warnambool CC Kindergarten & Early Childhood Services

"Really well facilitated. Excellent questions and brought up conversation points I had never thought to have with my child."

- Parent, Melbourne Independent School

"Outstanding was the overwhelming response! I have had parents email me today and staff stop me to comment too on how fantastic the presentation was!"

- Gay Wales, Principal, Melbourne Montessori School

We all took a great deal from the session and each parent has made time to approach educators and express how informative it was.

- Kindergarten Educator, City of Casey

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