

Resource guide

Promoting Personal Safety for children and young people in care



Talking to children and young people about personal safety enables them to confidently navigate their way through life.

When children and young people are educated and have access to age appropriate information about personal safety, they are better able to:

- deal with potentially unsafe situations
- recognise personal feelings of unsafety
- talk to a network of people about feeling unsafe
- keep themselves safe.

The following organisations have developed comprehensive resources to use when talking to children and young people about personal safety:

- Daniel Morcombe Foundation has a range of Keeping Kids Safe Resources www.recognisereactreport.com.au/
- Bravehearts has education and training resources for parents and carers bravehearts.org.au/what-we-do/education-and-training/for-parents/
- Kids Helpline's parents section has information on a range of topics from mental illness to building healthy family relationships to cyberbullying kidshelpline.com.au/parents
- eSafety Commissioner provides advice for parents and carers to help children have safe experiences online www.esafety.gov.au/parents
- Child Wise has a range of fact sheets and posters www.childwise.org.au/page/79/fact-sheets
- 1800RESPECT provides online counselling and telephone helplines for advice and support about healthy relationships, sexual, domestic and family violence www.1800respect.org.au

In addition to these resources, children and young people can access the following services directly for information and support:

- Office of the Public Guardian's Community Visitor Program is dedicated to protecting the rights and interests of children and young people in care or in youth detention <https://www.publicguardian.qld.gov.au/about-us/community-visitor-program>
- Kids Helpline provides confidential and anonymous, 24-hour telephone and online counselling service specifically for children and young people aged between five and twenty five <https://www.kidshelpline.com.au/>

- Domestic Violence Research Centre – What's OK at Home resources on family violence
<https://woah.org.au/>
- CREATE Foundation is dedicated to representing the voices of children and young people with an care experience
<https://create.org.au/>

This resource guide provides an overview of information and resources available to support keeping children and young people safe. Links are included above, however websites are regularly reviewed and information may be updated. Where a link no longer transfers to the relevant resource, please refer to the organisation's homepage and use the search function to access the most current information.