

Daniel
Morcombe
FOUNDATION Inc.



Keeping kids safe!



Keeping Kids Safe Resource Booklet

Early Years to Year 6



Everyone has
the right to feel safe.



A Child Safety Initiative of the Daniel Morcombe Foundation Inc.

Keeping Kids Safe Resources

This booklet forms an important part of our Keeping Kids Safe Resources.

The booklet contains activities suitable for early years children to Year 6 students. We suggest that parents, teachers and carergivers assess the material and use resources that are suitable for the developmental level of the child.

Open conversations, education and awareness can help children recognise unsafe situations, speak up and seek help when they need it. These resources are designed to encourage positive discussions and in turn, promote better decision making and safer outcomes.

The Respectful Relationships material is based on everyday situations. The scenarios are realistic and relevant. How an accident, misunderstanding or confrontation will end may be different to how it could end, or how it should end. It is about choices.

**Keep safe,
Daniel Morcombe Foundation team**

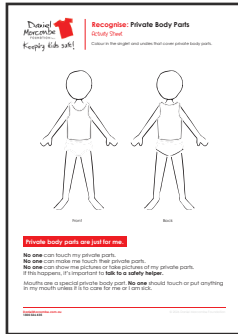
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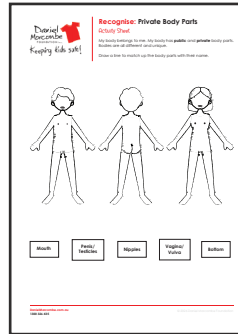
Don't forget, all videos
and activities are
available on our website!



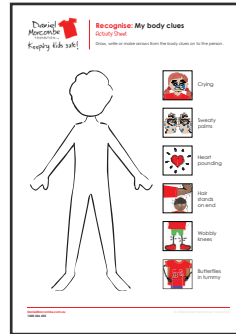
Resources in the booklet by page:



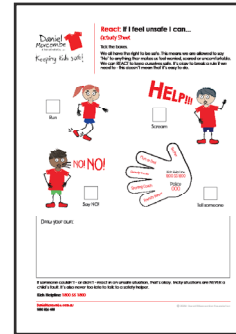
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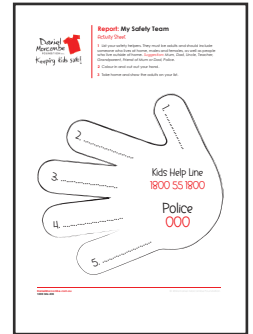
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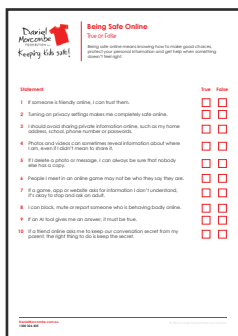
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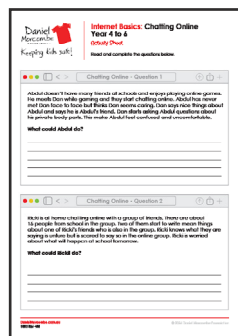
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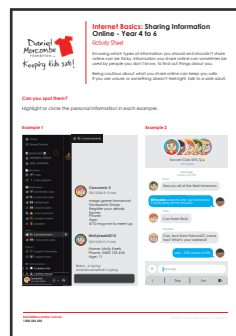
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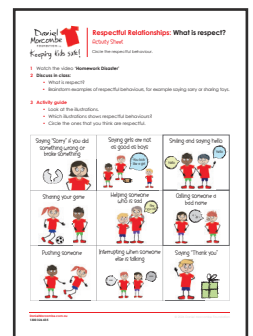
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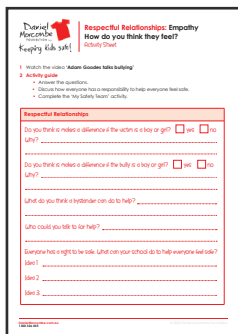
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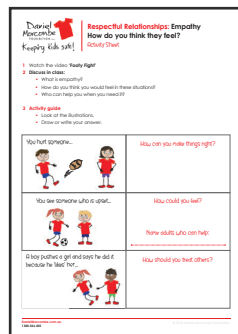
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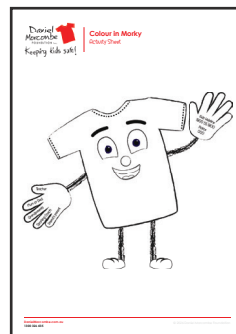
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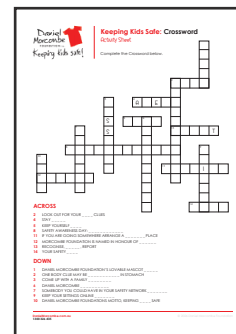
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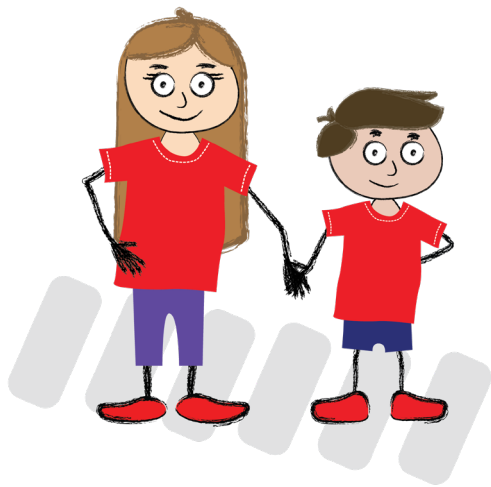
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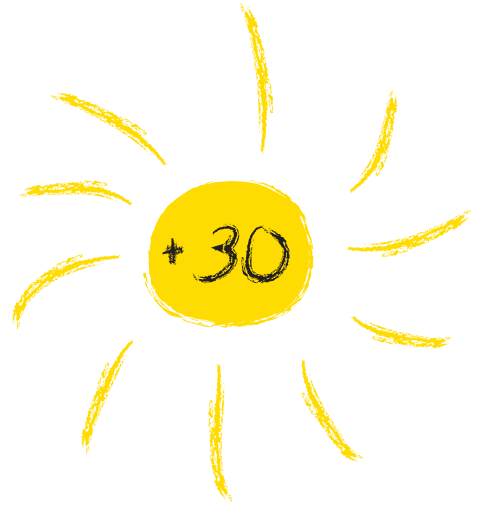
27

Safety Rules

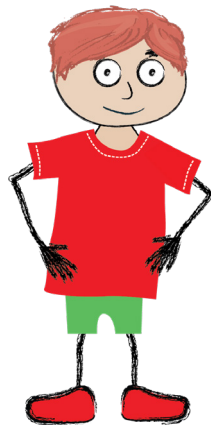
We need rules to protect us, our homes, our friends and our community.



We have rules to cross
the road safely



We have rules about
being Sun Smart



We have rules when playing sport and visiting friends



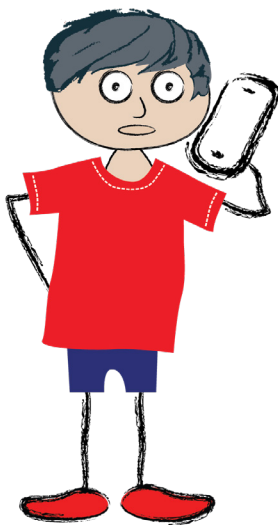
At the beach we
know to swim
between the flags

Things to Remember

When visiting friends or playing sports it's important to remember your personal safety. Here are some safety rules to remember.

TELL SOMEONE:

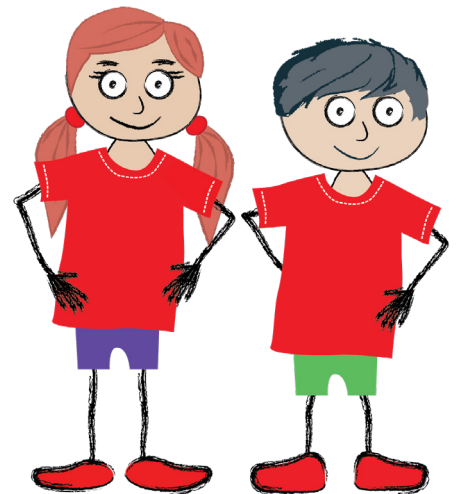
- Where you are going.
- What time you will be home.
- Who you are with.
- If you change your plans.



If you are late or change your plans, call your parents or caregiver and let them know



Always travel with a friend



NO! NO!

REMEMBER

If you are unsure or feel unsafe, then it's okay to say **"NO"** or break a rule to get away.

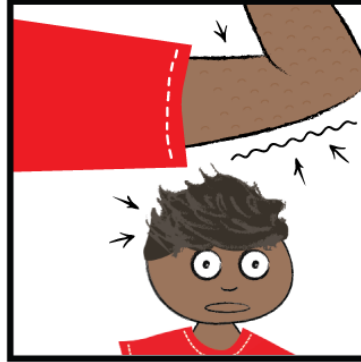
RECOGNISE

BODY CLUES are the hints our bodies give us. They help us understand if we are happy, sad or possibly unsafe.

When we are unsafe, we might get some of these **BODY CLUES**:



Butterflies in
tummy



Hair stands
on end



Wobbly
knees



Heart
pounding



Crying



Sweaty
palms

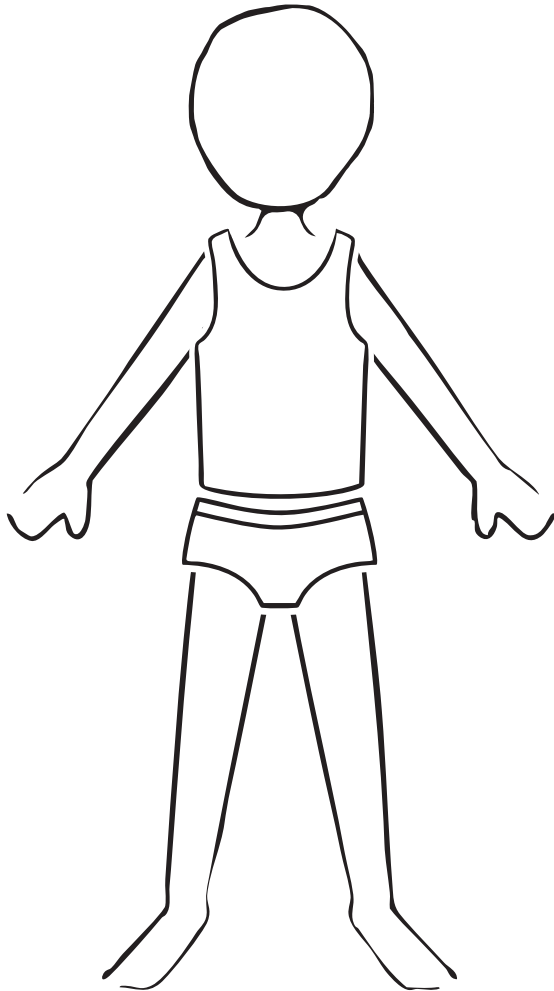
REMEMBER

We might only get one or two **BODY CLUES**.

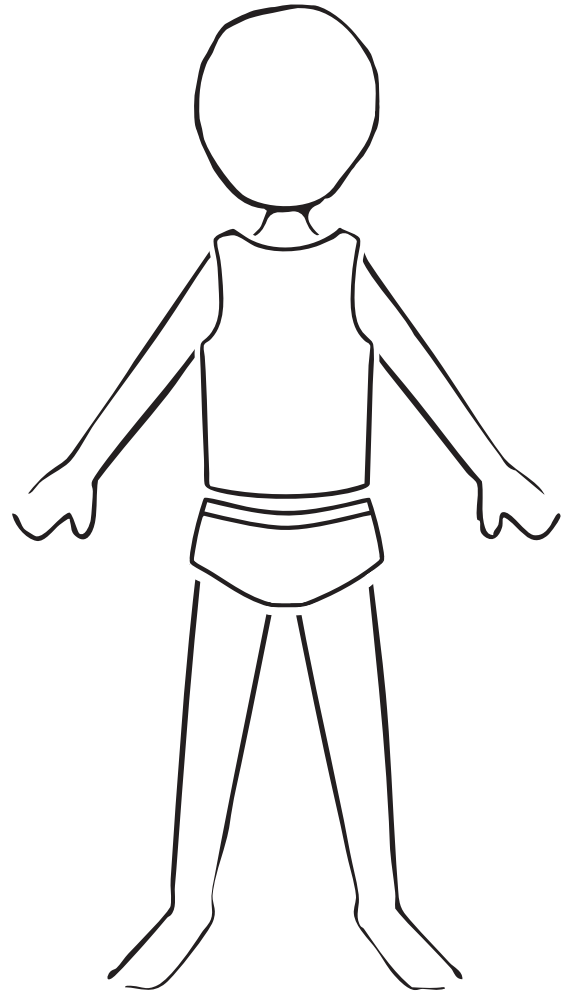
Recognise: Private Body Parts

Activity Sheet

Colour in the singlet and undies that cover private body parts.



Front



Back

Private body parts are just for me.

No one can touch my private parts.

No one can make me touch their private parts.

No one can show me pictures or take pictures of my private parts.

If this happens, it's important to **talk to a safety helper**.

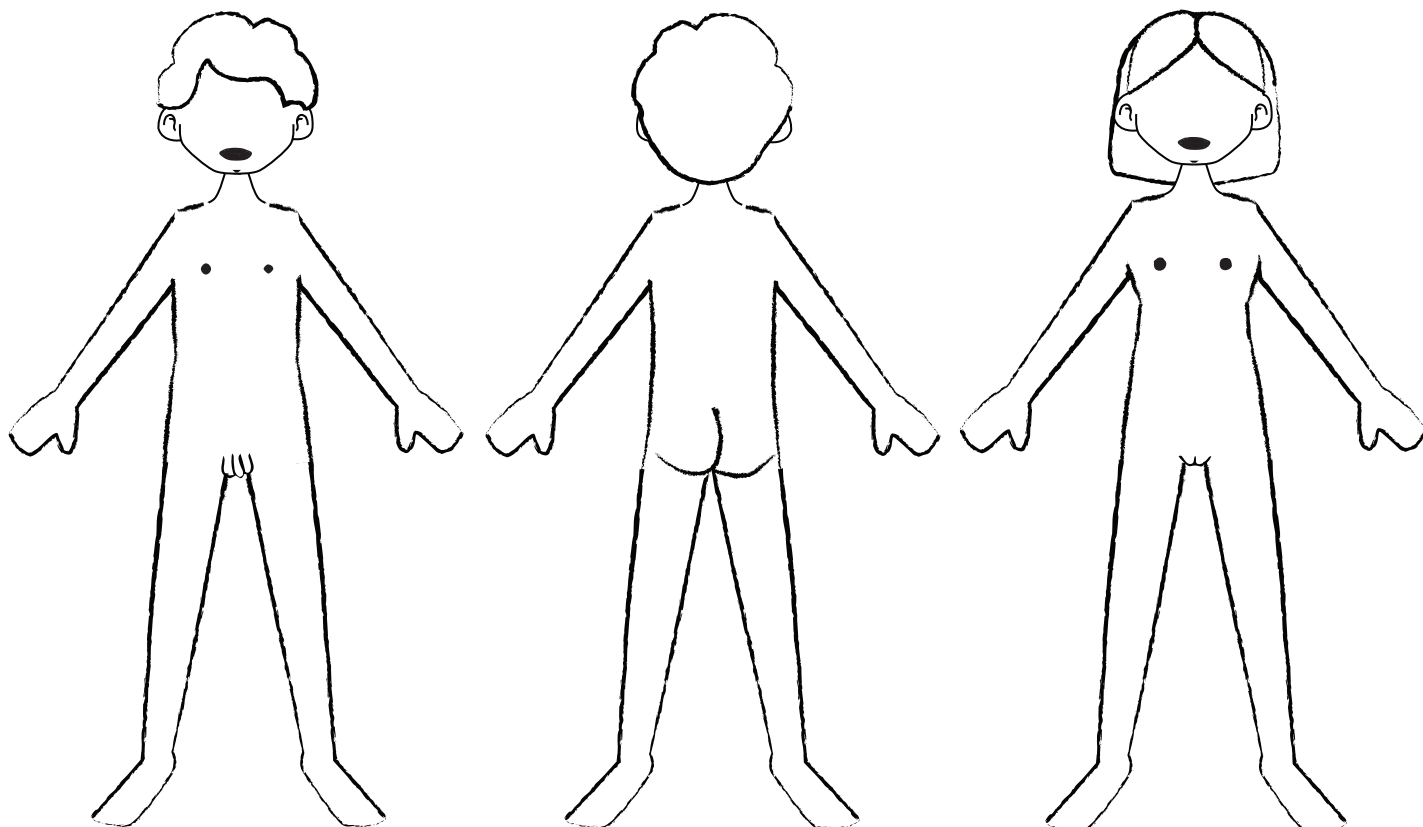
Mouths are a special private body part. **No one** should touch or put anything in my mouth unless it is to care for me or I am sick.

Recognise: Private Body Parts

Activity Sheet

My body belongs to me. My body has **public** and **private** body parts.
Bodies are all different and unique.

Draw a line to match up the body parts with their name.



Mouth

Penis/
Testicles

Nipples

Vagina/
Vulva

Bottom

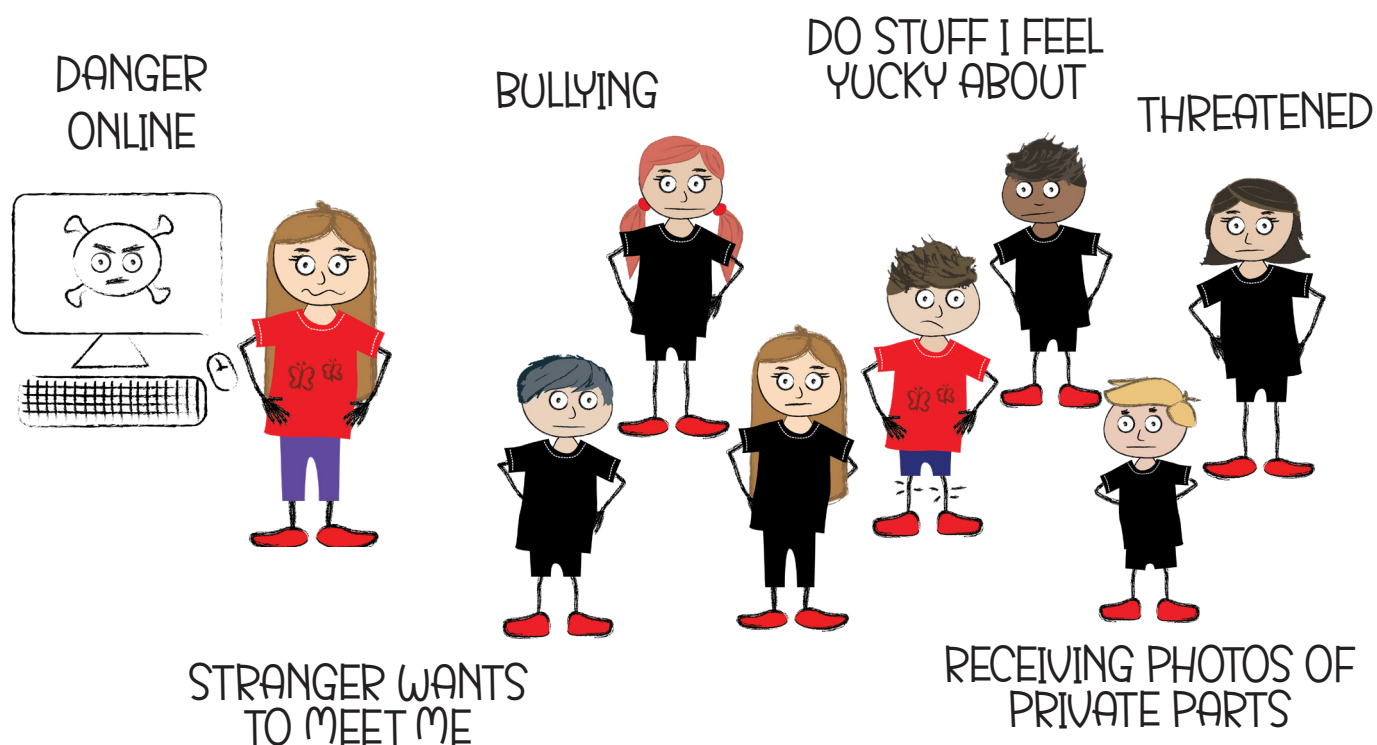
Body Clues

If you can **RECOGNISE** unsafe situations it can help to keep you safe.

Be alert for the clues that warn us when something is unsafe. These clues can be as simple as smelling smoke (which warns us there is a fire) or a lock down alarm at school. Your body clues also help you **RECOGNISE** if you are unsafe.

I RECOGNISE MY BODY CLUES - List some BODY CLUES

- 1
- 2
- 3
- 4



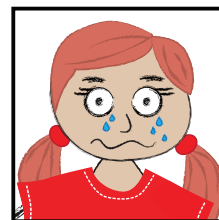
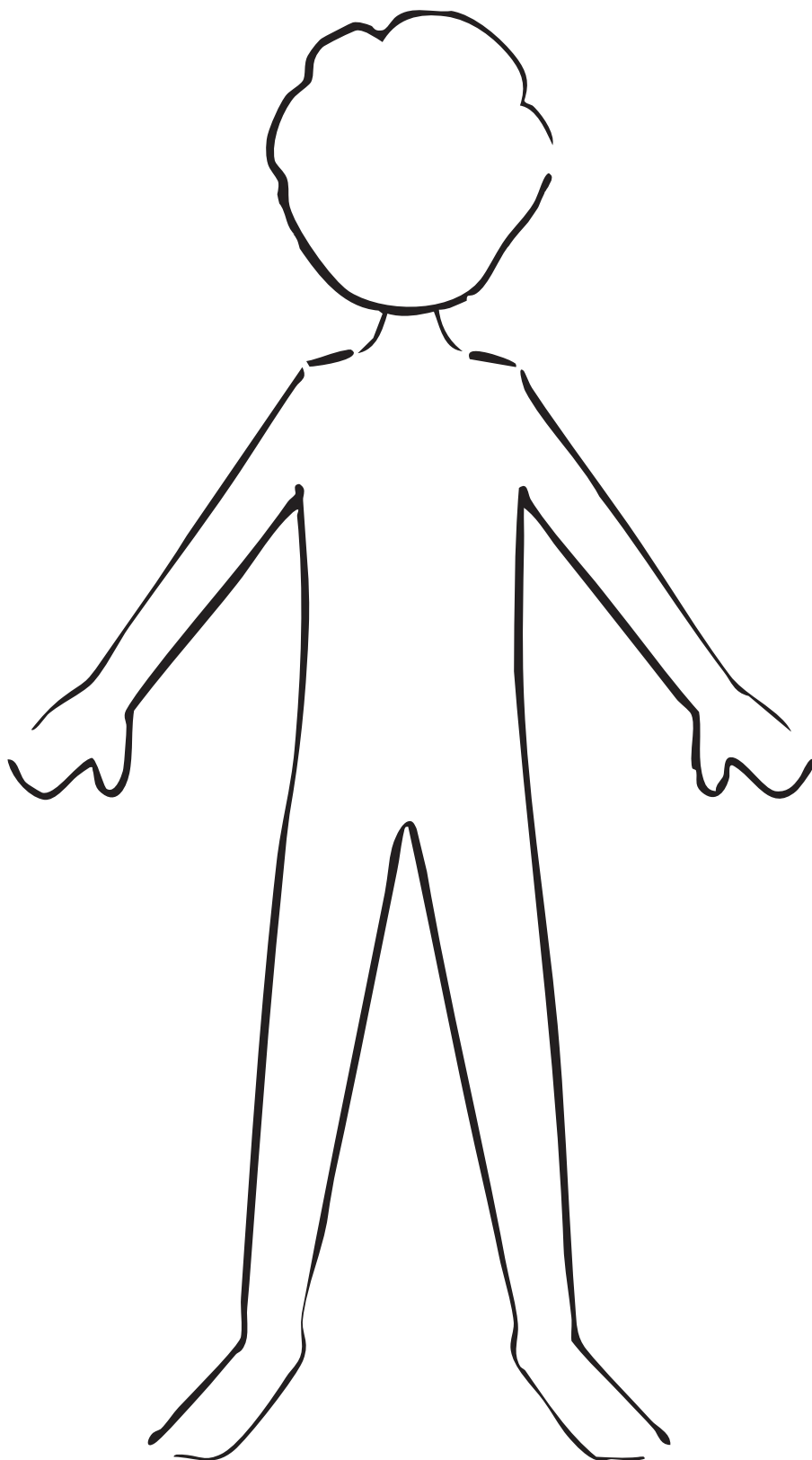
MY BODY BELONGS TO ME

- It is **NOT** okay for anyone to look at or photograph my private parts.
- It is **NOT** okay to make me touch or look at their private parts.

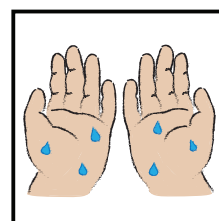
Recognise: My body clues

Activity Sheet

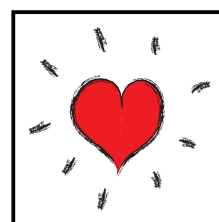
Draw, write or make arrows from the body clues on to the person.



Crying



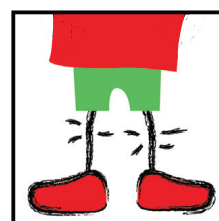
Sweaty palms



Heart pounding



Hair stands on end



Wobbly knees

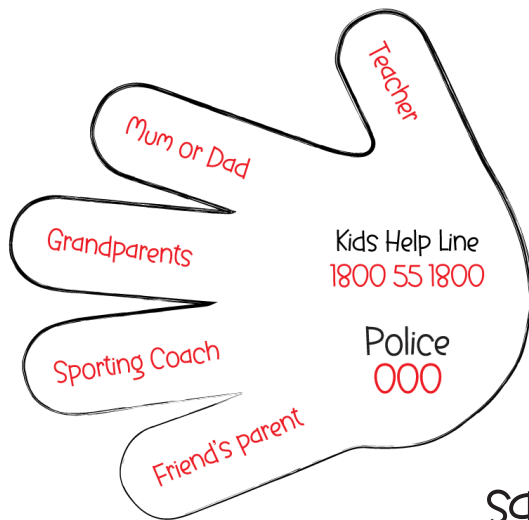


Butterflies in tummy

REACT

If you feel scared, confused, sad or upset you can **REACT**.

We all have the right to be safe. This means we are allowed to say 'NO' to anything that makes us feel worried, scared or uncomfortable. We can **REACT** to keep ourselves safe. It's okay to break a rule if we need to - this doesn't mean that it's easy to do.



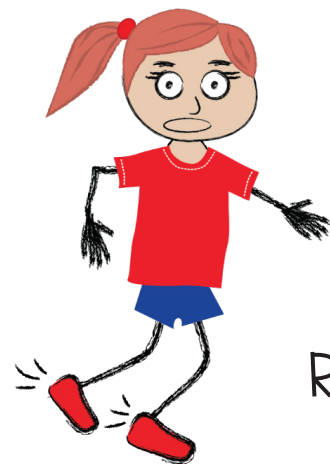
Ring a
safety helper

HELP!!!



NO! NO!

It's okay to say
'NO' if you feel
unsafe or unsure



Run

REMEMBER

If someone couldn't - or didn't - react in an unsafe situation, that's okay. Tricky situations are **NEVER** a child's fault. It's also never too late to talk to a safety helper.

React: If I feel unsafe I can...

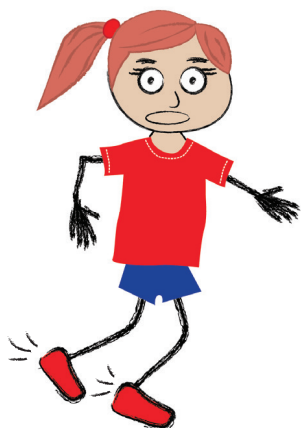
Activity Sheet

Tick the boxes.

We all have the right to be safe. This means we are allowed to say 'No' to anything that makes us feel worried, scared or uncomfortable. We can REACT to keep ourselves safe. It's okay to break a rule if we need to - this doesn't mean that it's easy to do.

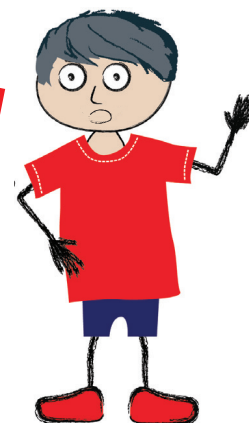
☐

Run


☐

Scream

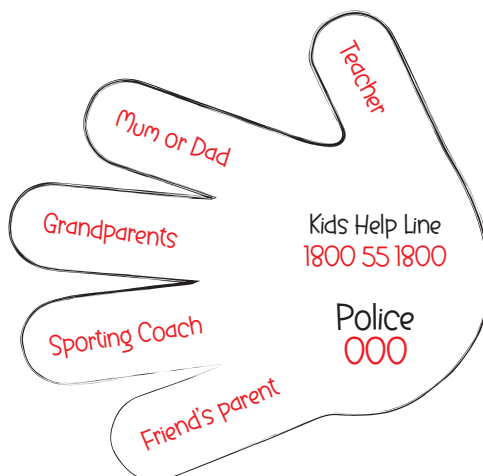
HELP!!!



NO! NO!


☐

Say NO!


☐

Tell someone

Draw your own:

If someone couldn't - or didn't - react in an unsafe situation, that's okay. Tricky situations are NEVER a child's fault. It's also never too late to talk to a safety helper.

Kids Helpline 1800 55 1800

REACT

REACT by getting away from the danger. Remember to run to a safe location if you feel unsafe.

REACT is also about the choices you make to keep yourself safe. You can often plan ahead or think about how you might react in an unsafe situation. One example of planning ahead might be to consider the best way to get home when it is dark. In this situation, you should stay in a well lit area where there are lots of people around and not cut through a park or back lane.

Another example of planning ahead is to arrange a specific meeting place in case you become lost or separated from your parents or caregiver at a shopping centre or sporting event.

REACT

When a cat is scared by a dog, what does it do?

.....

.....

If you were lost at the shops, where would you arrange to meet up with your parents or caregiver?

.....

.....

If you are lost it is also good to ask an adult for help.
Try someone who works there first. Would you ask a shop worker for help?

.....

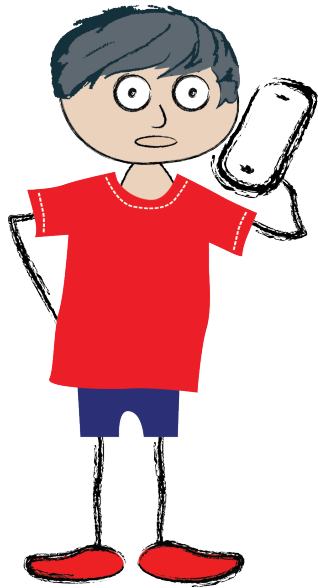
REMEMBER

If you are late a friend's house remember to ring your parents or caregiver and let them know where you are and that you are okay.

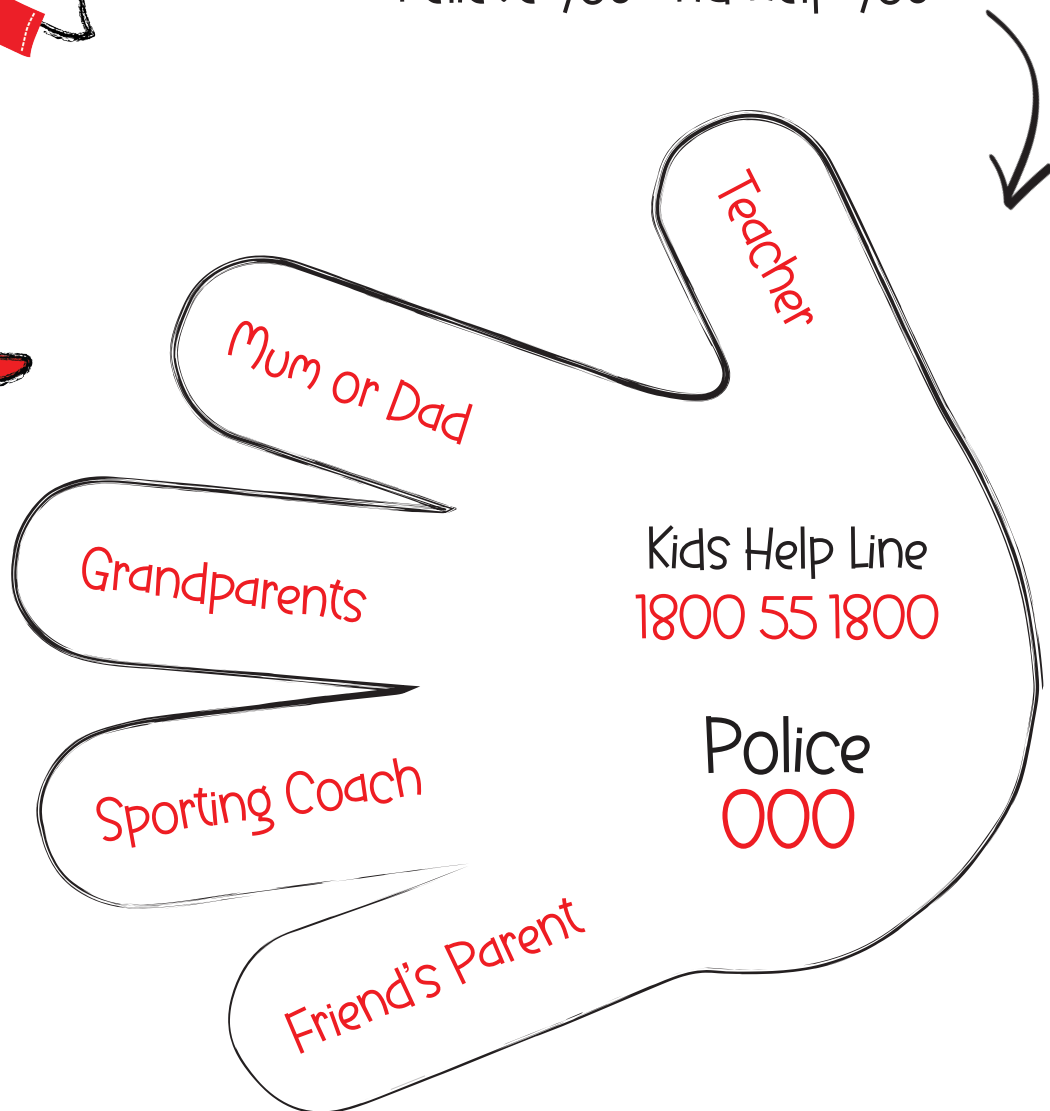
REPORT

This is a really important safety message.

This means telling an adult in your life who cares about your safety when there is a problem. It's the adults who can keep you safe from harm and who can make a situation safe again for you.



A safety team is a team of adults and organisations that you know will listen to you, believe you and help you



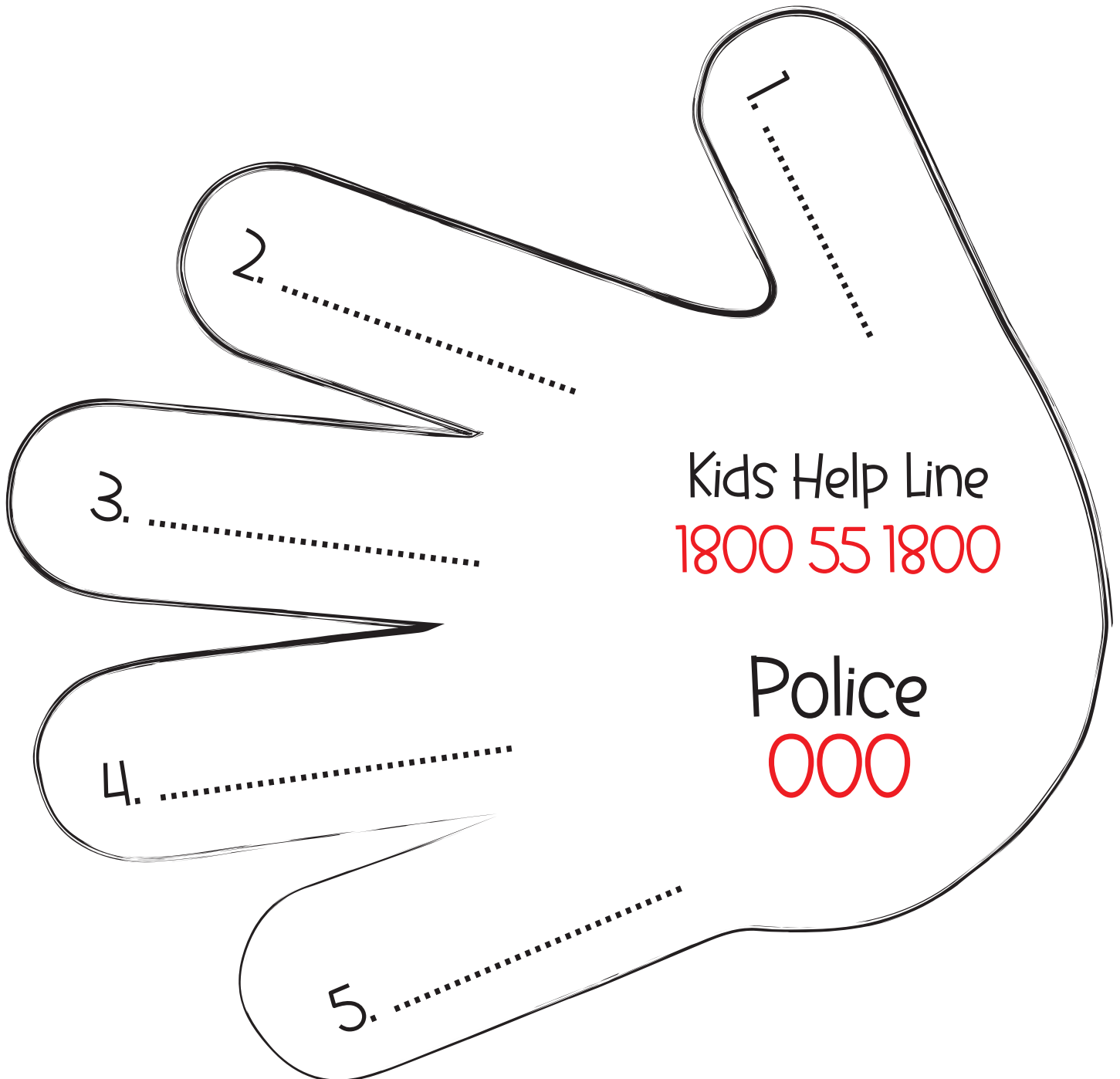
REMEMBER

If you are not getting the help you need, keep trying until you do.

Report: My Safety Team

Activity Sheet

- 1 List your safety helpers. They must be adults and should include someone who lives at home, males and females, as well as people who live outside of home. *Suggestion: Mum, Dad, Uncle, Teacher, Grandparent, Friend of Mum or Dad, Police.*
- 2 Colour in and cut out your hand.
- 3 Take home and show the adults on your list.



ONLINE SAFETY TIPS

Most children and young people are active online and staying safe online has never been more important.

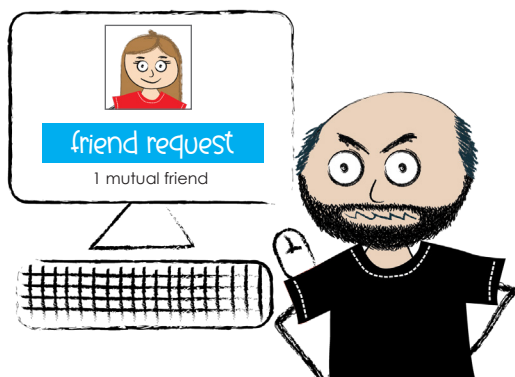
Here are a few tips for online safety. Remember, if it doesn't feel right, it probably isn't.

Online Safety Tips

- Set your profile to **private** on all online sites, apps and chat rooms.
- Do not give out your address, telephone number, parent's work address or telephone number and even your school name without your parent's permission.
- Do not accept 'Friend' requests from people you do not personally know - even if it's a friend or a friend.
- Have a strong password - a combination of upper and lower cases and symbols.



Keep your password a secret - don't even tell your friends.

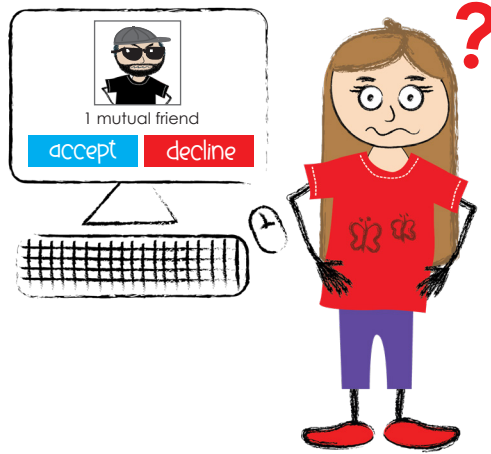


REMEMBER

It's easy for a person to lie about their identity online. Don't accept friend requests from anyone you don't know. Even if it's a friend of a friend.

REMEMBER

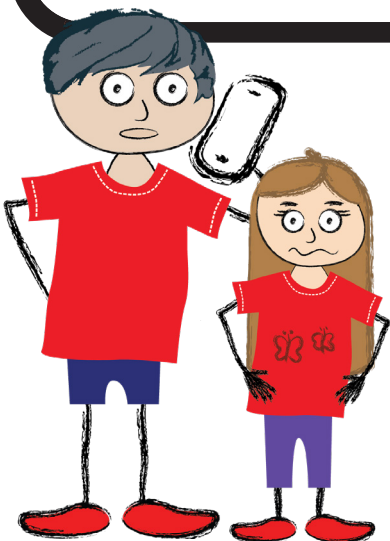
Always tell someone on your safety team if you see something you know is wrong or makes you uncomfortable.



Don't upload photos or tag your 'Friends' online without asking their permission first.

Online Safety Tips

- Be careful who you speak to online - a person can pretend to be someone they are not.
- Tell your friends to ask for permission before they tag or upload a photo of you online.
- Always tell someone on your safety team if you see something you know is wrong or makes you uncomfortable.
- Never meet with someone you have met online unless you discuss it with your parents or caregivers and an adult goes with you.



REMEMBER

Never agree to meet someone you have met online. A person can pretend to be someone they are not. Always ask your parents/ carers for permission and always bring an adult.



Being Safe Online

True or False

Being safe online means knowing how to make good choices, protect your personal information and get help when something doesn't feel right.

Statement	True	False
1 If someone is friendly online, I can trust them.	☐	☐
2 Turning on privacy settings makes me completely safe online.	☐	☐
3 I should avoid sharing private information online, such as my home address, school, phone number or passwords.	☐	☐
4 Photos and videos can sometimes reveal information about where I am, even if I didn't mean to share it.	☐	☐
5 If I delete a photo or message, I can always be sure that nobody else has a copy.	☐	☐
6 People I meet in an online game may not be who they say they are.	☐	☐
7 If a game, app or website asks for information I don't understand, it's okay to stop and ask an adult.	☐	☐
8 I can block, mute or report someone who is behaving badly online.	☐	☐
9 If an AI tool gives me an answer, it must be true.	☐	☐
10 If a friend online asks me to keep our conversation secret from my parent, the right thing to do is keep the secret.	☐	☐

Internet Basics: Chatting Online Year 4 to 6

Activity Sheet

Read and complete the questions below.

<

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Chatting Online - Question 1

+

Abdul doesn't have many friends at schools and enjoys playing online games. He meets Dan while gaming and they start chatting online. Abdul has never met Dan face to face but thinks Dan seems caring. Dan says nice things about Abdul and says he is Abdul's friend. Dan starts asking Abdul questions about his private body parts. This make Abdul feel confused and uncomfortable.

What could Abdul do?

<

>

Chatting Online - Question 2

+

Ricki is at home chatting online with a group of friends. There are about 15 people from school in the group. Two of them start to write mean things about one of Ricki's friends who is also in the group. Ricki knows what they are saying is untire but is scared to say so in the online group. Ricki is worried about what will happen at school tomorrow.

What could Ricki do?

Internet Basics: Sharing Information Online - Year 4 to 6

Activity Sheet

Knowing which types of information you should and shouldn't share online can be tricky. Information you share online can sometimes be used by people you don't know, to find out things about you.

Being cautious about what you share online can keep you safe. If you are unsure or something doesn't feel right, talk to a safe adult.

Can you spot them?

Highlight or circle the personal information in each example.

Example 1



The screenshot shows a Discord server interface. On the left is a sidebar with various server features like '1 Event', 'Browse Channels', 'SERVER STATS', 'MEMBERS: 7695078', 'GOAL: 8,000,000', 'Information', 'rules', 'roles-rigatonio', 'Bulletin Board', 'bombardiro-news', 'community-news', 'skibidi-leaks', 'brainrot-pollini', 'scam-awareness', 'content-creation', 'boosters', 'META', 'announcements', 'meta-sneak-peaks', 'Support', 'support-information', 'support-forms', 'Communications', 'tralalala-chat', 'dueling-request', and a user profile for 'Concomic5'. The main area shows the 'announcements' channel with two messages. The first message is from 'Concomic 5' at 30/10/26 9:13 AM, containing the text: 'mega game tomorrow! Stonepoint Shops. Register your details Name: Phone: Age: @10 msg me to meet up'. The second message is from 'Mollykeels2015' at 30/10/26 9:15 AM, containing the text: 'Name: Molly Keels Phone: 0400 123 456 Age: 11'. At the bottom, it shows 'Bri4an_ is typing' and 'Amikalovesnetball is typing'.

Example 2



The screenshot shows an iMessage conversation with a contact named 'Soccer Club SHS' (23 People). The messages are as follows:

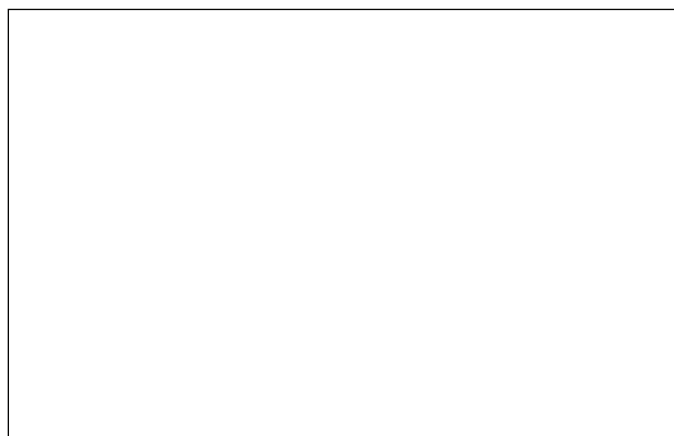
- Ricki: See you all at the field tomorrow.
- @Hayden parents are out tomorrow. Come play at my house?
- Liam: Cya there Ricki
- Hayden: Can Jack from FalconsSC come too? What's your address?
- yep - 235 cones st hills

 At the bottom, there is a text input field with a plus icon and a 'Message' button. Below the input field are suggestions for words: 'I', 'The', 'I'm', and a keyboard icon.



Draw your safety item here.

Is there something special you own that makes you feel safe like a toy or blanket?



Respectful Relationships: What is respect?

Activity Sheet

Circle the respectful behaviour.

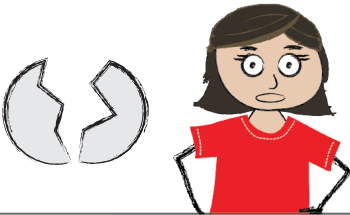
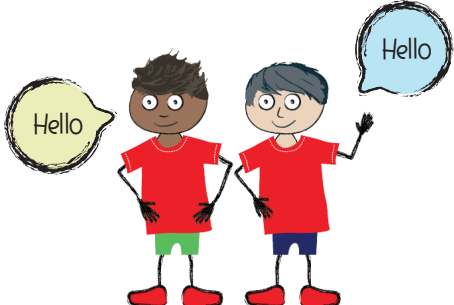
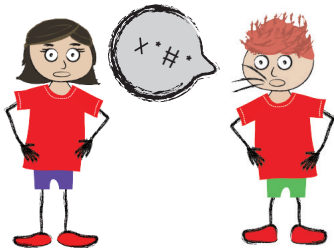
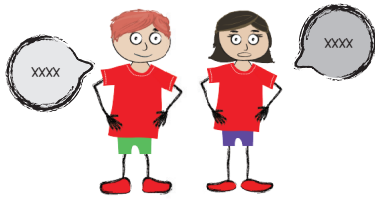
1 Watch the video 'Homework Disaster'

2 Discuss in class:

- What is respect?
- Brainstorm examples of respectful behaviours, for example saying sorry or sharing toys.

3 Activity guide

- Look at the illustrations.
- Which illustrations shows respectful behaviours?
- Circle the ones that you think are respectful.

Saying "Sorry" if you did something wrong or broke something 	Saying girls are not as good as boys 	Smiling and saying hello 
Sharing your game 	Helping someone who is sad 	Calling someone a bad name 
Pushing someone 	Interrupting when someone else is talking 	Saying "Thank you" 

Respectful Relationships: Empathy

How do you think they feel?

Activity Sheet

1 Watch the video 'Adam Goodes talks bullying'

2 Activity guide

- Answer the questions.
- Discuss how everyone has a responsibility to help everyone feel safe.
- Complete the 'My Safety Team' activity.

Respectful Relationships

Do you think it makes a difference if the victim is a boy or girl? ☐ yes ☐ no

Why?

.....

Do you think it makes a difference if the bully is a boy or girl? ☐ yes ☐ no

Why?

.....

What do you think a bystander can do to help?

.....

Who could you talk to for help?

.....

Everyone has a right to be safe. What can your school do to help everyone feel safe?

Idea 1

Idea 2

Idea 3

Respectful Relationships: Empathy

How do you think they feel?

Activity Sheet

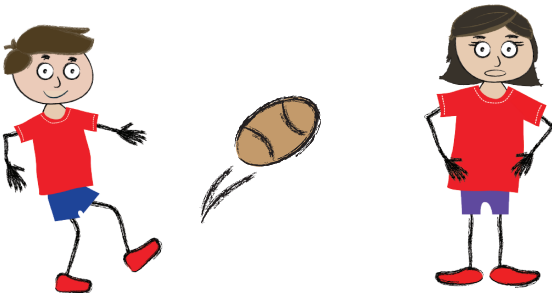
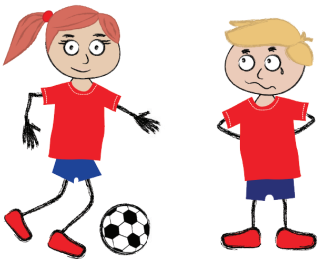
1 Watch the video 'Footy Fight'

2 Discuss in class:

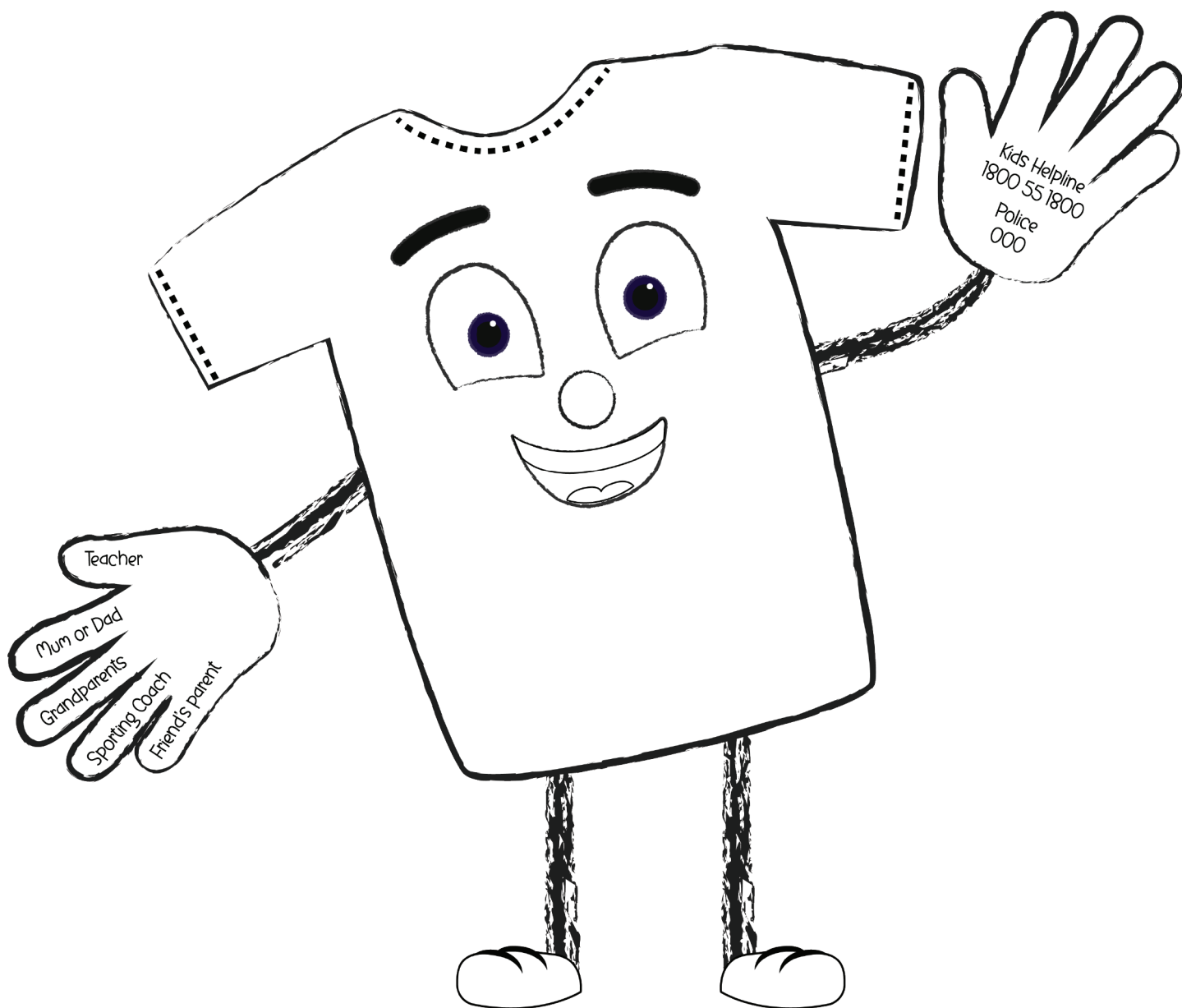
- What is empathy?
- How do you think you would feel in these situations?
- Who can help you when you need it?

3 Activity guide

- Look at the illustrations.
- Draw or write your answer.

You hurt someone... 	How can you make things right?
You see someone who is upset... 	How could you feel? Name adults who can help:
A boy pushes a girl and says he did it because he 'likes' her... 	How should you treat others?

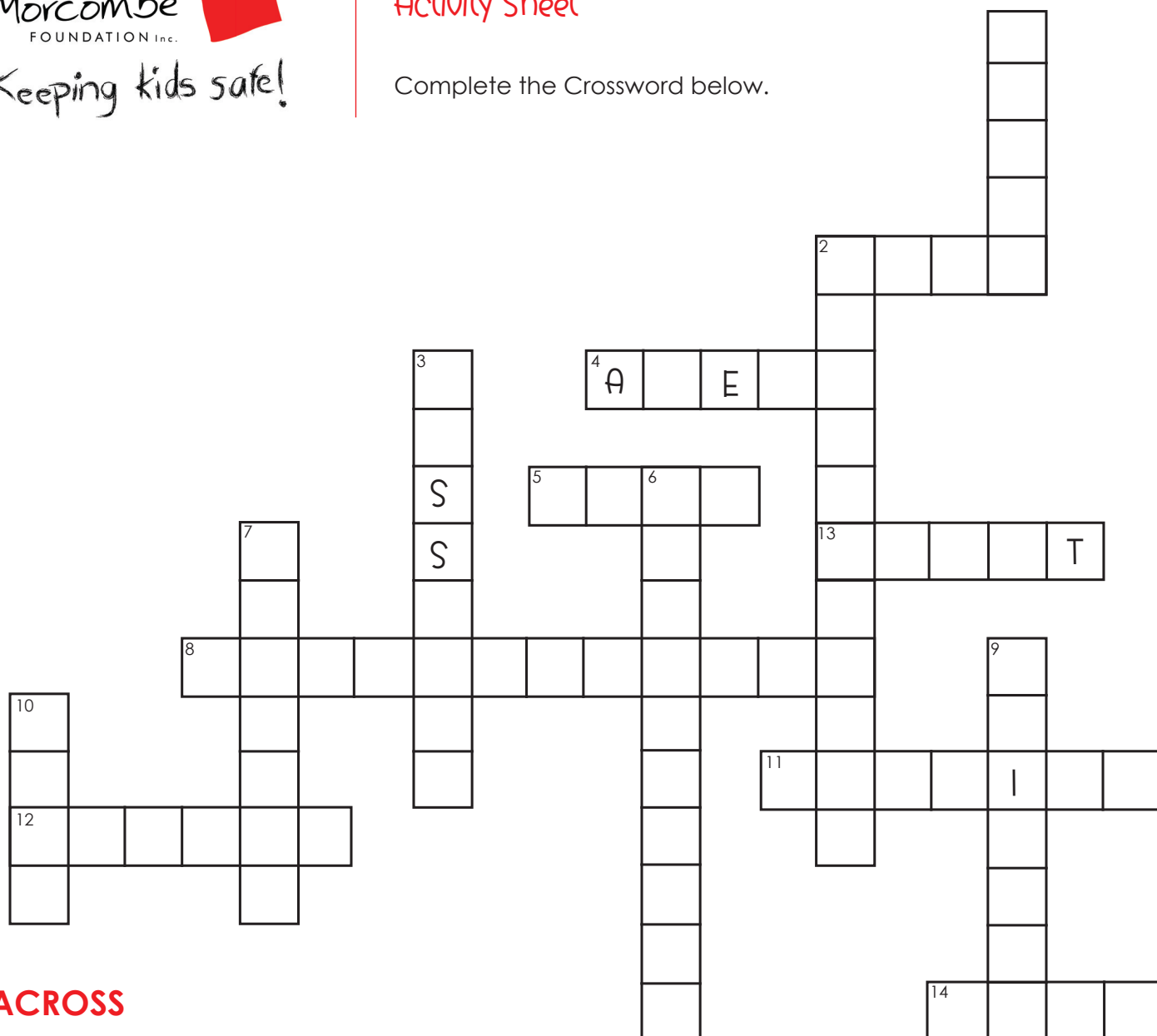
Colour in Morky Activity Sheet



Keeping Kids Safe: Crossword

Activity Sheet

Complete the Crossword below.



ACROSS

- 2 LOOK OUT FOR YOUR _____ CLUES
- 4 STAY _____
- 5 KEEP YOURSELF _____
- 8 SAFETY AWARENESS DAY: _____
- 11 IF YOU ARE GOING SOMEWHERE ARRANGE A _____ PLACE
- 12 MORCOMBE FOUNDATION IS NAMED IN HONOUR OF _____
- 13 RECOGNISE, _____, REPORT
- 14 YOUR SAFETY _____

DOWN

- 1 DANIEL MORCOMBE FOUNDATION'S LOVABLE MASCOT _____
- 2 ONE BODY CLUE MAY BE _____ IN STOMACH
- 3 COME UP WITH A FAMILY _____
- 6 DANIEL MORCOMBE _____
- 7 SOMEBODY YOU COULD HAVE IN YOUR SAFETY NETWORK _____
- 9 KEEP YOUR SETTINGS ONLINE _____
- 10 DANIEL MORCOMBE FOUNDATIONS MOTTO, KEEPING _____ SAFE

Keeping Kids Safe: Word Search

Activity Sheet

Find safety words hidden in the grid below.

T	E	L	L	L	F	E	Q	H	F	D	E	M	Q	K	P
D	O	B	H	H	F	A	W	A	R	E	N	E	S	S	H
E	B	N	O	A	I	Q	A	N	S	T	A	O	U	K	S
O	E	W	S	D	L	N	O	I	T	A	D	N	U	O	F
S	B	Q	B	M	Y	T	L	P	P	E	H	G	L	W	Y
K	M	P	L	M	R	C	S	R	F	C	A	G	R	I	E
Z	O	O	C	E	R	T	L	S	F	L	U	M	U	S	Q
P	C	B	L	F	E	E	V	U	D	R	H	I	I	Z	Y
A	R	A	T	A	A	H	C	A	E	V	N	N	Y	D	K
S	O	L	Q	U	C	Z	N	P	S	S	G	E	O	Z	N
S	M	L	G	S	T	I	O	M	L	O	M	M	N	Y	J
W	B	T	K	P	E	R	A	A	C	S	F	X	F	P	G
O	Y	Q	L	L	T	R	A	E	X	G	R	J	S	P	W
R	M	F	Q	S	T	Y	R	Y	V	B	N	T	Q	A	T
D	F	C	O	N	F	I	D	E	N	C	E	I	M	H	Y
Y	N	R	L	K	S	U	P	P	O	R	T	I	T	M	J

ACT

ALERT

AWARENESS

BODY CLUES

CONFIDENCE

DANIEL

FOUNDATION

HAPPY

MORCOMBE

PASSWORD

REACT

RECOGNISE

REPORT

SAFE

SMART

SUPPORT

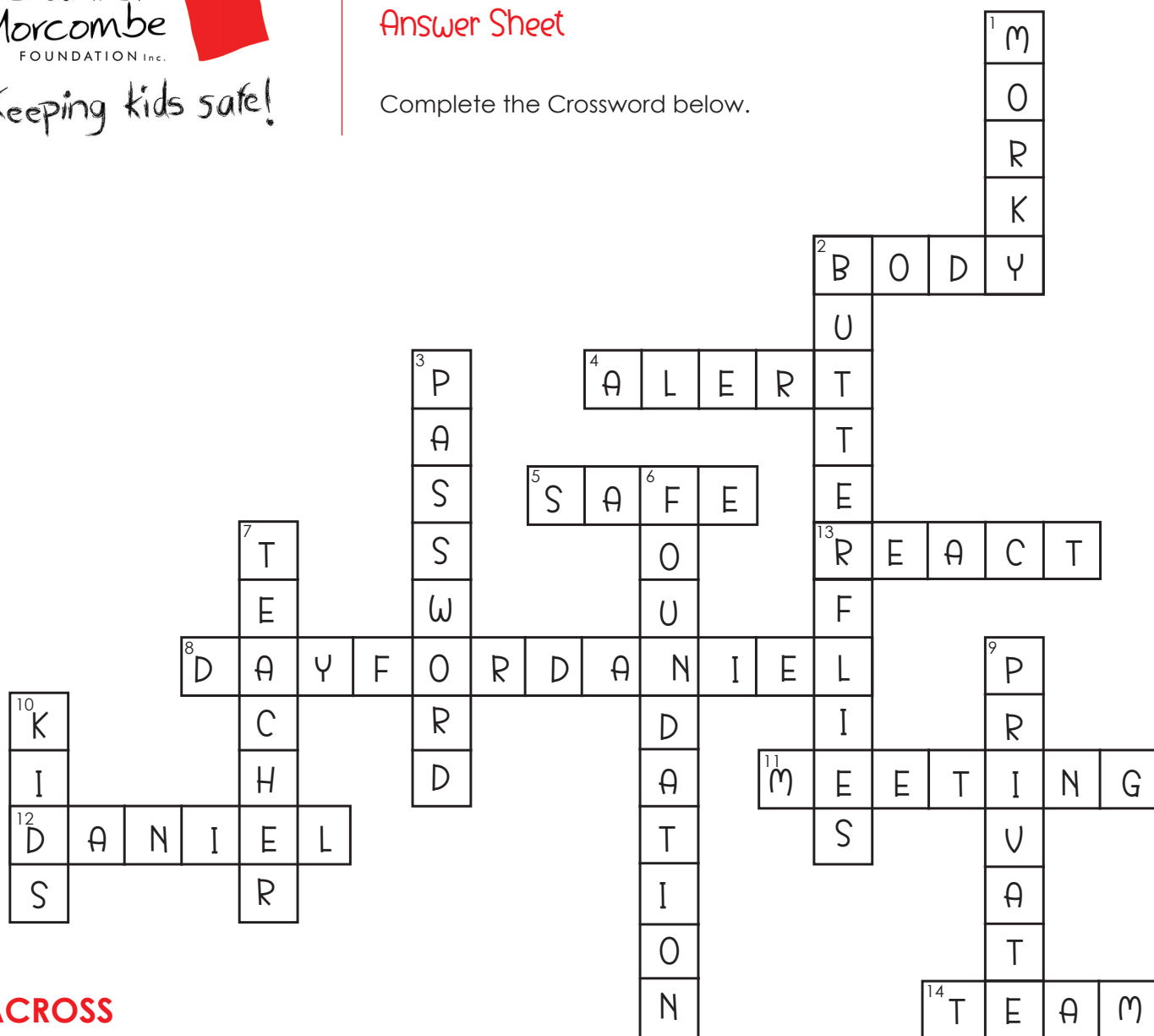
TEAM

TELL

Keeping Kids Safe: Crossword

Answer Sheet

Complete the Crossword below.



ACROSS

- 2 LOOK OUT FOR YOUR ____ CLUES
- 4 STAY _____
- 5 KEEP YOURSELF _____
- 8 SAFETY AWARENESS DAY: _____
- 11 IF YOU ARE GOING SOMEWHERE ARRANGE A _____ PLACE
- 12 MORCOMBE FOUNDATION IS NAMED IN HONOUR OF _____
- 13 RECOGNISE, _____, REPORT
- 14 YOUR SAFETY _____

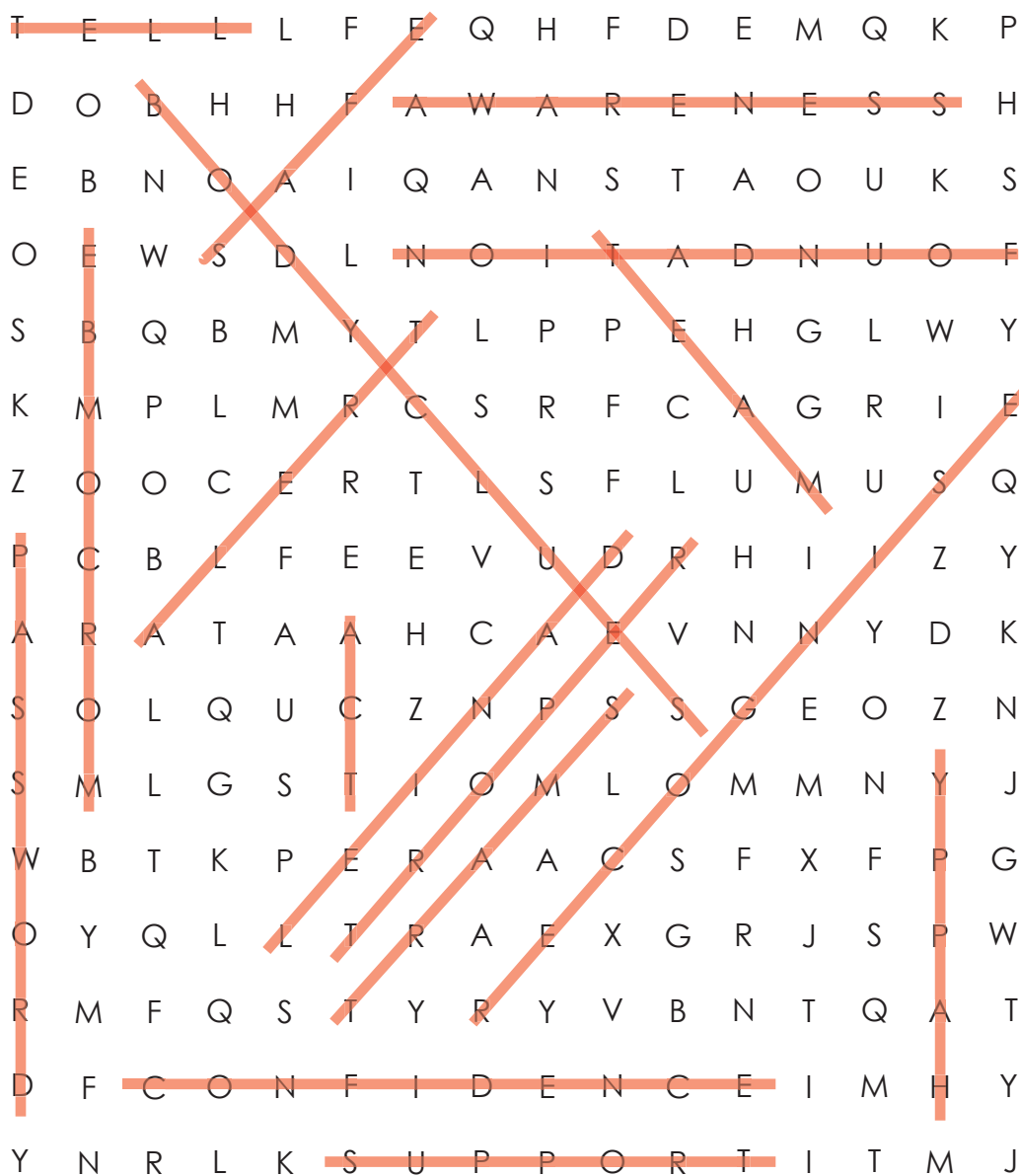
DOWN

- 1 DANIEL MORCOMBE FOUNDATION'S LOVABLE MASCOT _____
- 2 ONE BODY CLUE MAY BE _____ IN STOMACH
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- 9 KEEP YOUR SETTINGS ONLINE _____
- 10 DANIEL MORCOMBE FOUNDATIONS MOTTO, KEEPING _____ SAFE

Keeping Kids Safe: Word Search

Answer Sheet

Find safety words hidden in the grid below.



ACT

ALERT

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RECOGNISE

REPORT

SAFE

SMART

SUPPORT

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TELL

Internet Basics

Answer key/ teaching notes

1 If someone is friendly online, I can trust them.

FALSE - Someone can seem friendly online but still lie about who they are or what they want.

2 Turning on privacy settings makes me completely safe online.

FALSE - Privacy settings can help protect your privacy, but they don't make you completely safe. Apps and websites still collect information, and things you share can reveal information about you.

3 I should avoid sharing private information online, such as my home address, school, phone numbers or passwords.

TRUE - Keep private information such as your address, school, phone number and passwords to yourself. If you're not sure whether something is safe to share, ask a safe adult first.

4 Photos and videos can sometimes reveal information about where I am, even if I didn't mean to share it.

TRUE - Photos and videos can sometimes reveal where you are. They might show clues such as your school, street sign or house number. Some photos can also contain location information (geotags) that tells a device or service where the photo was taken. Turning off location services can reduce some location sharing, but it does not guarantee that a photo or post cannot reveal where you are.

5 If I delete a photo or message, I can always be sure that nobody else has a copy.

FALSE - Once something has been shared online, someone else may have saved, copied or screenshotted it. Deleting it doesn't always mean it's gone everywhere. The eSafety Commissioner can help you if there's an intimate image of you that's been shared online.

6 People I meet in an online game may not be who they say they are.

TRUE - People online can pretend to be someone else, so you can't always be sure that what they say is true. Just because you're talking to someone on a game made for children doesn't mean that everyone in the game is a child. It's important to be cautious because some people may contact children and young people with the intention of "grooming" them. They may try to gain your trust and then ask you to talk about private things or send pictures that you shouldn't share.

7 If a game, app or website asks for information I don't understand, It's okay to stop and ask an adult.

TRUE - If you don't understand what an app, game or website is asking for, stop and ask a safe adult before continuing. Sometimes things aren't written in kid-friendly language, which can make it seem like it's not meant for you to understand, but you should feel confident and safe online.

8 I can block, mute or report someone who is behaving badly online.

TRUE - Blocking, muting and reporting can help you deal with unwanted or unkind behaviour online. You can also tell a safe adult. The eSafety Commissioner also provides advice and support for dealing with online bullying, abuse and harmful content.

9 If an AI tool gives me an answer, it must be true.

FALSE - AI can make mistakes or provide information that is not true. You should always question and check AI-generated information. This may include talking to real people in your life or you could call a service like Kids Helpline with real people on the other end.

10 If a friend online asks me to keep our conversation secret from my parent, the right thing to do is keep the secret.

FALSE - A safe conversation shouldn't need to be kept secret. If someone online asks you to keep your conversation or their existence secret, this is a warning sign that they may not be a safe person. The right thing to do is tell your parents or a safe adult. You could also block the person.

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Keeping kids safe!