

# FAMILY CHALLENGE

Complete these challenges together and build a safer family.



1

## Create Your Safety Team

These are the people I can talk to if I ever feel worried, scared or need help.



My Safety Team

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



### REMEMBER

Keep telling until someone helps. If the first person doesn't listen, tell another trusted adult.

2

## Family Password Card

Choose a secret word or phrase that only your family knows. You can use it if you ever need to check in with each other.

OUR FAMILY PASSWORD IS:



### TIP

Use a word that is easy to remember but hard for others to guess!

3

## Practise Safety Skills

Take turns practising how to use strong words and get help.

Try saying:

"No, thank you."

"I don't like that."

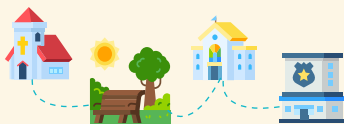
"I need help."

Practise with confidence so you are ready if you ever need to use them.

4

## Draw Your Safe Places Map

Map the places where you feel safe and can get help in your home, neighbourhood and community.



Safe places are places where you can feel comfortable and can get help.

5

## Kindness Challenge

Do one kind thing for someone in your family or a friend.



Being kind helps build trust and keeps our community safe.

6

## Tech Safety Challenge

Look at the devices you use. What are some rules your family can follow to stay safe online?



Good online habits help protect everyone.

## Our Family Safety Pledge

- ✓ Look out for each other
- ✓ Use strong words and get help
- ✓ Listen and believe
- ✓ Keep talking
- ✓ Keep our family safe



## Parent Tip

Talk about these challenges together. There are no right or wrong answers - what matters is listening, sharing and supporting each other.

More tools, tips and resources at

[adsafe.org.nz](https://adsafe.org.nz)