

Parents and Caregivers Information

ABCSL Lower Primary 2026

Did your child participate in **Australia's Biggest Child Safety Lesson - ABCSL?**

Why?

Open conversations, education and awareness can help children recognise unsafe situations, speak up and seek help when they need it. Speaking with children early and often helps them build skills over time. These everyday conversations help make safety a normal part of growing and learning.

Who?

ABCSL for Lower Primary 2026 is designed for children in Years 1-3, helping them navigate their environments safely. It encourages children to think critically about the places and spaces they spend time in and develop the skills to recognise, react and report unsafe situations.

What?

This resource is age-appropriate, trauma-informed and grounded in evidence including real-life scenarios. The resource includes depictions of a child experiencing non-consensual touch, bullying, feelings of intimidation, and references to private body parts. The content is presented sensitively using animation, with no explicit imagery, nudity or graphic depictions shown.

If a child tells you something unsafe has happened:

- Stay calm.** Thank them for telling you.
- Believe them.** Let them know they did the right thing by speaking up.
- Listen.** Avoid asking lots of questions. Let them tell you in their own words.
- Reassure them.** Say: *"I'm glad you told me"* or *"We'll work through this together."*
- Get help:** If a child is in immediate danger, **call 000**.
You can help your child by listening to their needs, maintaining familiar routines, and connecting with other services or professionals when additional support is needed.

The 3 Rs of Staying Safe

R Recognise

Ask: "What does your body feel like when something doesn't feel safe?"

Notice body clues, like a pounding heartbeat, wobbly knees or sweaty hands to tell you something does not feel right.

R React

Ask: "What can you do if you feel unsafe?"

It is OK to say "No!" or "Stop!", run away and go to a safe adult.

R Report

Ask: "Who can you talk to if you ever feel unsafe?"

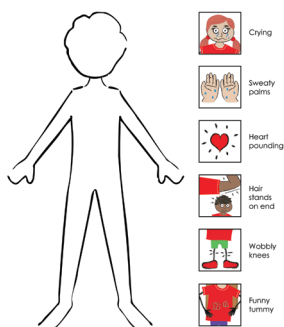
A safety team is a group of safe adults who listen, believe and support children. This might include parents and caregivers, grandparents, teachers, coaches and family friends. Help children understand that if the first person they tell doesn't help, they can keep telling until they get the support they need.

Try These Activities Together

You can find these and more activities in our [Keeping Kids Safe Resource Booklet](#).

My Body Clues

Talk about how your body feels when you are scared or uncomfortable.



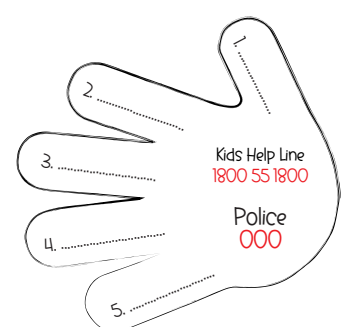
React if You Feel Unsafe

Talk about what you can do if you feel unsafe.



My Safety Team

Help your child choose 3-5 safe adults they could go to if they needed help.



Key reminder: Children should never have to handle unsafe situations alone. Help them practise recognising body clues, reacting when something doesn't feel right, and reporting to safe adults.