



OVERVIEW

This guide can help you keep your child safe. It outlines skills that can support your child's wellbeing, decision making, online safety and adaptability.

The skills are based on child safe principles that you can apply at home to ensure your child feels safe in their home environment.

Parent Resource

Your Guide to Implementing Child Safe Principles at Home

1. Ensuring child safety and wellbeing are a part of the family environment

This principle promotes an accepting and safe environment for children and young people.

Ensure your child has a safe space they can call their own. Children and young people benefit from having a space to themselves where they can relax, de-stress and play. Having a space in their bedroom, in a playroom, in the family room or even a corner in a common area can have a positive impact on their wellbeing. This will make them feel safe, promote reflection and encourage creativity.

Reinforce positive behaviours through role modelling. Children and young people learn through observation and recreate what they observe. Explain the kind of safe behaviour you would like to see in the home, such as respect for others and not using abusive language. Communicating effectively and modelling this behaviour will help your child learn. Your child will begin to adopt your behaviours which will help their development in areas such as friendships, relationships and workplaces.

Learn more about children's rights. Children and young people have the right to be informed. The more familiar you are with your child's rights, the more you can encourage them to express their views in the home and in the community. For more information about the rights of children and young people visit the [Australian Human Rights Commission](#) website.

Talk to your child or teenager about their feelings. It's important to know what makes your child feel safe, as well as what makes them feel unsafe in the family environment. Having a conversation can help you identify areas in which you can promote their wellbeing. For example, you can ask them if a certain website, a person, or a task makes them feel uncomfortable. Together you can discuss solutions.

2. Helping children to participate in decisions affecting them

This principle supports the need for children and young people to have a voice and for us to listen and take them seriously.

Allow your child or teenager to have a voice. When children are given the opportunity to communicate their views and concerns, they feel valued and important. You can involve your child in some household decisions to build their sense of worth. Of course, some matters such as bills and household purchases are ultimately your responsibility, but your child can have a say about other decisions such as household tasks, family games and movies to watch during family time. This promotes an open relationship between all members of the family.



More tip sheets are available on the [Safeguarding Children and Young People Portal](#)

**MORE
RESOURCES
FOR FAMILIES**

[eSafety
Commissioner](#)

[Raising Children
Network](#)

[Tuning in to Kids](#)

[Happy Families](#)

[Parentline](#)

[Triple P
Positive Parenting
Program](#)

Listen attentively. Listening to your child or teenager often and attentively can deepen your relationship with them. Giving them your undivided attention and taking what they say seriously helps them feel valued. The circumstances related to COVID-19 may increase feelings of sadness, anxiety and stress - by listening deeply, your child will be more likely to confide in you.

3. Creating safe physical and online environments at home

This principle highlights the importance of safe environments for children and young people both physically and online.

Be clear about physical boundaries. Children and young people need to be aware of acceptable physical boundaries towards other people. They also need to be aware that they have control over their body parts. Explain that they can say no when they don't feel comfortable with people touching them. Make it clear to your child that if they do not feel comfortable, they do not have to kiss a family member when greeting them. Talk with them about what kind of physical contact is acceptable and unacceptable.

Discuss online safety. Online safety is a priority for many parents. A good way to safeguard children from harmful aspects of the internet is to discuss online safety at an early age. This will give your child or teenager strong tools to navigate the internet safely. You could also try monitoring your child's technology to keep them safe, but do consider their right to privacy changes as they grow.

4. Welcoming feedback from your child and being adaptable

This principle addresses the importance of allowing feedback and adapting safety skills to match each child's or young person's level of development.

Encourage your child to provide feedback. Find opportunities to ask for feedback about what is working and what is not working. Some of the safety measures and rules you introduce, such as monitoring technology or including your child and teenager in decision making, might not be quite right for them. Asking for their views allows you to adjust safety measures to their needs.

Create a consistent environment. Try to establish clear and consistent rules in your home. Consistency helps children and young people recognize which rules they need to follow. It is also important for children of all ages to receive clear consistent messages about rules from those who enforce rules in the household. But remember to be adaptable. Rules need to match the child's or young person's age and stages of development; for example, bedtime needs to be earlier for young children. Discuss with a younger child why an older sibling may have different rules. This helps children understand rules and follow them.

