

MY SAFETY TEAM

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



REMEMBER

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

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:

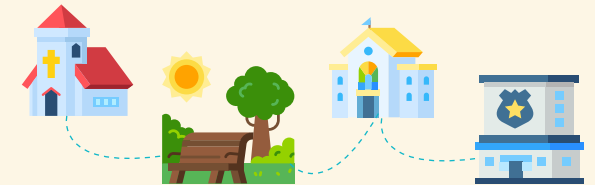


TIP

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

SAFE PLACES MAP

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



Add places: _____

ONLINE SAFETY AGREEMENT

We agree to these rules for using devices, social media and going online.

- ✓ We will be kind and respectful online.
- ✓ We will never share personal information.
- ✓ We will ask before downloading or buying anything.
- ✓ We will tell a trusted adult if something makes us uncomfortable.
- ✓ We will balance screen time with other important activities.
- ✓ We will follow the rules we have agreed on together.

Child/Children:
Parent/Guardian:
Date:

EMERGENCY CONTACTS



Mum

Phone: _____



Dad

Phone: _____



Other Adults We Can Call

Phone: _____



Emergency

Phone: _____



Doctor

Phone: _____

Keep this list somewhere easy to find.

FAMILY SAFETY PLAN

We can't always predict what will happen, but we can plan together.

What are some situations that might be unsafe?

What will we do in those situations?

Who will we tell or go to for help?

REMEMBER

We look out for each other and keep talking.