

What are Protective Behaviours?

Protective behaviours are life skills that help children **Recognise, React to, and Report** risky or unsafe people and situations. Even young children can learn these skills.



Why is it Important?

All children have the right to **feel safe** and **be safe**. Yet many children grow up thinking:

- Adults are always in charge of my body.
- I must always obey adults.
- Even if I don't like something, I have to do it.

These beliefs can make children easy targets for unsafe people.

Protective behaviours challenges these ideas by teaching children that:

- They are in charge of their own body.
- They can say "no" to unsafe touch or behaviour.
- They can ask for help, and adults should listen and protect them.

Protective behaviours helps keep kids safe. They learn to say 'no' when something feels wrong and to ask a trusted adult for help.

What Can I Teach My Child?

By using our resources, you can teach your child important life skills related to:



The best way to teach Protective Behaviours is by having short safety chats during everyday moments, like car rides, play, bath time, mealtimes, or bedtime.

To get started, visit emmyandfriends.com.au to access our free resources, including animations, songs, activities, and books. Our resources are designed to make learning engaging and fun for kids, and **EASY** for parents and caregivers to use.



How Do I Talk With My Child About Protective Behaviours?

- Talk often and calmly about safety and feelings.
- Listen without judgment when your child shares something.
- Use everyday moments (play, stories, family routines) to reinforce key messages.
- Let your child know they can talk with you about anything, and you will listen and support them.

Did you know...

Approximately **1 in 3 girls** and **1 in 5 boys** experience childhood sexual abuse in Australia.

And that **79% of children** who are sexually abused, are harmed by a relative, friend, acquaintance or neighbour.

Safety starts with everyday conversations at home.

- Talking builds knowledge.
- Knowledge builds confidence.
- Confidence helps keep kids safe.

 Act for kids

Explore our free safety resources at:
emmyandfriends.com.au

Everyday Safety Chats

Protective behaviours are the skills children use to understand their rights, recognise when something doesn't feel right, and ask for help. These skills grow over time, through repetition, play, and conversations with trusted adults.

Safety chats don't need to be a big talk. The most powerful lessons happen in small, everyday moments, like during play, bath time, or bedtime. Below are some easy ways to build safety chats into your day that help children learn.



Hello's & Goodbyes

Encourage your child to choose how they greet or say goodbye - with a hug, high-five, or wave. This helps them learn about body boundaries and consent, and builds confidence to speak up if they ever feel unsafe with people.



At Bath Time or Dressing

Use these moments to teach your child the correct names for their body parts. Explain to them that these parts are private and should never be touched or hurt by others. These chats remove shame and help children speak up if something's wrong, making it easier for you to understand and protect them.



Car Rides & Meal Time

Create space to chat openly. Ask questions to explore their feelings, role play, and discuss safety. For example:

- "How do you feel today?"
- "What would you do if...(create scenario)?"
- "Who are 3 adults you trust and can talk to?"



Watching TV

TV shows or videos are full of teachable moments. When watching together, ask questions that help your child think about what's happening and how characters respond to tricky situations. For example:

- "Was that safe or unsafe? Why?"
- "Who could they ask for help?"



At Bedtime

Read safety themed books and talk about them. Ask questions that help your child think about what happened, how they felt, and what they might do next. For example:

- "How did that story make you feel?"
- "Have you ever felt like that before?"
- "What would you do if that happened to you?"
- "Who could you talk to if something like that happened?"

Key Messages to Say Often

"Private parts are private. No one should touch or hurt them".

"We all have the right to feel safe & be safe all the time".

"You are the boss of your body. Your body belongs to you".

"If you ever feel unsafe, you can always tell me. I will listen & help you".



During Weekends

Set aside just 15 minutes each weekend for a safety chat or activity with your child. Make it fun! - role play, discuss scenario's, or get creative with a craft project.

Not sure where to begin? Emmy & Friends offers free activity sheets, songs, games, animations, and books to help parents and caregivers have simple, engaging, and meaningful safety conversations at home.

You don't need to be an expert to teach safety - just someone your child trusts.

Explore our free safety resources at:

emmyandfriends.com.au

