



# KEEPING SAFE

A guide for children  
and the people who care for them



REYLL Reference R036.

This document is for use by registered REYLL participants only.



# Keeping safe:

Everybody has the right to feel safe.

Personal space is the area around my body.

My personal space belongs to me.

I choose who can come into my personal space.





# My safe adults:



Knowing safe adults, helps us to feel safe.



Talk to someone you trust about adults who make you feel safe and comfortable.

You can write down the names of these adults, draw a picture of them or make a book using their photos, to help you remember who they are!

You can talk to these adults if you don't feel safe.





# How can I keep safe?

I can decide who comes close to me!

If someone comes close who makes me feel uncomfortable, I can tell my safe adults.

If someone asks me to do something that gives me a strange feeling in my body, this is an early warning sign.

I can say 'no'.

I can tell my safe adults.





# Photos and videos of me



Sometimes adults might take photos or videos of me.

I can look at them and they can be fun!

I should always wear clothes in photos or videos.

If I don't want to be in a photo or video I can say 'no'.

If someone asks me to do something that gives me a strange feeling in my body when taking photos or videos, this is an early warning sign.

I can say 'no'.

I can tell my safe adults.





# What are early warning signs?

These are the physical things that can happen to our body to tell us that we feel unsafe.





# What to do if something has happened to you or if you feel unsafe:



- Talk to your safe adults.
- Remember you are not alone.
- Remember you are brave and you are strong.
- You can tell a safe adult and they will help you.
- Remind yourself you won't get in trouble.
- Ask for help to feel safe again.
- Remember it is always okay to talk to your safe adults.



# Some advice for the people who look after you:

## How to talk to children about personal space and being safe?

These conversations can be hard, but are also really important. We need to empower children with the knowledge that they need to help keep themselves safe, and to feel confident to ask for help if they need it. There are many resources available to assist you to have these discussions with children. Consulting with your local primary school may also help you find resources that your child may already be familiar with.



Examples of some resources you can use to help you start talking about personal space and safety with children include:

- Yarning Quiet Ways book
- Little Big Chats book
- Child Sexual Abuse -Get the Facts factsheet  
<https://www.childsafety.gov.au/system/files/2023-09/child-sexual-abuse-get-the-facts.pdf>
- Raising children network





An example of a resource commonly used is based on a traffic light system. The idea of the traffic light system is to help identify, understand, and respond to sexual behaviours in children. This can help adults support children to develop healthy sexuality and protect them from harm and abuse. The below is a brief overview of this system:



- Red** = Harmful, forceful, or secretive sexual behaviours.
- Yellow** = Sexual behaviours outside of the norm for their age.
- Green** = Normal and age-appropriate sexual behaviours.

Information on this varies between states, so this system should not be implemented without in depth research, appropriate training and consultation with your director.

ACECQA have developed guidelines to support services apply the National Model Code for Taking Images or Videos of Children while Providing Early Childhood Education and Care. This supports creation of a child safe culture when taking, sharing and storing images or videos of children. Further information can be found here:  
<https://www.acecqa.gov.au/national-model-code-taking-images-early-childhood-education-and-care>



**Our service follows the National Model Code for Taking Images or Videos of Children**  
Ask us about our child safe practices

- 1** We use service-issued devices
- 2** We only carry or use personal devices for authorised essential purposes
- 3** Authorised essential purposes include emergencies, health and family needs
- 4** We have strict controls for storage and retention of images of children



For further information please  
contact [fish@onetree.org.au](mailto:fish@onetree.org.au)

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