



EVERY CHILD IN EVERY COMMUNITY NEEDS A FAIR GO



NAPCAN PREVENT CHILD ABUSE & NEGLECT

www.napcan.org.au

NATIONAL CHILD PROTECTION WEEK 2022
EVERY CHILD IN EVERY COMMUNITY NEEDS A FAIR GO

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



Let's engage children, families and child-focused organisations in National Child Protection Week.

"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.

THE AIM OF THIS BOOKLET IS TO:

**Start conversations about how to
build the safest communities
possible for children**

**Link families to resources and
support services**

HEY ADULTS

More ways to get involved with ensuring that children and families are safe and supported:

SIGN UP FOR EVENTS at www.napcan.org.au/events/

Here are a few to get you started:

- eSafety virtual classroom *Be an eSafe kid: Be safe, be supportive* (for primary school classes)
- Online sexual harassment and image-based abuse webinar (for parents)
- Daniel Morcombe Foundation Biggest Child Safety Lesson (online for classrooms)
- KidsHelpline webinars for schools

Find more events at: www.napcan.org.au/events/

MARK YOUR CALENDAR

Here is just a sample of the many national campaigns working together to create stronger, safer communities for children:

- Aboriginal and Torres Strait Islander Children's Day - **August**
- Anti-Poverty Week (includes curriculum resources) - **October**
- Children's Week - **October**
- Safer Internet Day - **February**
- Neighbour Day - **March**
- Families Week - **May**
- NAIDOC Week - **July**

GET INVOLVED

National Child Protection Week - www.napcan.org.au/get-involved-2022/

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

13 YARN:

13 YARN - 13 92 76 (24 hours/7 days)

Free and confidential service run by - and for - Aboriginal and Torres Strait Islander people.

OR: refer to the Australian parenting website raisingchildren.net.au

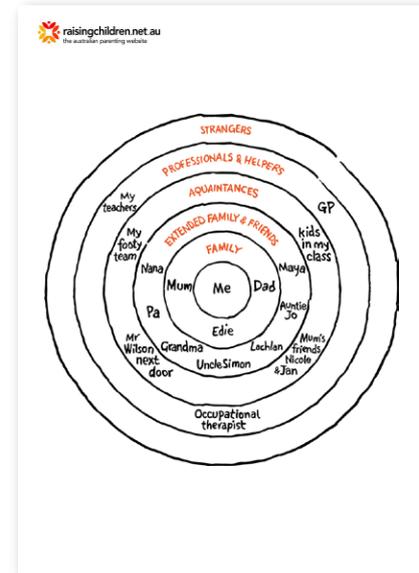
CIRCLE OF FRIENDS

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?

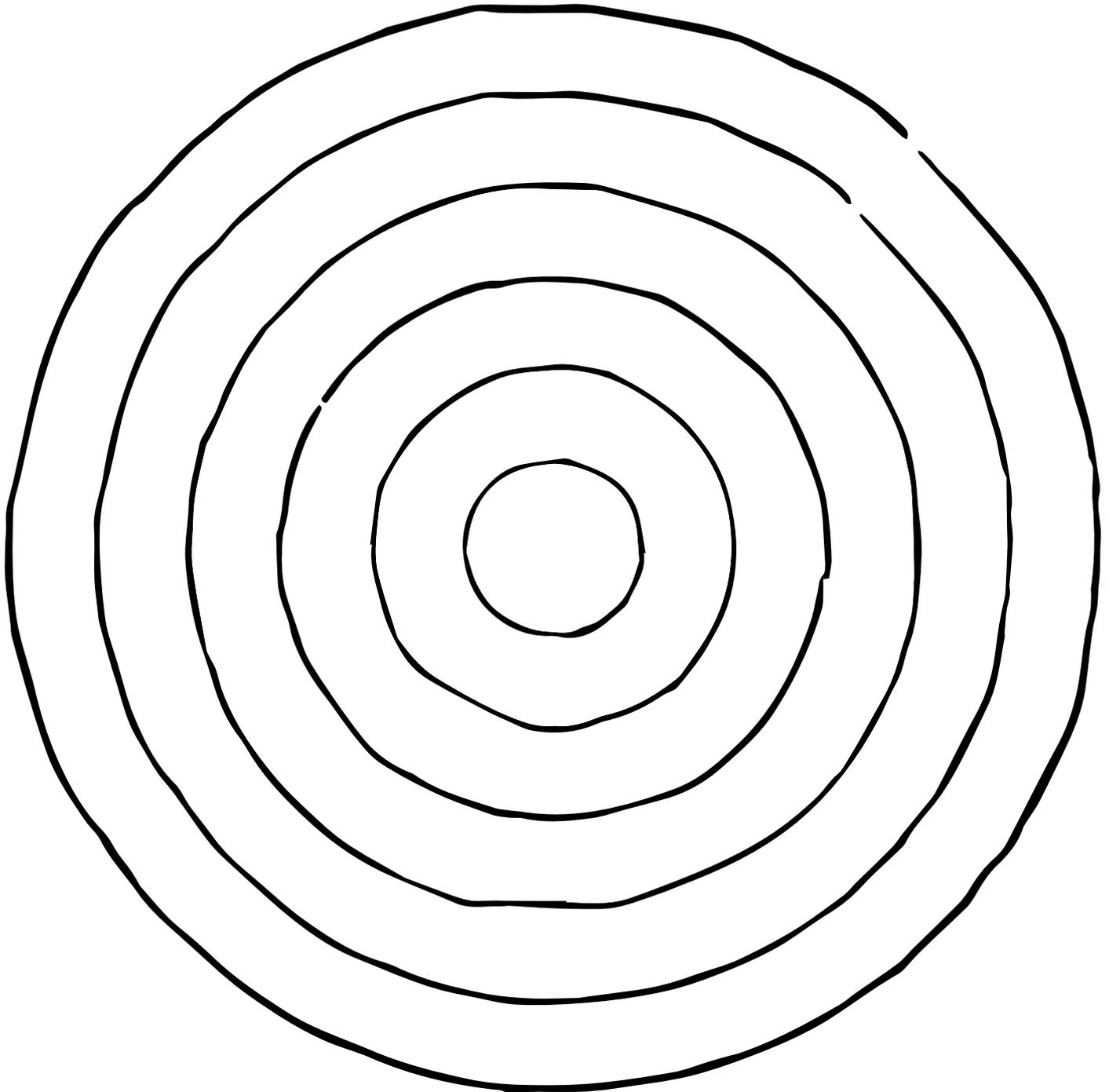
You can use this activity to help your child stay safe. To do this, you can ask your child questions about how other people should behave around them.

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.

Using the circle of friends example on the previous page please fill in for each circle the different people in your child's life, based on what their relationship is with these people. Once they've added people to each of the circles, talk with your child about how your child should behave with people in each circle.



5 FINGERS OF SUPPORT

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. Hold up your hand, you might notice that all our hands are a little similar but also very different. The same goes for our 5 fingers of support, you might have different supports than the person next to you.
2. Give me a big THUMBS UP!
Kids Helpline are on the thumb because they are there for you, anytime any reason. And even if you don't know who can support you, you can always talk to us.
3. On your other 4 fingers is where you put your adult supports. It might be: a parent or carer, a family member like a cousin/adult sibling/aunty/uncle/grandparent, a family friend, a coach or baby sitter, teacher.
4. On your palm is where you put your friends, pets and toys – because these are important too and you can hold them close.

These are some examples the Kids Helpline counsellor's came up with for the 5 fingers of supports. What would your 5 fingers of support look like?



This activity was contributed by Kids Helpline.

Kids Helpline, powered by **yourtown** is Australia's only free and confidential, 24/7 online and phone counselling service for young people aged 5 – 25. Kids Helpline is here for children and young people whenever they need us, anytime for any reason 24/7, through tailored mental health counselling services in line with their changing preferences for help-seeking.

Visit kidshelpline.com.au or free call 1800 55 1800.



5 Fingers of Support

Who are

5 adult supports

you could

talk to?



kidshelpline
1800 55 1800



Toys



Friends



Pets

5



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](http://esafety.gov.au/kids) pages. www.esafety.gov.au/kids

	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	

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.

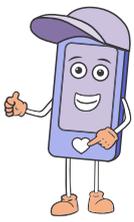
eSafety Commissioner esafety.gov.au

This activity was contributed by the **eSafety Commissioner**.

Through their website, reporting schemes, education resources and work with the tech industry, the eSafety Commission helps kids to keep themselves safe online.



www.esafety.gov.au/kids



eSafety Kids

website treasure hunt

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I'M DEADLY!

WHY?

To find out a bit about the child and how they see themselves - their strengths and dreams

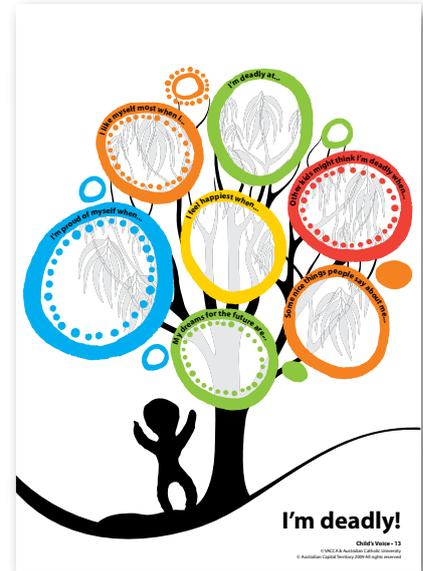
WHAT TO DO?

Explain

- Everyone is different. These differences make you deadly.
- Talk about some of the things that you have noticed about them already – things that you admire or you've noticed they do
- Let's take a look at some of the things that are important to you

Using the tool

- Work your way through the **I'm deadly** tool together
- Let the child know they can write words or draw pictures in each circle.
- Let them know if they don't want to fill a space in that's OK – you can leave it blank or come up with ideas together



Be Careful

- Some kids can find it hard to talk about their strengths. Without taking over, gently give them some ideas or remind them about what others have told you - Your mum told me you were deadly atYou're great at making me laugh...

Finish

- Ask if you can take a copy so you don't forget
- Ask where they will display **I'm deadly** and who they would want to see it.

This activity is from **Child's Voice - Our children have the right to be heard**, which was created by the Victorian Aboriginal Child Care Agency (VACCA) and includes more activities designed specially for Aboriginal children. VACCA is a state-wide Aboriginal Community Controlled Organisation (ACCO) servicing children, young people, families, and community members. www.vacca.org



The Child's Voice resources are based on the Kids Central Toolkit, which was developed by Institute of Child Protection Studies, Australian Catholic University to help services place children in the centre of their work. Find out more at the Kids Central Website: www.acu.edu.au/icps/kids-central-toolkit





I'm deadly!

Child's Voice • 13

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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/



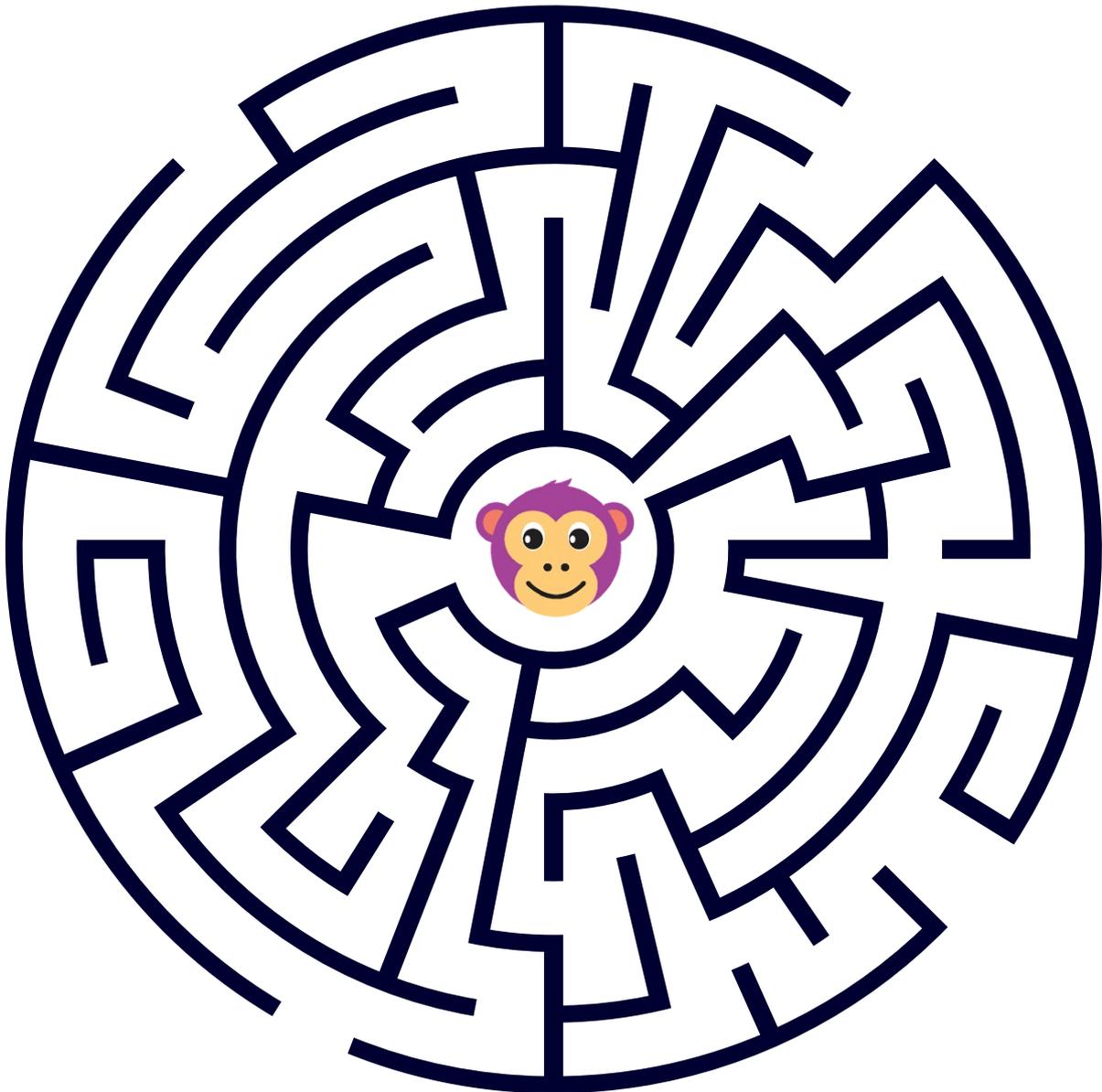
About CREATE

CREATE provides programs and services to children and young people with a statutory care experience and develops policy and research to advocate for a better care system. Their mission is to create a better life for children and young people in care by:

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

Maze Game

Our vision at CREATE Foundation is that all children and young people with a care experience reach their full potential. Finding who you are, where you come from and where you belong can be a bit of a maze. Find Gus and join clubCREATE to connect with other young people in out-of-home care.



For more information
about clubCREATE
or to find a
connection event
near you:

1800 665 105

www.create.org.au

BRIGHTEN UP YOUR NEIGHBOURHOOD!

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.

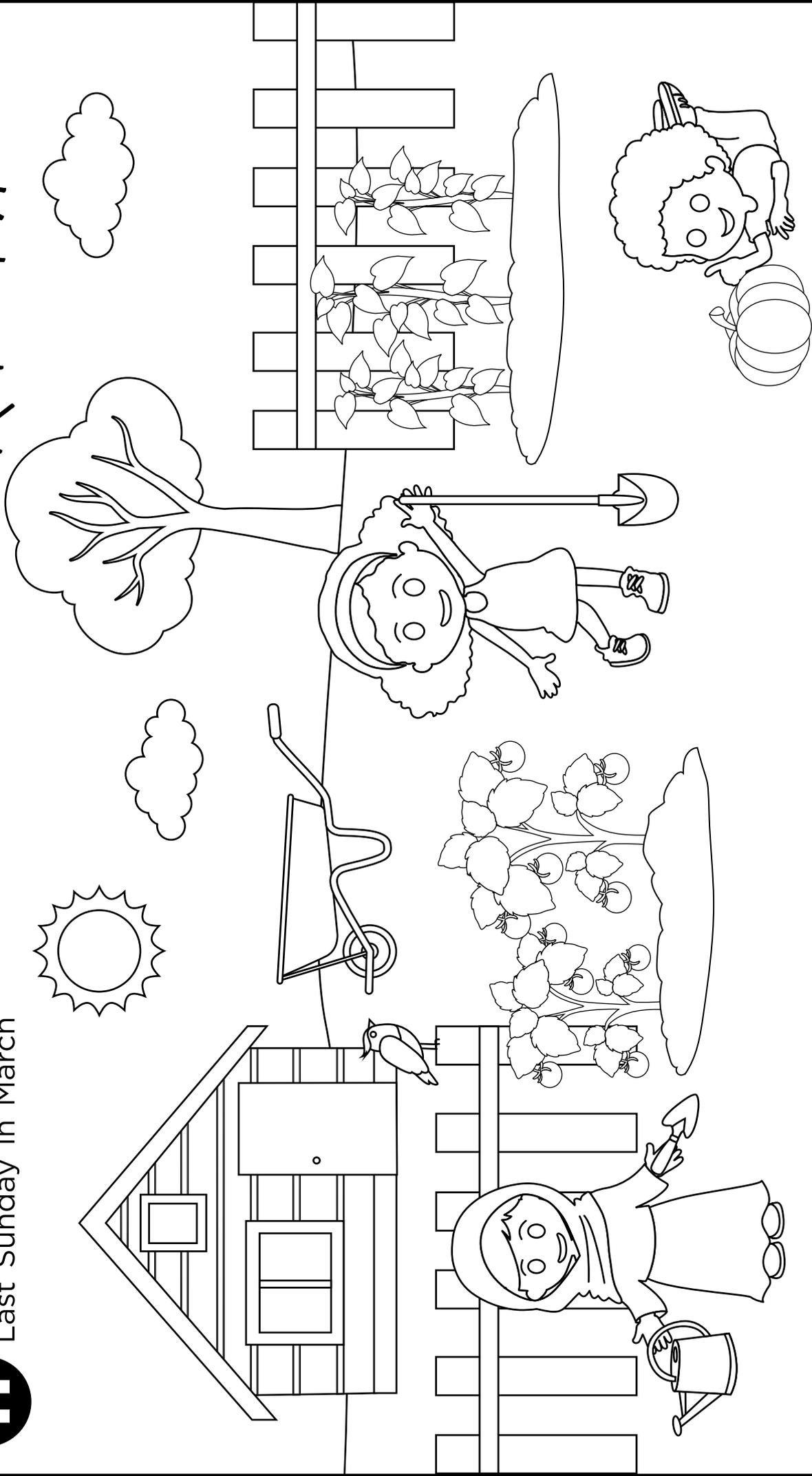
Relationships Australia is the home of Neighbour Day, Australia's annual celebration (last Sunday in March) of community, encouraging people to connect with their neighbours. Connected people connect communities. www.neighbourday.org

 neighbour day | Relationships Australia.



neighbour day
Last Sunday in March

Relationships Australia®



Connected people connect communities.



CHILDREN'S VOICES

If we want to make our local communities great for children, we need to ask them what they think, because:

Children experience the world differently from adults.

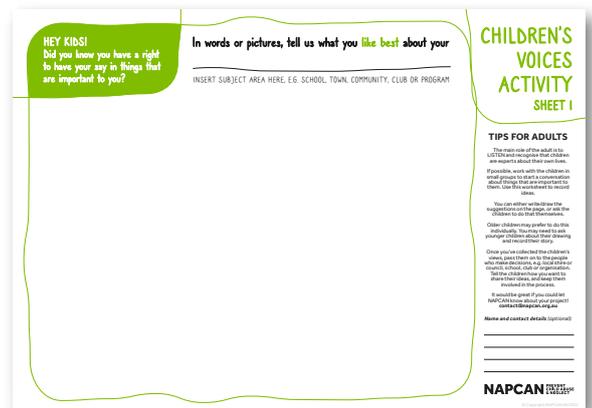
Adults cannot guess what is important for children without asking them and listening to the answer.

Children may have priorities that adults prefer not to think about.

Children use community facilities in ways that are different from adults.

The aim of this activity is to provide a simple tool to help adults to start listening to, and acting on, the views of young people. A critical part of this project is to make sure that this feedback is actually used to inform decisions in the local community.

So, once you've done this activity, think about ways to pass on the children's suggestions to decision-makers such as local councils. Or get creative about how you display the drawings at your school or maybe even the local library.



The Children's Voices Activity was created by the **National Association for Prevention of Child Abuse and Neglect (NAPCAN)** as a tool to support organisations to listen to, and act on, the voices of children. To find out more about the work of NAPCAN including how to get involved with National Child Protection Week, visit www.napcan.org.au

NAPCAN PREVENT CHILD ABUSE & NEGLECT

CHILDREN'S VOICES ACTIVITY SHEET 1

In words or pictures, tell us what you like best about your

INSERT SUBJECT AREA HERE, E.G. SCHOOL, TOWN, COMMUNITY, CLUB OR PROGRAM

HEY KIDS!
Did you know you have a right to have your say in things that are important to you?

TIPS FOR ADULTS

The main role of the adult is to LISTEN and recognise that children are experts about their own lives.

If possible, work with the children in small groups to start a conversation about things that are important to them. Use this worksheet to record ideas.

You can either write/draw the suggestions on the page, or ask the children to do that themselves.

Older children may prefer to do this individually. You may need to ask younger children about their drawing and record their story.

Once you've collected the children's views, pass them on to the people who make decisions, e.g. local shire or council, school, club or organisation.

Tell the children how you want to share their ideas, and keep them involved in the process.

It would be great if you could let NAPCAN know about your project!
contact@napcan.org.au

Name and contact details (optional):

CHILDREN'S VOICES ACTIVITY SHEET 2

In words or pictures, tell us what you would change about your

INSERT SUBJECT AREA HERE, E.G. SCHOOL, TOWN, COMMUNITY, CLUB OR PROGRAM

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Name and contact details (optional):

WORD MAZE

Protecting children is everyone's business.

There are many people in your neighbourhood who you might be able to go to for help if you need it. See how many you can find in the word search puzzle.

QUEENSLAND CHILD PROTECTION WEEK
4-10 September 2022
www.childprotectionweek.org.au

Protecting children is everyone's business – play your part.

Word maze
Can you find all 11 people and places that you can go to for help and support?

Police	Sport coach	Ambulance	Kids Helpline	Doctor	Carer
Teacher	Hospital	Family	Social worker	School	

S O C I A L W O R K E R
A K C P O L I C E E P C
U J H X P U E N G E Z A
N K U F A M I L Y N O M
I P R D Z F D F S I T B
D O C T O R E V I L Y U
E T H L G O F N O P H L
D N E I R F C O Z L O A
N I C Y B I H V S E S N
S P O R T C O A C H P C
S E R U S L U C B S I E
T E A C H E R I R D T Z
S S E N R E H T E I A A
A N C A R E R T A K L G

Priority supported by: Funded by:

Kids Helpline: phone 1800 551 800 or go to www.kidshelpline.com.au

This activity has been contributed by **Queensland Child Protection Week** which runs concurrently with National Child Protection Week. The enduring theme for Queensland Child Protection Week is *Protecting Children is Everybody's Business*. For more information about Queensland activities, resources, awards and events visit www.childprotectionweek.org.au

Protecting **children** is
EVERYBODY'S
BUSINESS



QUEENSLAND
CHILD
PROTECTION
WEEK



QUEENSLAND
CHILD
PROTECTION
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Protecting children is everyone's business – play your part.

4–10 September 2022

www.childprotectionweek.org.au



Word maze

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S	O	C	I	A	L	W	O	R	K	E	R
A	K	C	P	O	L	I	C	E	E	P	C
U	J	H	X	P	U	E	N	G	E	Z	A
N	K	U	F	A	M	I	L	Y	N	O	M
I	P	R	D	Z	F	D	F	S	I	T	B
D	O	C	T	O	R	E	V	I	L	Y	U
E	T	H	L	G	O	F	N	O	P	H	L
D	N	E	I	R	F	C	O	Z	L	O	A
N	I	C	Y	B	I	H	V	S	E	S	N
S	P	O	R	T	C	O	A	C	H	P	C
S	E	R	U	S	L	U	C	B	S	I	E
T	E	A	C	H	E	R	I	R	D	T	Z
S	S	E	N	R	E	H	T	E	I	A	A
A	N	C	A	R	E	R	T	A	K	L	G



Proudly supported by



Funded by



Kids Helpline: phone 1800 551 800 or go to www.kidshelpline.com.au

SHINE A LIGHT BIRD

Just as birds travel in flocks, flocks are like a community – they all work together to keep the flock safe. Child Protection is Everybody's Business...play your part!

YOU WILL NEED

- Cardboard – a cereal box or craft card
- 2 ice cream sticks or flat sticks
- Scissors
- Sticky tape
- Glue stick
- Coloured pens or pencils
- Ruler
- Printed template

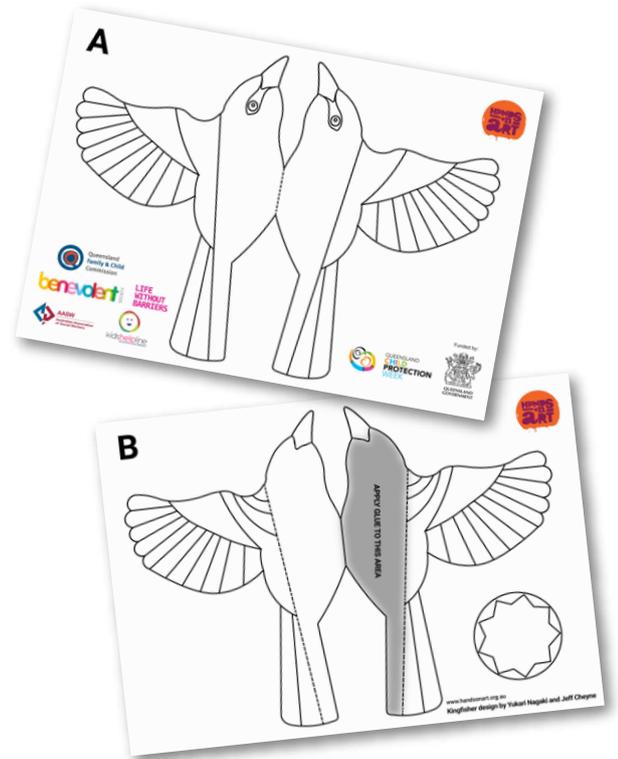
Before starting you might like to watch the 'How to make your Kingfisher' instruction video on the Hands on Art website www.handsonart.org.au

COLOUR AND ASSEMBLE THE BIRD

- 1 Print the bird templates A and B from the Hands on Art website
- 2 Colour in the bird and the sun. Colour both sides A and B but don't colour the grey area or the body area on side B. You might like to include a message or your name on the sun
- 3 Cut out the bird and sun shapes
- 4 Glue the blank sides of the bird shapes together so that the decorated sides are on the outside. Now put aside to dry for a moment
- 5 Fold along the dotted line in the centre of the bird's body
- 6 Fold the wings along the dotted lines. Open up the bird so the grey shaded area is on top
- 7 Apply glue to the grey shaded area and press the two halves of the bird's body together

MAKE THE STAND

- 1 Cut out a cardboard rectangle about 10cm x 15cm
- 2 Fold the rectangle in half so that the 2 short edges (10cm side) meet up



- 3 Make another fold along the centre of each half so that the short edge meets up with the centre fold. You can add tape to secure the fold at each end
- 4 Tape the 2 flat sticks together in the centre
- 5 One end of the taped sticks will now fit over the base and the other end, the bird's belly - this will connect the bird and the base together
- 6 Attach the sun to the bird's beak with a small piece of folded sticky tape colour in the bird

Your bird is finished!!

This activity was created by **Hands On Art** in support of - and funded by - **Queensland Child Protection Week**. The aim is to have as many birds as possible displayed across our communities in the lead-up to Child Protection Week. Feel free to get creative with how you display your birds. People located in Queensland are also invited to order a bird-making kit via the website. Each kit will have templates for 30 birds. You'll only have to provide a few of your own colouring and craft resources.

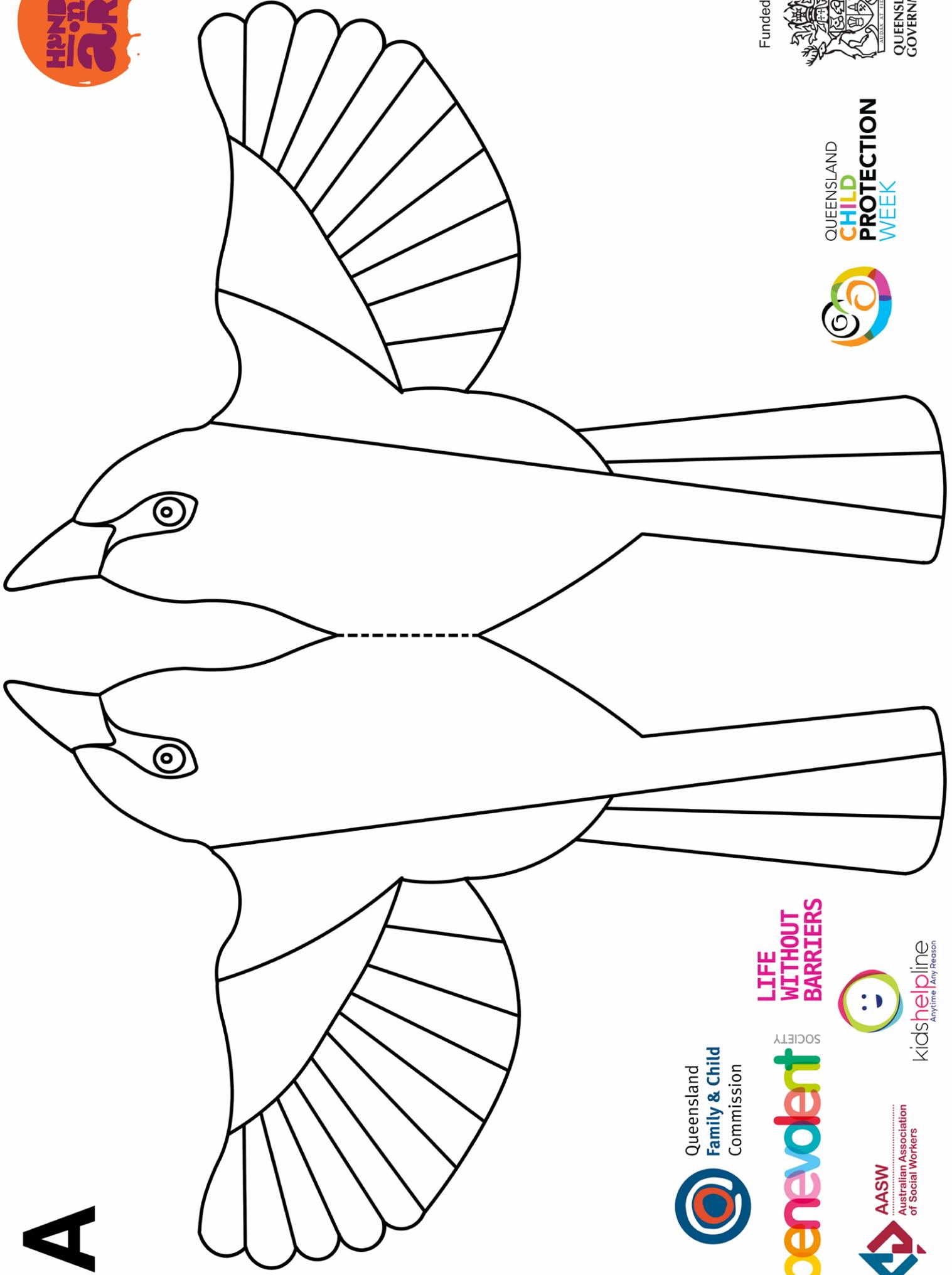
Find out more at:

www.handsonart.org.au/artists-and-activities/shine-a-light-qld-child-protection-week-2022/



QUEENSLAND
CHILD
PROTECTION
WEEK

A



Queensland
Family & Child
Commission

benevolent SOCIETY

**LIFE
WITHOUT
BARRIERS**



AASW
Australian Association
of Social Workers



kidshelpline
Anytime Any Reason

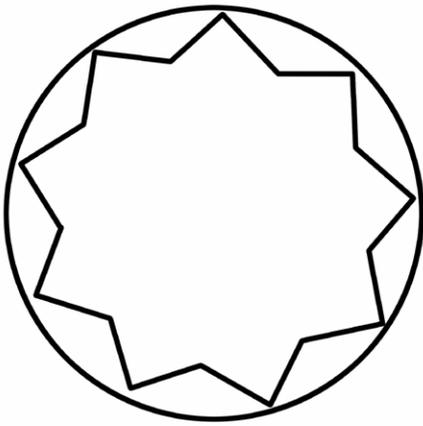
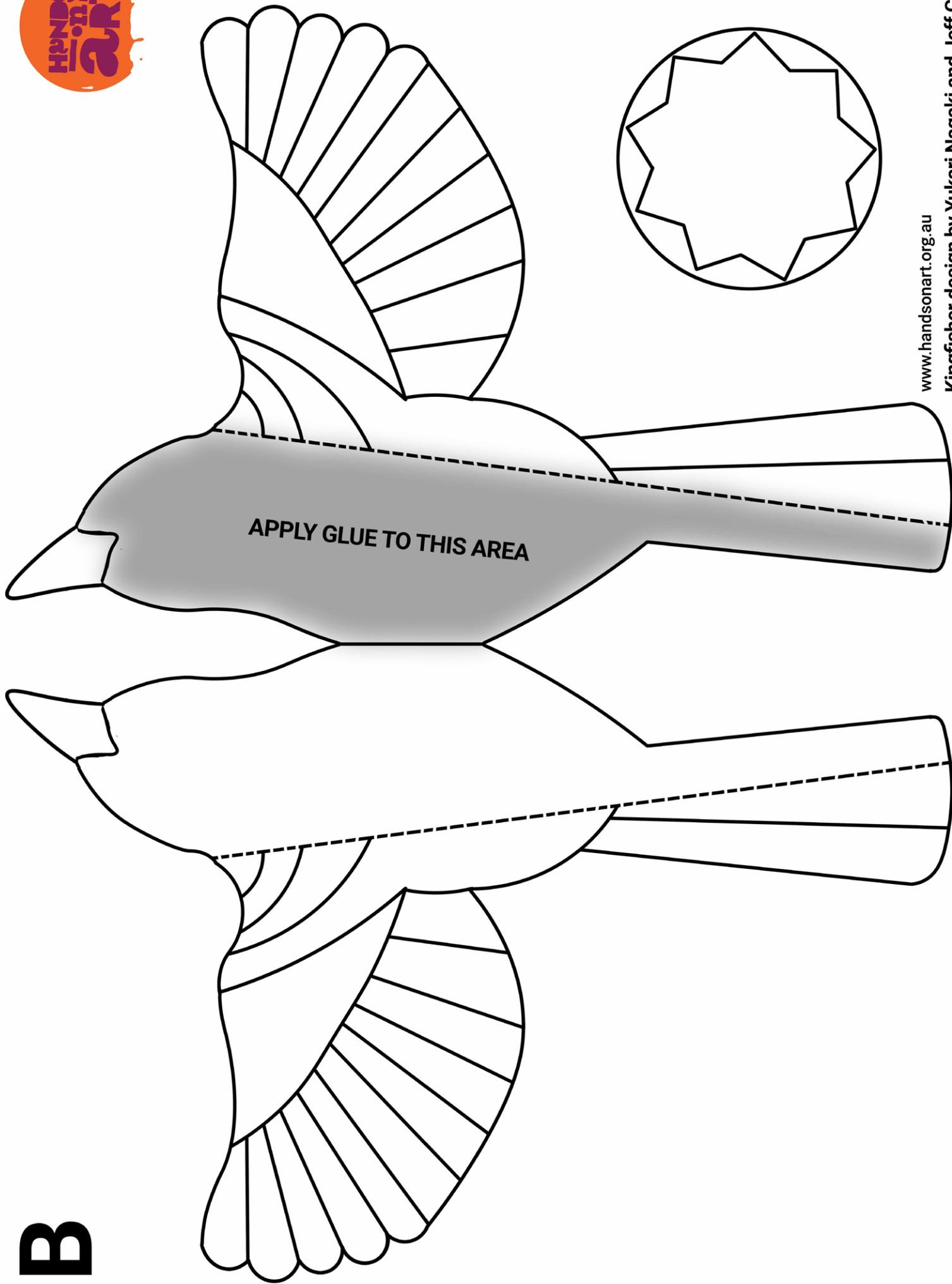


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