

# PROTECTIVE BEHAVIOURS

Years 3 – 4

**Resources**



**WE HAVE**

**ALL SAFE**

**THE RIGHT**

**TO FEEL**

**BE SAFE**

**AT AND**

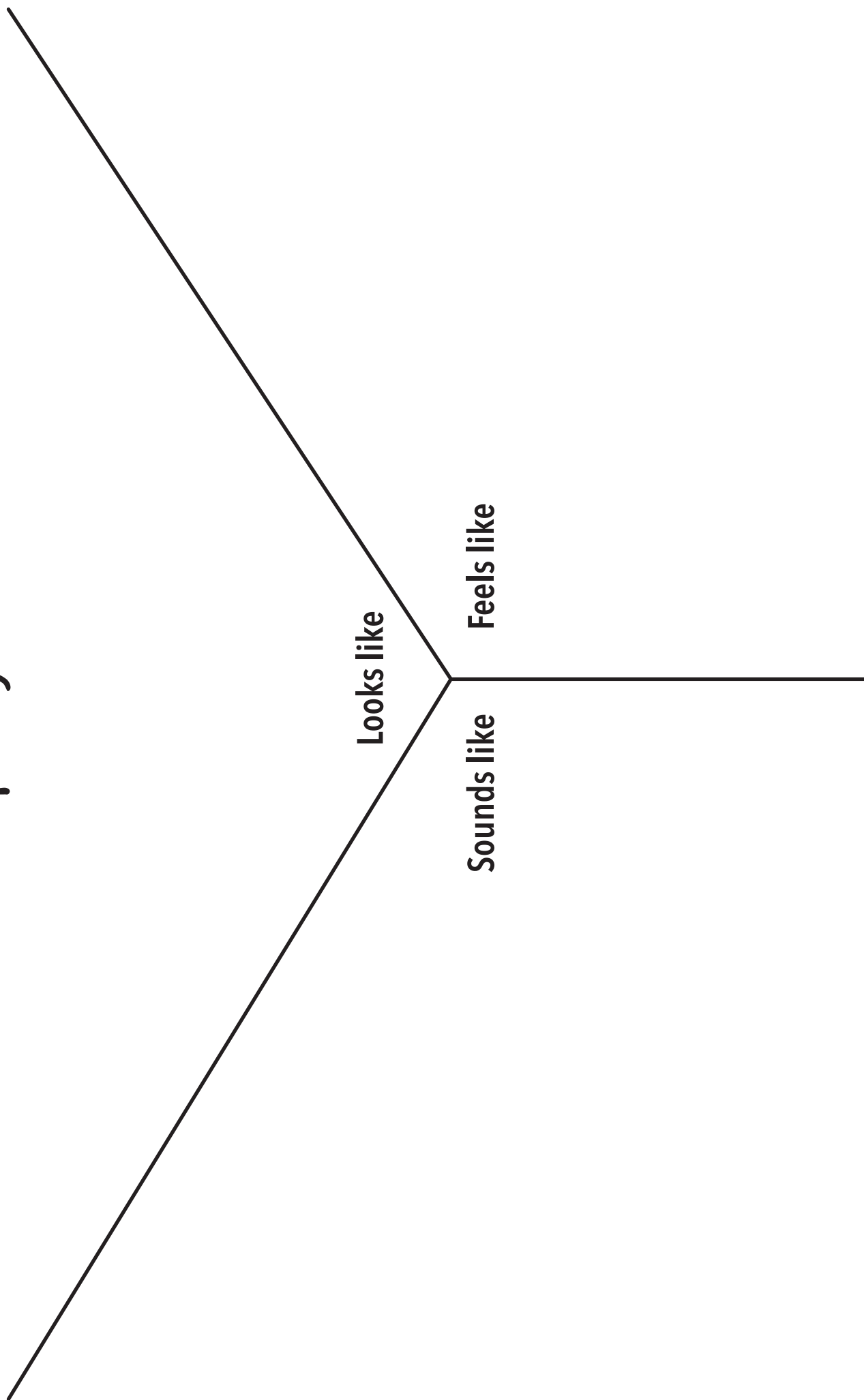
**ALL TIMES**

**WE ALL HAVE THE RIGHT TO BE SAFE  
AND FEEL SAFE AT ALL TIMES**



**WE CAN TALK WITH SOMEONE ABOUT  
ANYTHING NO MATTER WHAT IT IS**

What empathy means to me

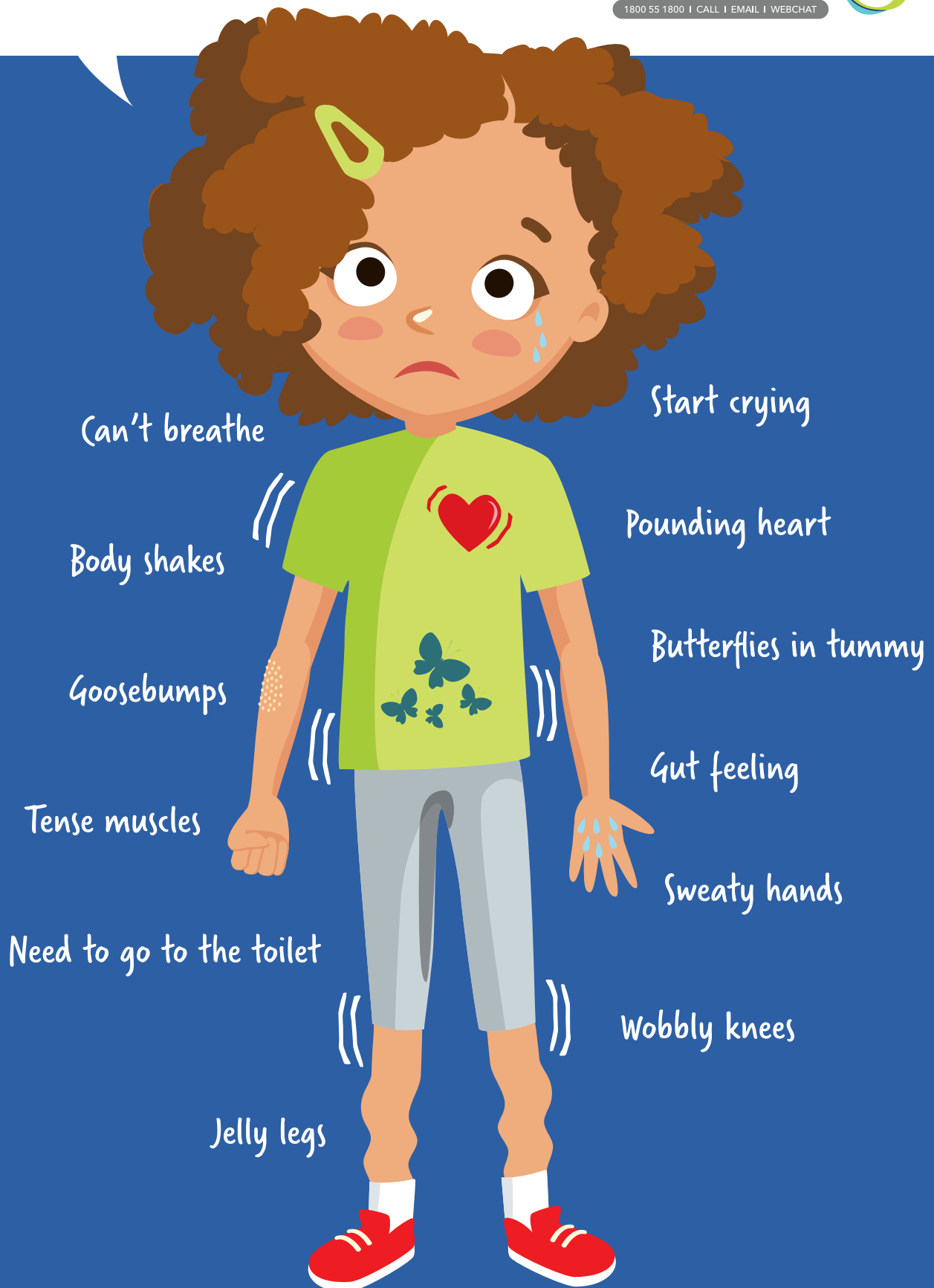


If I feel my Warning Signs, I can tell a trusted adult  
on my network or contact the

kids**help**line  
Anytime Any Reason



1800 55 1800 | CALL | EMAIL | WEBCHAT



WA Child Safety Services  
Creating Safer Communities

[wachildsafetyservices.com](http://wachildsafetyservices.com)

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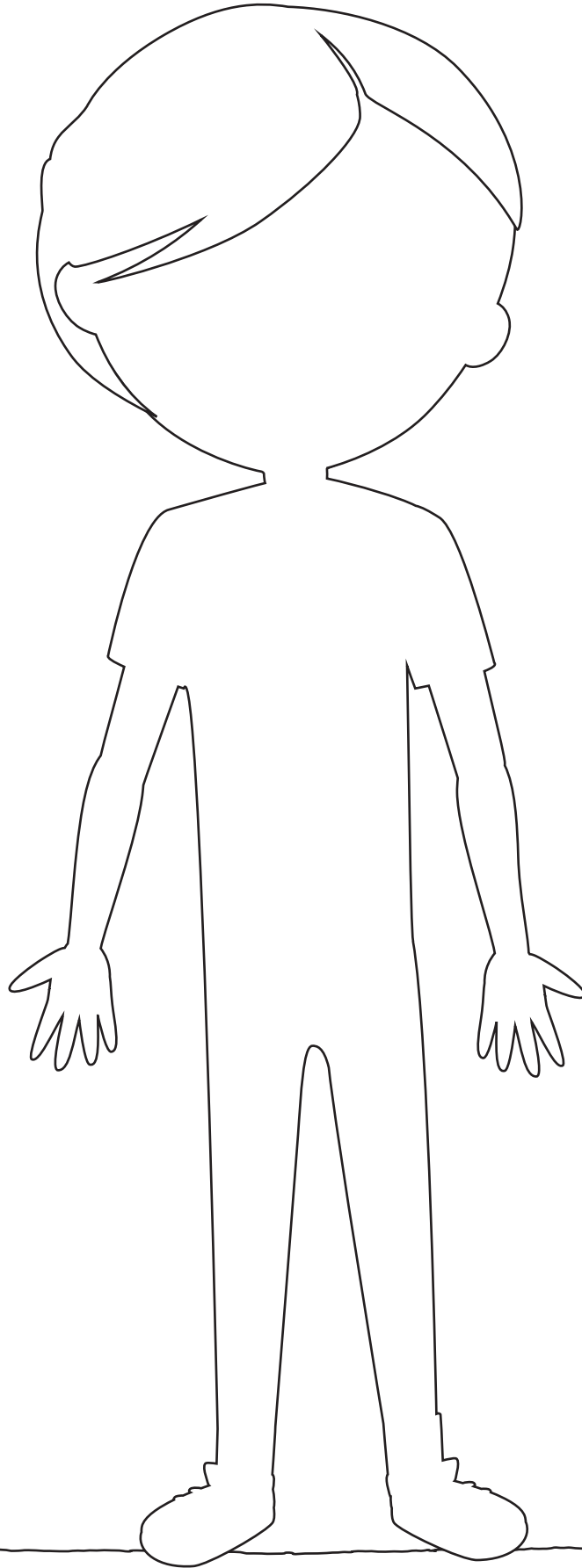
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# Warning Signs



**Remember, if you're feeling unsafe you can talk with a trusted adult or contact the Kids Helpline on 1800 55 1800**

safe



# Fun and Scary

# Risking for a Reason

# Unsafe

# SAFETY CHECK

Assess

Safe

Fun & Scary

Risking for  
a Reason

Unsafe

If I am feeling worried, scared, or unsafe

I can ...

Respond



Stop & look away



Yell "No!"



Move away



Scream for help



Get help from a trusted adult

OR CONTACT:



kidshelpline  
Anytime Any Reason



# Safety Check

Safe

Fun and Scary

Risking for a Reason

Unsafe

If I am feeling unsafe I can:

1. \_\_\_\_\_

2. \_\_\_\_\_

**WE TALK**

**CAN WITH**

**NO WHAT**

**IT ABOUT**

**IS MATTER**

**SOMEONE**

**ANYTHING**

# Who is on your Helping Hand Network?

A network helper must:

- ☒ Be available
- ☒ Listen to me
- ☒ Believe me
- ☒ Help me if I need it

Who are some adults  
you trust to be on  
your network?

If I felt unsafe online, I could:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



kidshelp  
line  
Anytime | Any Reason

1800 55 1800

Dear \_\_\_\_\_

I have been learning that we all have the right to be safe and feel safe at all times, and we can talk with someone about anything, no matter what it is.

I would like you to be on my Helping Hand Network so I can talk with you about any worries I might have, as well as any good things that happen. As a network helper, I need you to:

- ☒ Be available
- ☒ Listen to me
- ☒ Believe me, and
- ☒ Help me if I need it.

If you need more information please visit [www.wachildsafetyservices.com](http://www.wachildsafetyservices.com)

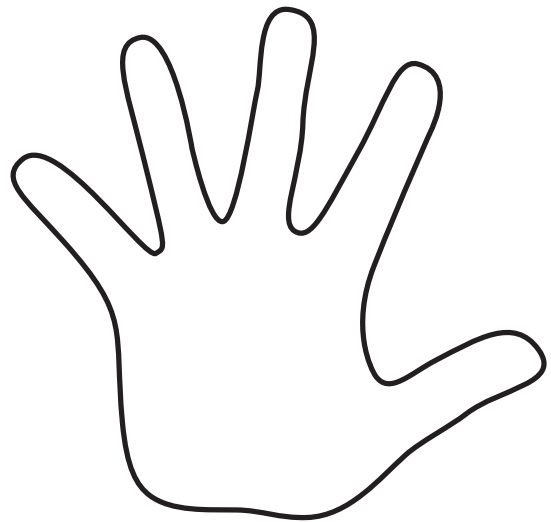
If you can be on my network, please put your name and phone number at the bottom of this letter.

Thanks,

\_\_\_\_\_

Name \_\_\_\_\_

Phone \_\_\_\_\_



WA Child Safety Services  
Creating Safer Communities



**kidshelpline**  
Anytime Any Reason

**1800 55 1800**



Dear Parents/Carers

Your child has chosen five people to be on their network so they can talk with them about any worries they might have, as well as any good things that happen.

A network helper needs to:

- ☒ Be available
- ☒ Listen
- ☒ Believe the child, and
- ☒ Help the child, if needed.

Please support your child to distribute their Network Invitations and encourage them to make use of their network.

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WA Child Safety Services  
Creating Safer Communities

You only need to  
keep the secret for  
a short time

There is choice about  
keeping the secret

Everyone is feeling  
happy/excited

Someone is feeling  
worried/unsafe

No one is getting  
hurt on the inside  
or the outside of  
their body

Someone is getting  
hurt on the inside  
or the outside of  
their body

You can tell  
someone else  
if you want to

The secret must  
be kept for a long  
time or forever

Someone has  
broken the Body  
Safety Rules

Someone said if  
you tell, something  
bad will happen

There is no choice  
or control about  
telling the secret

**Safe  
Secret**

**Unsafe  
Secret**

A friend is leaving your school and you are organising a goodbye party.

Someone at school is being bullied but asked you not to tell.

You watched the AFL Grand Final. Your dad recorded it because he was at work and he asked you not to tell him who wins.

Someone online asked you to send them a private picture or private video but tells you not to tell anyone.

Your friend is getting an award at assembly next week.

A friend is talking to someone online that they do not know and s/he is going to meet them but told you not to tell anyone.

A friend has told you that someone is touching her on her private parts. She tells you not to tell anyone.

Your friend is scared and feels unsafe but tells you not to tell anyone.

# Safe and Unsafe Secrets

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

**BAD  
BROKEN  
CHOICE**

**CONTROL  
EXCITED  
HAPPY**

**HURT  
NEVER  
SHORT**

**TELL  
UNSAFE  
WORRIED**

## Safe Secrets

You can \_\_\_\_\_ someone else if  
you want to.

No-one is getting \_\_\_\_\_ on the  
inside or outside of their body.

Everyone is feeling \_\_\_\_\_  
and/or \_\_\_\_\_.

There is \_\_\_\_\_ about  
telling the secret.

You only need to keep the secret for a  
\_\_\_\_\_ time.

## Unsafe Secrets

You can \_\_\_\_\_ tell anyone.

Someone has \_\_\_\_\_ the  
Body Safety Rules.

Someone is feeling \_\_\_\_\_  
or \_\_\_\_\_.

There is no choice or \_\_\_\_\_  
about telling the secret.

Someone said if you tell, something  
\_\_\_\_\_ will happen.

Remember, if you are feeling unsafe you can talk with a trusted adult or contact the Kids Helpline

**1800 55 1800**

# My Worries



Who can you talk with about your worries?

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**Remember, if you're feeling unsafe you can talk with a trusted adult or contact the Kids Helpline.**



**kidshelpline**  
Anytime Any Reason

**1800 55 1800**

# BODY SAFETY RULES

NO ONE SHOULD...



**SEE**

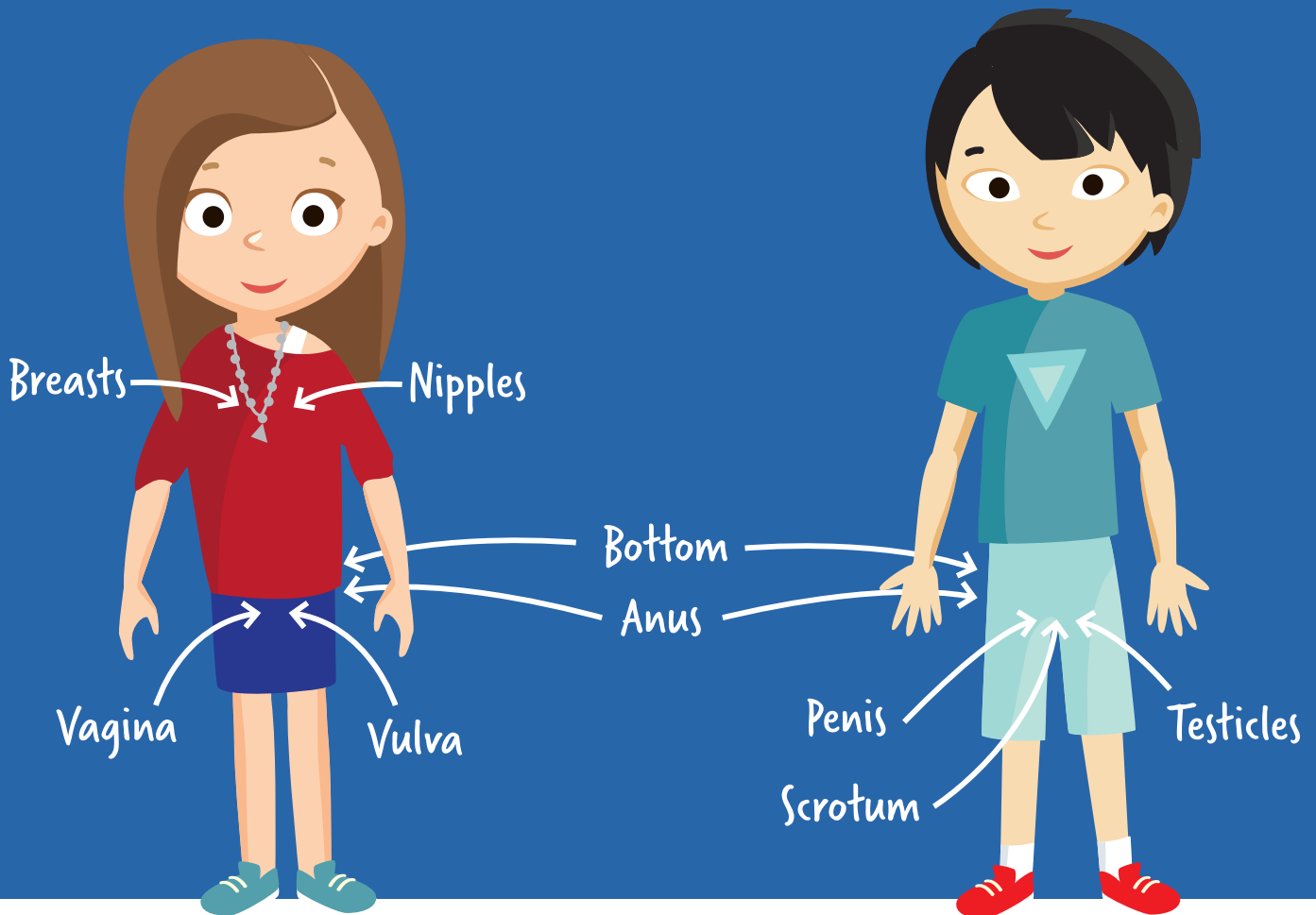


**TOUCH**



TAKE A **PHOTO**  
OR **VIDEO** OF

THE PRIVATE PARTS OF YOUR BODY



**IF...**

YOUR  
**PRIVATE PARTS**  
ARE **HURTING**

YOU HAVE A  
**QUESTION**  
ABOUT YOUR  
**PRIVATE PARTS**

SOMEONE HAS  
**TOUCHED**, OR  
**ASKED TO TOUCH**  
YOUR  
**PRIVATE PARTS**

SOMEONE HAS  
**ASKED YOU**, OR  
**MADE YOU TOUCH**  
THEIR  
**PRIVATE PARTS**

**TELL A TRUSTED ADULT ON  
YOUR NETWORK OR CONTACT**

kidshelpline  
Anytime Any Reason

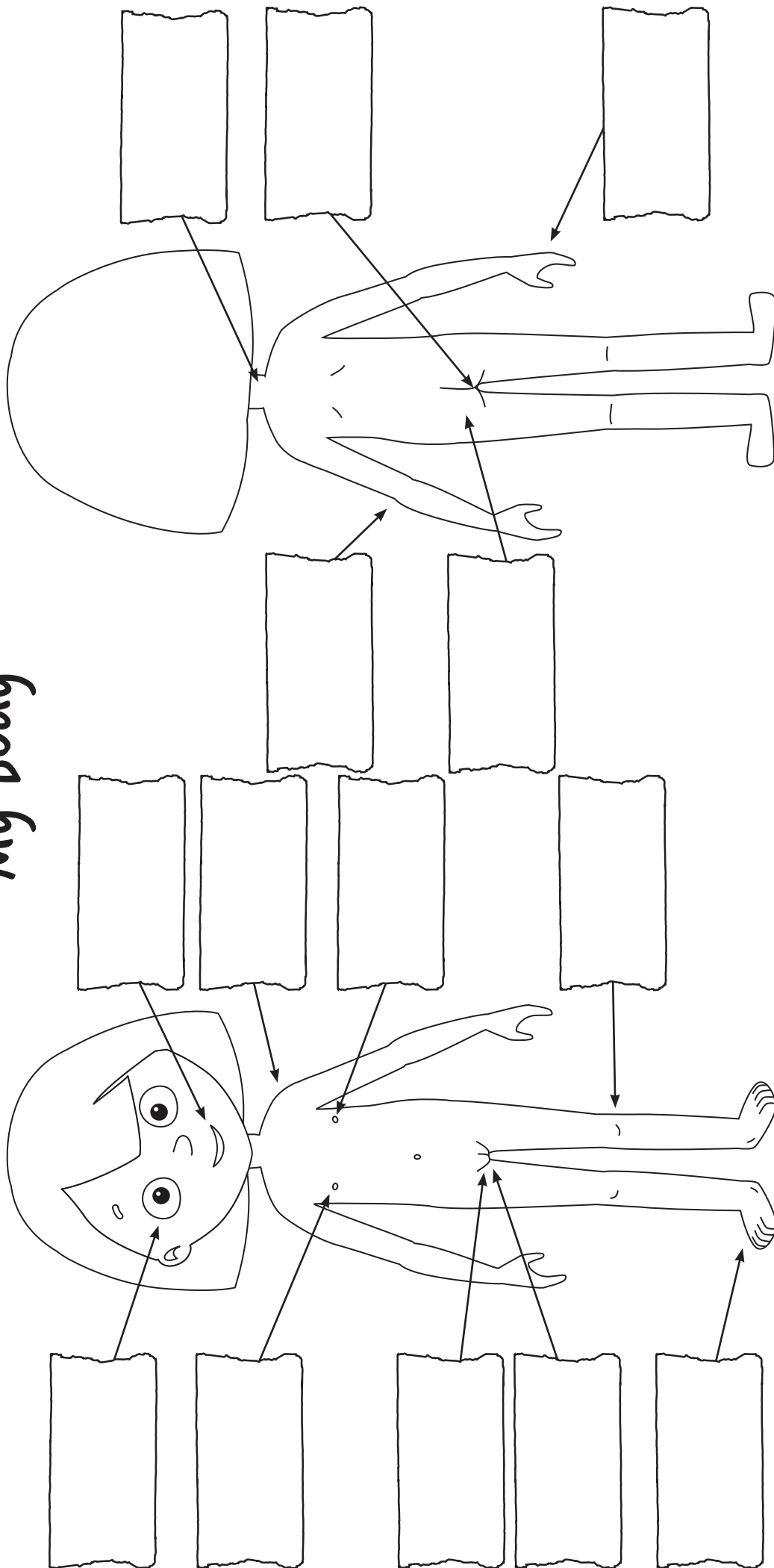
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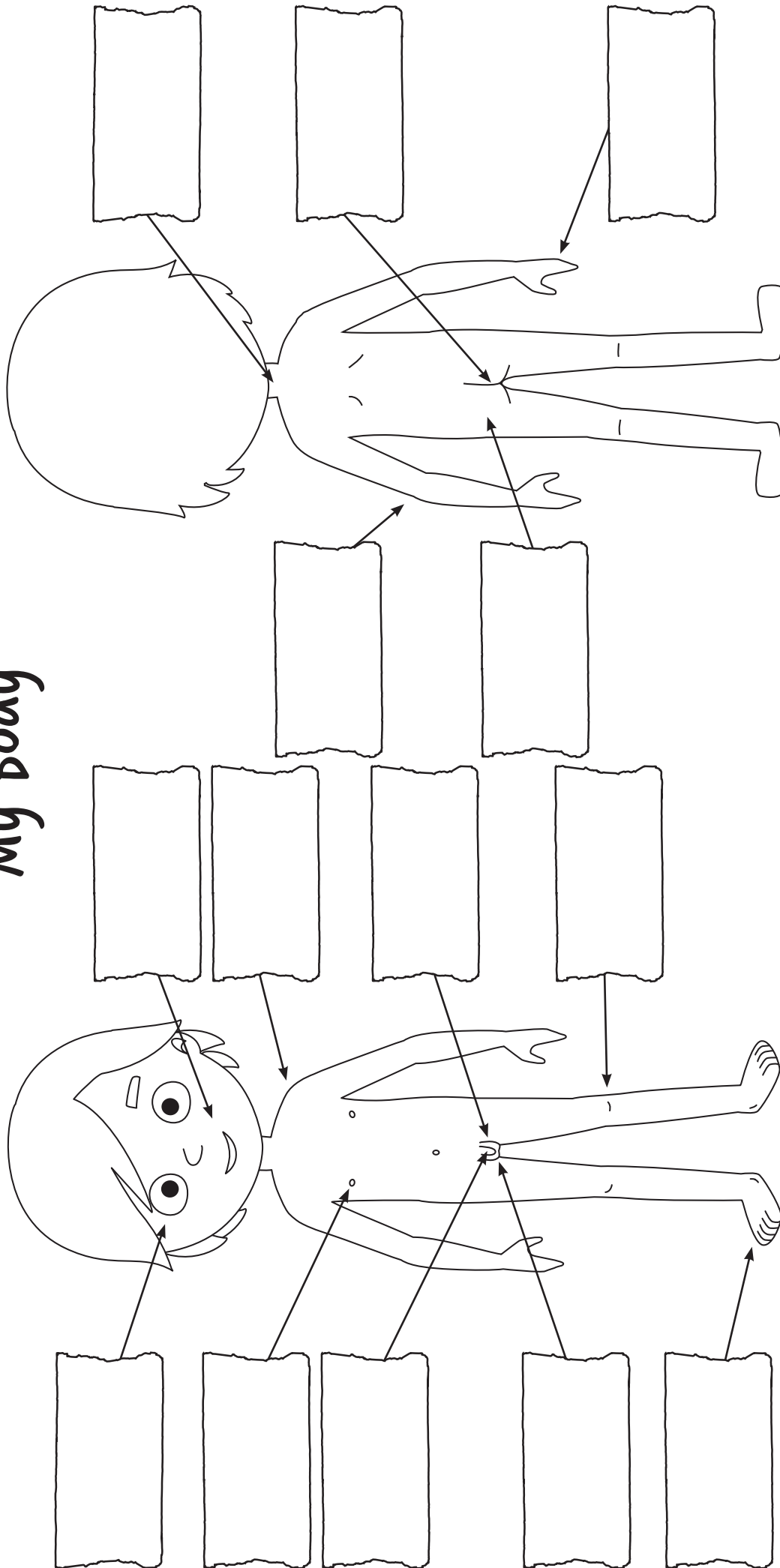
# My Body



Shoulder	Vagina	Feet	Bottom	Nipples	Vulva	Mouth
Hands	Breasts	Anus	Elbow	Knees	Eyes	Neck



# My Body



Shoulder	Penis	Feet	Bottom	Nipples	Testicles	Mouth
Hands	Scrotum	Anus	Elbow	Knees	Eyes	Neck

# Places

**Private**

**Public**

# Behaviours

**Private**

**Public**

# Clothing

**Private**

**Public**

# Parts of the Body

**Private**

**Public**

# Online Information

**Private**

**Public**

# POSTING ONLINE?

**THINK OF THE 4 P'S ...  
IF YOU WOULDN'T WANT IT SEEN BY**



**Parents**

**Principal**

**Police**

**Public**

**THINK BEFORE YOU POST**



IF YOU **SEE OR HEAR VIDEOS, PHOTOS OR WORDS**  
THAT YOU HAVE QUESTIONS ABOUT OR MAKE YOU FEEL:

Uncomfortable

EMBARRASSED

Confused

Scared

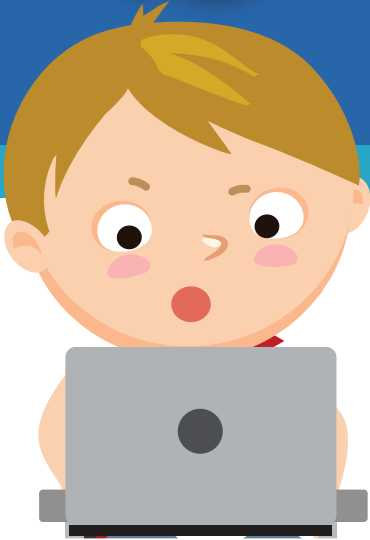
Nervous

Sad

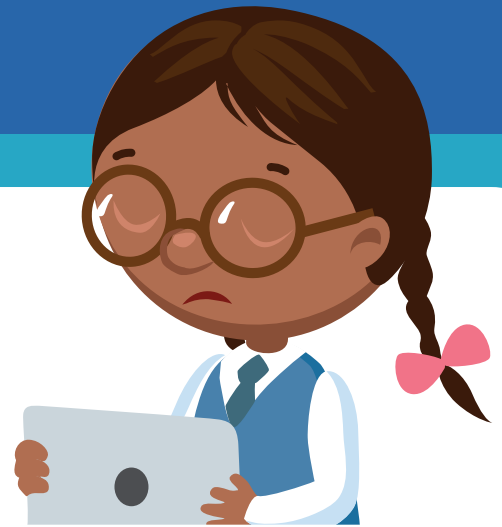
ANXIOUS

Gross

**YOU CAN:**



**SAY TO YOURSELF "THAT'S NOT FOR ME"**



**CLOSE YOUR EYES**



**LOOK AWAY**



**TURN THE DEVICE OFF**

**THEN TALK WITH A  
TRUSTED ADULT OR**

**CONTACT**

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# What makes you, YOU?



Colour personal information (okay to share) in green,  
and private information (not okay to share) in red.

Games you like to play

Your address

Your birth date

Things about your pet

The name of your school

Private photos and private videos

Your favourite sports team

Your full name

Food you like

Things you're interested in

What do you like doing online?

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What can you do if something online is upsetting  
you or making you feel worried/unsafe?

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# Personal Space

Personal space is:

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Name	Distance
------	----------

Name	Distance
------	----------

Name	Distance
------	----------

Name	Distance
------	----------

Name	Distance
------	----------

Name	Distance
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# Personal Space

Personal space is:

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Name	Distance
------	----------

Name	Distance
------	----------

Name	Distance
------	----------

Name	Distance
------	----------

Name	Distance
------	----------

Name	Distance
------	----------

# What consent means to me

Looks like

Sounds like

Feels like

If someone comes into my personal space without my consent, I can:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Assertive


## Not Assertive


If anyone comes into my personal space and I don't feel safe, I can:

1. \_\_\_\_\_ 3. \_\_\_\_\_

2. \_\_\_\_\_ 4. \_\_\_\_\_

Slumping over and leaning on the wall when talking	Looking at the person they are talking to	Speaking softly so the person can't hear
Using a loud voice and standing up tall to be heard	Being direct and getting to the point	Looking at the floor rather than the person they are talking to
Talking and biting their fingernails at the same time	Speaking clearly to someone	

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# What have you learned about Protective Behaviours?

Name: \_\_\_\_\_

**1**

Fill in the blanks with the following words:

**times**

**safe**

**right**

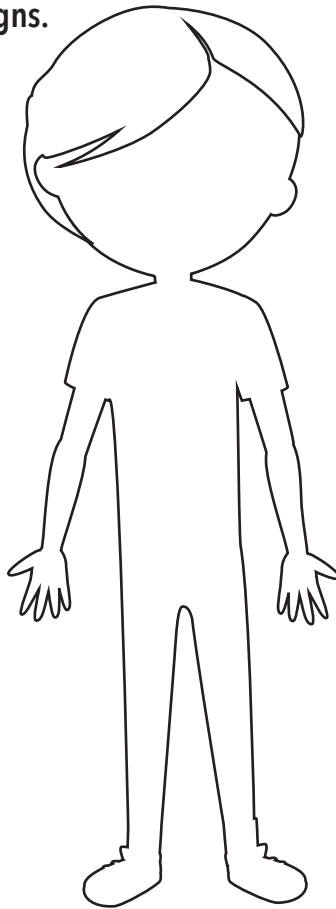
**all**

**safe**

We \_\_\_\_\_ have the \_\_\_\_\_ to be \_\_\_\_\_ and feel \_\_\_\_\_ at all \_\_\_\_\_.

**2**

Draw some of your Warning Signs.



**3**

If you feel your Warning Signs or feel unsafe, what are two ways you can help to calm yourself down so you can work out what to do next?

1. \_\_\_\_\_

2. \_\_\_\_\_

**4**

Draw a line from each word to the type of secret it relates to.

Someone is getting hurt

The secret makes me feel worried or scared

The secret is about touching private parts

The secret makes me feel happy and excited

I've been told never to tell the secret

**SAFE SECRET**

**UNSAFE SECRET**

**5**

Who are some safe adults on your Helping Hand Network?

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**6**

What is the name of the helpline you can call or chat with online if you feel unsafe or need to talk about something?

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**7**

Fill in the blanks with the following words:

**what**

**talk**

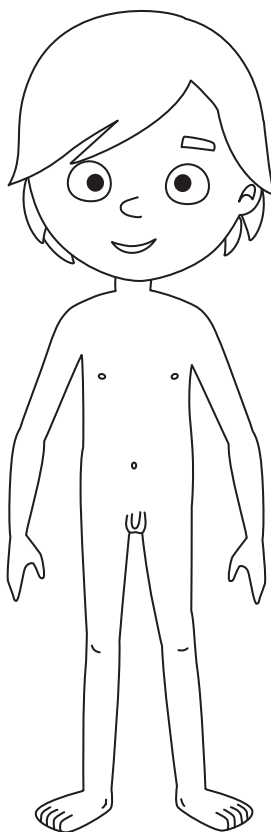
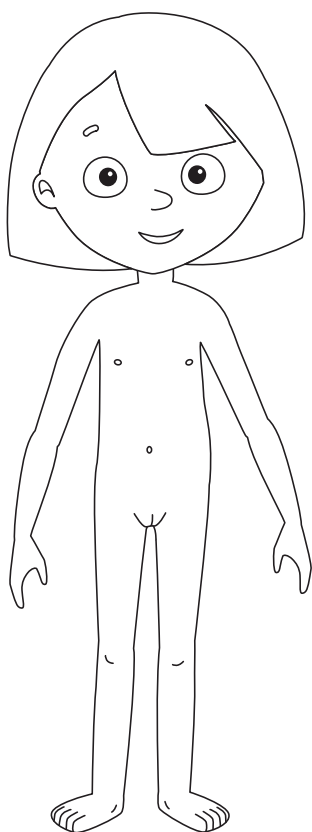
**anything**

**someone**

We can \_\_\_\_\_ with \_\_\_\_\_ about \_\_\_\_\_ no matter \_\_\_\_\_ it is.

**8**

Write on the picture the correct names for girls' and boys' private parts.



Bottom

Anus

Scrotum

Penis

Testicles

Breasts

Nipples

Vulva

Vagina

**9**

What could you do if someone touched you in a way that made you feel uncomfortable or unsafe?

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**10**

What was an important thing you learned about Protective Behaviours?

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*Thank you for sharing your learning!*

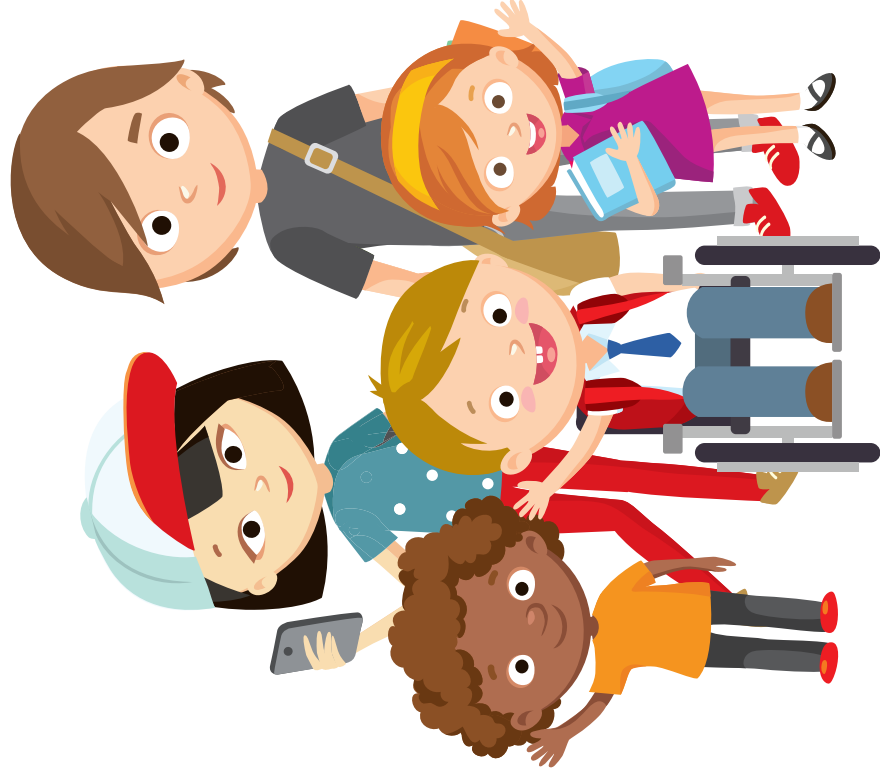
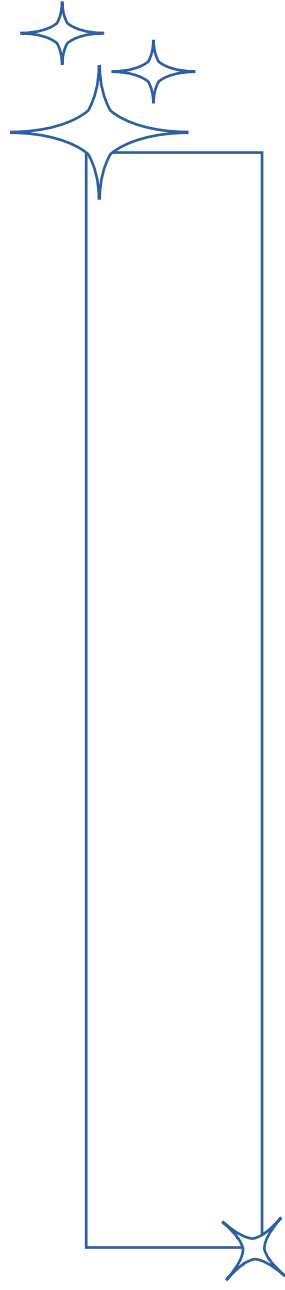
*Remember, if there is anything you want to talk about, you can find someone on your network or speak with your teacher.*





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Creating Safer Communities

# Certificate of Participation



For participating in the WA Child Safety Services  
Protective Behaviours Program for Year \_\_\_\_\_

Teacher Signature \_\_\_\_\_

Date \_\_\_\_\_