

Keeping Safe

Child & Teen Safety Introduction

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www.assumption.vic.edu.au

Learning Intentions

- To think about what it means to feel safe
- Be able to recognise the signs that you or others feel unsafe.
- Understand that you have the right to make decisions about your body and your privacy.
- Understand that no one has the right to injure you
- Know how to respond in an emergency situation
- Know some ways to raise concerns about abuse



Feeling safe

What does it feel like when you're safe...

Comfortable

fun

enjoyable

relaxing...

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Recognising unsafe situations

What are some unsafe situations?

- Being lost in the city and losing the way
- Standing on the edge of a cliff
- Being invited to go somewhere and not knowing much about what you'll be doing and who will be there
- Meeting someone who makes you feel uncomfortable

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Recognising unsafe situations

How might someone's body react when he/she is in an obviously unsafe situation?

What are some signs or signals that something is unsafe?

What uncomfortable feelings are associated with being in an obviously unsafe situation?



Early warning signs

Often in unsafe situations, we experience 'early warning signs'

- physical indicators: butterflies in tummy, sweating, rapid heart beat, body tensing, sighing, averting gaze
- external signs: warning signals, signs, seeing others who are uncomfortable or worried
- emotional indicators: confused, worried, fearful, angry



Early warning signs

Why might someone not experience Early Warning Signs in an unsafe situation?

Early Warning Signs are a good indicator that you should seek safety.



Your body and your privacy

In Victoria, your rights around your body are really clear:

No one has the right to abuse or harm you. You have the right to be protected from someone who may harm you.

You also have the right to protect your privacy. You can not be forced to share information that you don't want to share.



No one has the right to injure you

No matter how old or young they are...

The Law is very clear that no one has the right to injure you:

- Physically (Even if they think they're mucking around)
- Sexually
- Grooming
- Emotionally or psychologically
- Neglect
- Family violence

Some of these can happen online as well as in person.



Grooming: making it easier to abuse someone

Giving gifts that are 'over the top'

Touching as if they know the person better than they do

Telling the person not to tell others about their relationship

Speaking to the person as if they were their friend (when they're not)

Inappropriate tickling and wrestling

Telling inappropriate jokes as if it's normal

Showing adult images, and pretending it was an accident

Starting discussions about things that are really none of their business, especially sexual matters (especially online)



Planning for an emergency situation

If you experience 'Early Warning Signs', and you think you or someone else is unsafe, you have some options...

- Remove yourself from the situation.
- Surround yourself with people you trust.

Tell someone who can do something:

- Tell a trusted adult (in person or email/online)
- Use an online or phone helpline
- Make an appointment to see a counsellor



The Bystander Effect

Often, good people will say nothing about something they notice that doesn't feel right.

Being a **bystander** is cowardly. There are always ways to let someone (a trusted adult) know that something is 'not right'.

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Child Safety Officers at Assumption

Mrs Maureen Kurzman & Mr Maurice DiMuzio (photos)



Online & Email

Student Safety webpage:

Student help and safety page on our website - lots of great resources!

Email:

A confidential and private way to let Mrs Kurzman or Mr DiMuzio know that there's something you're concerned about:

safety@assumption.vic.edu.au



Other community supports you might like to use

Lifeline (counselling & crisis support) - 131114

Kids Help Line (counselling) 1800551800

Beyondblue support service 1300224636

Police 000

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Where to from here

If you feel like you need to talk to someone because:

- Something has happened that you feel unsafe about
- You feel like something unsafe might be going to happen

Find a trusted adult to talk to OR

Email safety@assumption.vic.edu.au OR

Talk to someone at a helpline.

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Thank you!

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