



## A message for parents, carers and educators

The Daniel Morcombe Foundation develops child safety educational resources to educate and empower people to make communities safer places for children.

Thank you for reading Wobbly Jelly with your child. This book encourages important conversations about body clues and body cues, and how to **Recognise**, **React**, and **Report**.

These conversations are fundamental to keeping kids safe in all areas of life.

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Just like Jelly, we can all learn how to listen to our body clues and do the 3 R's if we are ever feeling unsafe...

**Recognise**

**React**

**Report**

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**Recognise** encourages children to be aware of their surroundings and body clues. **React** helps children consider choices or actions that may help keep them safe. **Report** encourages children to speak to an adult about unsafe situations.

### About the Daniel Morcombe Foundation

The Daniel Morcombe Foundation is one of Australia's leading child safety organisations, providing personal child safety education to children and young people to prevent abuse and promote lifelong health and wellbeing. We support educators, parents and carers through the provision of resources and education and also directly support young victims of crime.

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## Conversation starters

Please consider using these conversation starters to continue these important discussions about personal safety.

<p><b>SAFETY</b></p> <p>It sounds like Jelly is feeling safe. Safe is what it means when you are not in danger and feel like you are being looked after.</p> <p>See how Jelly was aware of feeling hungry in its tummy? Jelly is listening to its body clues.</p> <p>See how Jelly's body looks relaxed and is smiling? These are Jelly's body cues. We can observe body cues in others to help us understand how they might be feeling. Refer to page 5.</p> <p>Questions:</p> <ul style="list-style-type: none"> <li>• How do you feel when you are safe?</li> <li>• How does your body feel when you are safe?</li> </ul>	<p><b>RECOGNISE</b></p> <p>It is important to learn to <b>Recognise</b> our body clues, to understand how we are truly feeling. Refer to page 13.</p> <p>Questions:</p> <p>What body clues can you identify:</p> <ul style="list-style-type: none"> <li>• When you feel hungry?</li> <li>• When you feel sad?</li> <li>• When you feel tired?</li> <li>• When you feel excited?</li> <li>• When you feel unsafe or frightened?</li> </ul>
<p><b>REACT</b></p> <p>We all have the right to be safe. We have an invisible line around our body called our 'body boundary' or 'personal bubble'. No-one is allowed to touch you, or do anything with or to you, without your consent/permission.</p> <p>This means we can say '<b>No</b>' to anything that makes us feel worried, scared or uncomfortable.</p> <p>Sometimes it is hard to <b>React</b>, and that is okay. Sometimes our body freezes and cannot move, or we don't know what to do. If someone harms you or crosses your body boundary without your consent/permission, it is never your fault. Refer to page 25.</p> <p>Question:</p> <ul style="list-style-type: none"> <li>• How might you use your body cues or your words and actions to display your body boundaries?</li> </ul> <p>For example: Jelly raised its 'voice' and meowed to warn the dog and assert its body boundaries.</p>	<p><b>REPORT</b></p> <p>In this story the carers are the safety helpers on Jelly's safety team. These are the people Jelly can talk with to ask for help when it feels unsafe. You can <b>Report</b> any unsafe situations to your safety team. Refer to page 29.</p> <p>Question:</p> <ul style="list-style-type: none"> <li>• Who is on your safety team?</li> </ul> <p>Remember: If someone does not believe you, go to the next safety helper, and then the next, until you receive the help and support you need to feel safe.</p> <div data-bbox="1137 1212 1411 1476" data-label="Image"> </div> <p>Download your copy of the Safety Team activity here: <a href="https://danielmorcombe.com.au/wp-content/uploads/2023/10/DMF_Report_Safety_Network_2023.pdf">https://danielmorcombe.com.au/wp-content/uploads/2023/10/DMF_Report_Safety_Network_2023.pdf</a></p>