



## THE FACTS

POLITICIANS RELIGIOUS GIRLFRIENDS  
PARENTS COMMUNITIES BROTHERS &  
MEDIA AUNTS & YOUNG POLICE SISTERS COUNCIL  
UNCLES PEOPLE TEACHERS MEMBERS  
FRIENDS NEIGHBOURS DOCTORS  
GRAND SHOP KEEPERS CARERS BOYFRIENDS  
YOUTH COMMUNITY WORKERS BUSINESS'  
WORKERS



## THE FACTS

# PARENTS

**PARENTS PLAY THEIR PART TO PROTECT AND CARE FOR CHILDREN AND YOUNG PEOPLE IN OUR COMMUNITY BY PROVIDING LOVING AND SUPPORTIVE ENVIRONMENTS AND BY SHOWING HOW TO HAVE RESPECTFUL RELATIONSHIPS.**

Being a new parent can be challenging. Accept offers of help (especially the ones where cooked meals are involved!) Link in with services that support you – New Parent Groups can be fantastic.

It's ok to reach out and ask for support. Discover what helps reduce your stress and assists you to best care for your children.

Parenting courses can help you be the best you possibly can be.

Listen to your children and involve them in planning things as a family.

Parenting isn't always easy. Share your experiences and skills with other parents – it can help you realise that you are not alone.

Take time out when you feel stressed or upset – look after yourself.

Parenting can be positive – notice the good times too.

Make plans for enjoyable “family time” – this can help build close relationships.

Talk about safety with your children. Talk about what being unsafe might look and feel like at home, in the community, online or at school. Make plans about what to do if they feel unsafe.

Celebrate your children and their achievements, values and interests and support your children when times are tough. This will build a strong family that is loving and safe.

Get involved in your community. Joining groups will help you and your children to have fun and meet people.





## THE FACTS

# POLICE

**POLICE PLAY THEIR PART TO PROTECT AND CARE FOR CHILDREN AND YOUNG PEOPLE IN OUR COMMUNITY BY BEING APPROACHABLE AND EDUCATING OUR CHILDREN AND YOUNG PEOPLE ON HOW TO BE SAFE.**

Be a positive role model and a positive influence for children and young people to learn from.

Have flexible family friendly work conditions that allow parents to meet the needs of their family and assists them to cope in times of stress.

Develop policies and procedures. Child Protection Policies should promote wellbeing and early intervention practices and be consistent with state/territory mandatory reporting legislation. When implemented and supported consistently, these policies work to protect children, workers and the organisation.

Develop and share a directory of local services in police stations that can support families.

Involve yourself in community events and network across sectors to build trusting relationships and develop balanced perspectives on children and young people.

Consider the impact on children/young people when making service delivery decisions.

Congratulate families when you see good things happening.

Be approachable and youth friendly. A code of conduct for working with children and young people is a practical tool for promoting clear and consistent roles and behaviour.

Value local culture and wisdom and where possible seek input from senior community or family members to improve relationships and inform best practice.





## THE FACTS

# CARERS

**CARERS PLAY THEIR PART TO PROTECT AND CARE FOR CHILDREN AND YOUNG PEOPLE IN OUR COMMUNITY BY KEEPING CHILDREN AND YOUNG PEOPLE SAFE AND PROVIDING THEM WITH A SAFE SPACE IN WHICH THEY CAN THRIVE AND GROW.**

*(Carers can include, Child care workers, early childhood professionals, foster carers, friends, health care professionals i.e anybody who may have children in their care at some time or another.)*

Caring for children isn't always easy. Share your experiences and skills with other carers.

Talk with children and young people about how your relationship with them is different to their relationship with their parent/s.

Encourage and facilitate cultural and family relationship connections where possible. This will support the child or young person's developing identity and allow you to better meet their social and emotional needs.

Take time out when you feel stressed or upset – Look after yourself.

Attend a course or information session that will further develop your skills and knowledge.

Make plans for enjoyable "Together Time" – this can help build close relationships.

It's ok to reach out and ask for support. Discover what helps reduce your stress and assists you to best care for children and young people.

Being a new carer can be challenging. Accept offers of help (especially the ones where cooked meals are involved!) Link in with services that support you.

Talk about safety with children and young people. Talk about what being unsafe might look and feel like at home, in the community, online or at school. Make plans about what to do if they feel unsafe.

Listen to the children/young people and involve them in planning things.

Celebrate the children/young people and their achievements, values and interests and support them when times are tough. This will build a strong bond that is loving and safe.

Get involved in your community. Joining groups will help you and the children/young people to have fun and meet people.

Be aware of the signs of child abuse and neglect and seek help for children who are at risk and who have been traumatised.





## THE FACTS

# FRIENDS

FRIENDS PLAY THEIR PART TO PROTECT AND CARE FOR CHILDREN AND YOUNG PEOPLE IN OUR COMMUNITY BY LOOKING OUT AND BEING THERE FOR EACH OTHER.

### AS A FRIEND TO AN ADULT:

- Be a good listener. Sometimes people just want to talk and feel listened to. Don't judge.
- Be interested in your friend's life and how they are feeling about being a parent.
- Offer to give your friend some "time out" from the children.
- Bring over a cooked meal or offer to help with some housework.
- If you are really worried about your friend, and/or the children encourage them to talk to someone that may be able to help them.

### AS A YOUNG PERSON:

- Listen. If your friend is upset or worried they need you to listen. Believe them and don't judge them.
- If you are really worried about your friend's happiness or safety, encourage them to speak to an adult. A parent, teacher, counsellor or another adult you trust are good options. You could offer to go with your friend for extra support.

### AS AN ADULT FRIEND TO A CHILD/YOUNG PERSON:

- Be a good listener. If a child or young person trusts you to tell you something then listen and don't judge.
- Encourage the child/young person to talk to their parents/ carers if it is safe.
- If you are really worried about a child/young person encourage them to talk to someone who may be able to help them. Support them to do that if appropriate.





## THE FACTS

# COMMUNITY WORKERS

**COMMUNITY WORKERS PLAY THEIR PART TO PROTECT AND CARE FOR CHILDREN AND YOUNG PEOPLE IN OUR COMMUNITY BY SUPPORTING CARERS AND PARENTS AND ROLE MODELING HOW TO HAVE RESPECTFUL RELATIONSHIPS...**

Be a positive role model and a positive influence for children and young people to learn from.

Consider the impact on children/young people when making service delivery decisions, making sure that children and young people are the focus of your work.

Promote youth events and support services and support the agencies that provide them.

Reduce isolation for young people by offering outreach programs and transport.

Consider the impact on children/young people when making service delivery decisions.

Support children/young people to participate in their community.

Listen to children you work with, and involve them in planning of activities, policies and program development.

Encourage young people to be positive role models and contribute to their community.

Be approachable and youth friendly. A code of conduct for working with children and young people is a practical tool for promoting clear and consistent roles and behaviour.

Develop policies and procedures. Child Protection Policies should promote wellbeing and early intervention practices and be consistent with state/territory mandatory reporting legislation. When implemented and supported consistently, these policies work to protect children, workers and the organisation.

Build relationships with children as well as child protection workers – it creates a consistency of care and allows you to advocate for the child/young person.

Provide a family friendly space that welcomes children, young people and parents. For example, play areas and baby change facilities show families they are valued.

Support parents to access services that can increase their parenting skills and knowledge.

Think about safe and respectful ways to be an active bystander if you see an adult being inappropriate towards a child or young person.

Congratulate families and young people when you see good things happening.

Value local culture and wisdom and where possible seek input from senior community or family members to improve relationships and inform best practice.





# THE FACTS

# BROTHERS & SISTERS

**BROTHERS AND SISTERS PLAY THEIR PART TO PROTECT AND CARE FOR CHILDREN AND YOUNG PEOPLE IN OUR COMMUNITY BY BEING SUPPORTIVE, CARING AND LOOKING OUT FOR EACH OTHER.**

Be a positive role model and a positive influence for your brother/sister to learn from.

Be a good listener and look out for your brother/sister.

Be aware of your behaviour and take responsibility for it – what you say and how you say it.

Understand that families have good times and hard times.

Support and encourage your sister/brother.

Enjoy spending time with your brother/sister and give yourself time apart from your family too.

If you are worried that your brother/sister is unhappy, scared or unsafe encourage them to speak to an adult. A parent, teacher, counsellor or another adult you trust are good options. You could offer to go with them for extra support.

If you are old enough, offer to spend time with your brother/sister and take them to the park or play outside with them or do some other activities to make your relationship even stronger.





# THE FACTS

## GIRLFRIENDS

**GIRLFRIEND PLAY THEIR PART TO PROTECT AND CARE FOR CHILDREN AND YOUNG PEOPLE IN OUR COMMUNITY BY BEING GOOD ROLE MODELS AND TREATING PEOPLE WITH RESPECT.**

### IN AN ADULT RELATIONSHIP:

- Treat your partner with respect and love.
- Be a good listener and be interested in your partner's life.
- Be aware of your behaviour and take responsibility for it – what you say and how you say it.
- Understand that there are good times and hard times.
- Support and encourage your partner.
- Enjoy spending time together and spending time apart.

### AS A YOUNG PERSON IN A RELATIONSHIP:

- Treat your partner with respect and love.
- Be a good listener and be interested in your partner's life.
- Be aware of your behaviour and take responsibility for it – what you say and how you say it.
- Understand that there are good times and hard times.
- Support and encourage your partner.
- Enjoy spending time together and spending time apart.

### IN ADULT RELATIONSHIP WHERE YOUR PARTNER HAS CHILDREN:

- Be a positive role model. Children and young people learn from the people that they spend time with, so make your influence positive.
- Understand that your partner is a parent as well as your partner and that children and young people can be demanding and need a lot of attention.
- Treat your partner with respect and love.
- Be a good listener and be interested in your partner's life.
- Be aware of your behaviour and take responsibility for it – what you say and how you say it.
- Understand that there are good times and hard times.
- Support and encourage your partner.
- Enjoy spending time together and spending time apart.







## THE FACTS

# RELIGIOUS COMMUNITIES

**RELIGIOUS COMMUNITIES PLAY THEIR PART TO PROTECT AND CARE FOR CHILDREN AND YOUNG PEOPLE IN OUR COMMUNITY BY SUPPORTING FAMILIES AND PROMOTING CHILDREN AND YOUNG PEOPLE'S HEALTH AND WELLBEING.**

Be youth friendly and create opportunities for children and young people to engage in the community and be heard. This could include providing a youth space, community event to showcase children's achievements and a youth action network.

Be a positive role model. Children and young people learn from the people that they spend time with, so make your influence positive.

Become informed on the risks and protective factors of child abuse and neglect. This will increase your awareness of how to support families in your community and prevent harm from happening.

Create opportunities for networking and supporting families e.g. use notice boards, offer practical support, reach out to families who are isolated, and be available and approachable.

Develop policies and procedures. Child Protection Policies should promote wellbeing and early intervention practices and be consistent with state/territory mandatory reporting legislation.

A code of conduct for working with children and young people is a practical tool for promoting clear and consistent roles and behaviour.

When implemented and supported consistently, these policies work to protect children, workers and the organisation.

Be youth friendly and create opportunities for children and young people to engage in the community. This could include providing a youth space, community event to showcase children's achievements and a youth action network.

Support Schools in their promotion of children and young people's safety and wellbeing. Encourage reviews of pastoral care systems to ensure they are meeting the needs of staff and students.

Consider the impact on children/young people when making service delivery decisions.

Seek out connections with senior community or family members from different cultures. Valuing local cultural wisdom may improve your relationships with the wider community.

Think about safe and respectful ways to be an active bystander if you see an adult being inappropriate towards a child or young person.





## THE FACTS

# MEDIA

**MEDIA PLAY THEIR PART TO PROTECT AND CARE FOR CHILDREN AND YOUNG PEOPLE IN OUR COMMUNITY BY PROMOTING CHILD ABUSE PREVENTION AND TAKING ACTION TO CHANGE NEGATIVE STEREOTYPES.**

Be aware that child abuse occurs across all communities and cultural groups. Take action to change negative or unfair stereotypes of individual communities.

Work with child abuse prevention organisations to develop standard paragraphs about the impact of harmful behaviours on children.

Promote a balanced perspective of young people. Share stories of young people who are engaged positively in their families, schools and communities.

Put greater effort into sharing good news stories with the community. Prevention stories need to be covered in order to help change the focus from abuse to prevention. Promote child protection and child abuse prevention as everyone's business.

The digital media industry: Can partner with child abuse prevention experts to keep all children and young people smart and safe online and offline.

Encourage help-seeking behaviours in all stories that contain information about harm towards children, by providing details of local support services.

Recognise and seek out the voice of young people in all stories, not just those that involve abuse or neglect. Article 12 of the UN Convention on the Rights of the Child states that: Children have the right to express their opinions freely, and have their opinions taken into account in matters that affect them.

Include interviews with leading child abuse prevention experts so that the Australian community has a more informed public debate on prevention.

Offer free advertising for not for profit organisations. Increasing families' access to services and events can decrease isolation and their risk of child abuse.

Be aware of the impact of sexualised images of young men & women. Remember that children and young people are also exposed to your media.

Be a positive role model: Be aware of your behaviour, what you say and how you say it. Children and young people learn from the people they come into contact with, so make your influence positive!





# THE FACTS

## BUSINESSES

**BUSINESSES PLAY THEIR PART TO PROTECT AND CARE FOR CHILDREN AND YOUNG PEOPLE IN OUR COMMUNITY BY SUPPORTING FAMILY FRIENDLY WORKING ENVIRONMENTS AND PARTNERING WITH LOCAL COMMUNITY ORGANISATIONS.**

Have family friendly work hours and job share available to staff who are parents. Flexibility allows parents to meet the needs of their family and to cope in times of stress.

Ensure conditions of employment value parents and families. Paternity and Maternity Leave recognises the importance in parents having time to build relationships with newborns and support each other. Such conditions show that you value your staff as parents as well as employees.

Partner with a local community organisation or school to support children and families. For example, sponsoring children's sporting activity increases opportunity for families to be involved in their community.

Be family-friendly by welcoming children. The provision of a play area and baby change facilities in your shop/business recognises the place of children in our society and improves families' access to your business.

If you work with children and young people, develop policies and procedures to guide you and your employees: A child protection policy should promote wellbeing and early intervention practices, as well as be consistent with state/territory mandatory reporting legislation.

A code of conduct for working with children and young people is a practical tool for promoting clear and consistent roles and behaviour. When implemented and supported consistently, these policies work to protect children, workers and the organisation.

Think about safe and respectful ways to be an active bystander if you see an adult being inappropriate towards a child or young person.

Seek out and apply for Family or Child Friendly Business Awards to have your efforts acknowledged. This will help raise the profile of children and increase understanding that preventing harm is everyone's business.





## THE FACTS

# GRAND PARENTS

**GRANDPARENTS PLAY THEIR PART TO PROTECT AND CARE FOR CHILDREN AND YOUNG PEOPLE IN OUR COMMUNITY BY CARING AND NURTURING FAMILIES AND PROVIDING SUPPORT, REASSURANCE AND LOVE.**

Be a positive role model. Children and young people learn from the people that they spend time with, so make your influence positive.

Be a friend to parents that you know. Offer support, reassurance and practical help.

Spend time with children and young people. By playing with them, listening to them and learning from them, you show them that they are important.

Create opportunities for all the children/young people in your family to spend time together.

If possible, offer to be an emergency contact for the family. Make sure that the children/young people know that you are the emergency contact too so they feel included.

Reach out to new and young parents. It can be a tough time so keep reminding them you can help.

Think about safe and respectful ways to be an active bystander if you see an adult being inappropriate towards a child or young person.

When you see good things happening make sure you let the family know and congratulate them.





## THE FACTS

# YOUTH WORKERS

**YOUTH WORKERS PLAY THEIR PART TO PROTECT AND CARE FOR CHILDREN AND YOUNG PEOPLE IN OUR COMMUNITY BY SUPPORTING YOUNG PEOPLE TO PARTICIPATE IN THEIR COMMUNITY AND BY ADVOCATING FOR THE BEST INTERESTS OF YOUNG PEOPLE.**

Be a positive role model and a positive influence for children and young people to learn from.

Promote youth events and support services.

Reduce isolation for young people by offering outreach programs and transport.

Consider the impact on children/young people when making service delivery decisions.

Support children/young people to participate in their community.

Encourage young people to be positive role models and contribute to their community.

Be approachable and youth friendly. A code of conduct for working with children and young people is a practical tool for promoting clear and consistent roles and behaviour.

Develop policies and procedures. Child Protection Policies should promote wellbeing and early intervention practices and be consistent with state/territory mandatory reporting legislation.

When implemented and supported consistently, these policies work to protect children, workers and the organisation.

Build relationships with child protection workers – it creates a consistency of care and allows you to advocate for the child/young person.

Provide a family friendly space that welcomes children, young people and parents. For example, play areas and baby change facilities show families they are valued.

Support parents to access services that can increase their parenting skills and knowledge.

Think about safe and respectful ways to be an active bystander if you see an adult being inappropriate towards a child or young person.

Congratulate families and young people when you see good things happening.

Value local culture and wisdom and where possible seek input from senior community or family members to improve relationships and inform best practice.





# THE FACTS

# TEACHERS

**TEACHERS PLAY THEIR PART TO PROTECT AND CARE FOR CHILDREN AND YOUNG PEOPLE IN OUR COMMUNITY BY BUILDING RELATIONSHIPS WITH THEIR STUDENTS AND SHOWING THAT THEY RESPECT AND VALUE THEM.**

## IN THE CLASSROOM:

- Build relationships with the students in your class. By smiling, saying hello, remembering their names and listening to them, you show young people that they are important and that you care.
- Include students in planning. By listening to what young people have to say on issues that affect them (such as their education), you will work to ensure that they feel heard and that you meet their needs.
- Share details of local youth events and services by setting up an information board within your classroom or school. Encourage help seeking behaviour by discussing the role of community services and how young people can access them.
- Have discussions about difficult topics such as bullying, exam stress, mental health and different types of abuse. Ensure conversations aim to develop young people's strengths and resilience.
- Consider facilitating child abuse and violence prevention education. See further information below.

Informed by this experience and also best practice standards for respectful relationships education (NASASV, 2009; VicHealth, 2009); some of the key learning from this work includes:

- Engaging and consulting a variety of stakeholders within the school to ensure consistent messages are provided to young people.
- Conduct school audits to ensure policies are effective and identify any areas where additional policies need to be implemented.
- Ensure programs delivered to students provide age appropriate material.
- Engage parents and community members to assist in making materials relevant to local issues/concerns.
- Prioritising the safety of children and young people by linking them with supports in their community and having facilitators that work within a Code of Conduct and that programs have dedicated time for planning.
- Including young people in the development, evaluation and review of programs, ensures prevention programs are engaging, and is informed by the experiences of, children and young people.
- Aligning programs with existing curriculum supports teachers to more readily integrate key child protection learning outcomes as required.
- Delivery of professional development to school staff regarding child abuse and violence prevention, can increase teachers' skills and confidence in the delivery of prevention programs, as well as their response to individual students' concerns.

## WHOLE OF SCHOOL APPROACH TO CHILD ABUSE AND VIOLENCE PREVENTION EDUCATION

As children spend much of their time at school, make sure classrooms are safe, structured environments that can provide child abuse and violence prevention education. NAPCAN is involved in the implementation of child abuse prevention programs in primary and secondary schools around Australia.





## THE FACTS

# LOCAL COUNCILS

**COUNCIL MEMBERS PLAY THEIR PART TO PROTECT AND CARE FOR CHILDREN AND YOUNG PEOPLE IN OUR COMMUNITY BY PROVIDING FAMILY EVENTS AND ACTIVITIES THAT ARE FREE AND CREATING OPPORTUNITIES FOR YOUNG PEOPLE TO ENGAGE IN COMMUNITY LIFE.**

Create opportunities for young people to engage in community and civic life. The provision of a youth space, as well as genuine participation about issues that affect them, celebrates young peoples' place in our society and helps business with best practice"

Initiate a Child Friendly Business Award for businesses in your council who achieve a certain standard in meeting the needs of children. Recognising business' efforts in this way helps raise the profile of children and the needs of families in our society.

Develop policies and procedures: A child protection policy should promote wellbeing and early intervention practices, as well as be consistent with state/territory mandatory reporting legislation.

A code of conduct for working with children and young people is a practical tool for promoting clear and consistent roles and behaviour. When implemented and supported consistently, these policies work to protect children, workers and the organisation.

Offer family events and activities for children which are free. Community cultural events and opportunities for recreation help build connections between families and young people. Accessibility is increased when events are run free of charge.

Invite senior community leaders to speak at an event or at one of your services. Hearing about and valuing local culture and wisdom helps families learn and grow together.

Help and support parents to improve their parenting skills: The provision of family support services and parenting courses recognise that parenting isn't easy and creates opportunities for support, skill development and networking.

Ensure community services and events are accessible to isolated families by providing outreach programs and free or low cost transport.

Provide opportunities for children to play and have fun: Playgroup, parks, libraries, public toilets, safe streets, parent-friendly parking and safe bike paths encourage play, exercise and social get-togethers amongst children, parents and families.

Develop and share a directory of local services in the council's facilities. By simplifying processes for accessing support, families are assisted in seeking help to raise their children.

Provide child-care options: High quality, flexible and accessible child care options allow parents to engage in the paid workforce or to invest in other aspects of family or community life. Consider the cost and location of services in order to meet the diverse needs of families.

Promote and support the local library as an ideal location to share information, promote quality time between parents and children and build social connections between families.

Where possible, seek input about council services from senior community or family members. Valuing local culture and wisdom may improve your relationships and can help increase knowledge about community needs.





## THE FACTS

# AUNTS & UNCLAS

**AUNTIES AND UNCLES PLAY THEIR PART TO PROTECT AND CARE FOR CHILDREN AND YOUNG PEOPLE IN OUR COMMUNITY BY ENCOURAGING FAMILIES TO SPEND TIME TOGETHER AND STRENGTHEN THEIR FAMILY CONNECTIONS.**

Be a friend to parents that you know. Offer support, reassurance and practical help if they seem to be struggling.

Be a positive role model. Children and young people learn from the people that they spend time with, so make your influence positive.

Spend time with your nephews and nieces. By playing with them, listening to them and learning from them, you show them that they are important.

Create opportunities for all the children/young people in your family to spend time together.

If possible, offer to be an emergency contact for the family. Make sure that the children/young people know that you are the emergency contact too so they feel included.

Reach out to new and young parents. It can be a tough time so keep reminding them you can help.

Think about safe and respectful ways to be an active bystander if you see an adult being inappropriate towards a child or young person.

When you see good things happening make sure you let the family know and congratulate them.







# THE FACTS

# POLITICIANS

**POLITICIANS PLAY THEIR PART TO PROTECT AND CARE FOR CHILDREN AND YOUNG PEOPLE IN OUR COMMUNITY BY PROMOTING CHILD PROTECTION AS A COMMUNITY RESPONSIBILITY AND ENDORSING FAMILY FRIENDLY POLICIES.**

Be a positive role model: Be aware of your behaviour, what you say and how you say it. Children and young people learn from the people they listen to, so make your influence positive!

Be aware that child abuse occurs across all communities and cultural groups. Promote child protection and child abuse prevention as everyone's business.

Following the principle of the environmental impact model, consider the impact of all legal, policy and service delivery reform on children. Ask yourself: where are the children in this change?

Become informed on the link between abuse and prevention of abuse. Ask for briefings which include information from child abuse prevention experts.

Promote a long term view to child safety and wellbeing. Addressing the overloading of child protection systems requires investing in early intervention services to reduce the risk of families' problems worsening over time and heading into a cycle of abuse.

Shift current rates of child abuse in one generation by making parenting services universally available to families, before children and young people have been abused.

Endorse family friendly policies for the Government and Non-Government work sectors. For example, flexible work hours, job sharing and the provision of paid Paternity and Maternity Leave demonstrate that members of society are valued as parents as well as employees.

Implement universal home visiting to families at the birth of a first child. Support to new families at this time has been shown by the David Old's model to prevent health and developmental problems for children.

Listen to and engage with the opinions of youth delegations. Refer to Article 12 of the UN Convention on the Rights of the Child: Children have the right to express their opinions freely, and have their opinions taken into account in matters that affect them.

Encourage the government and non-government sectors to develop child-safe policies and procedures: A child protection policy should promote wellbeing and early intervention practices, as well as be consistent with state/territory mandatory reporting legislation.

A code of conduct for working with children and young people is a practical tool for promoting clear and consistent roles and behaviour. When implemented and supported consistently, these policies work to protect children, workers and the organisation.





# THE FACTS

## BOYFRIENDS

**BOYFRIENDS PLAY THEIR PART TO PROTECT AND CARE FOR CHILDREN AND YOUNG PEOPLE IN OUR COMMUNITY BY BEING GOOD ROLE MODELS WHO TREAT PEOPLE WITH RESPECT.**

### IN AN ADULT RELATIONSHIP:

- Treat your partner with respect and love.
- Be a good listener and be interested in your partner's life.
- Be aware of your behaviour and take responsibility for it – what you say and how you say it.
- Understand that there are good times and hard times.
- Support and encourage your partner.
- Enjoy spending time together and spending time apart.

### AS A YOUNG PERSON IN A RELATIONSHIP:

- Treat your partner with respect and love.
- Be a good listener and be interested in your partner's life.
- Be aware of your behaviour and take responsibility for it – what you say and how you say it.
- Understand that there are good times and hard times.
- Support and encourage your partner.
- Enjoy spending time together and spending time apart.

### IN ADULT RELATIONSHIP WHERE YOUR PARTNER HAS CHILDREN:

- Be a positive role model. Children and young people learn from the people that they spend time with, so make your influence positive.
- Understand that your partner is a parent as well as your partner and that children and young people can be demanding and need a lot of attention.
- Treat your partner with respect and love.
- Be a good listener and be interested in your partner's life.
- Be aware of your behaviour and take responsibility for it – what you say and how you say it.
- Understand that there are good times and hard times.
- Support and encourage your partner.
- Enjoy spending time together and spending time apart.





# THE FACTS

# NEIGHBOURS

**NEIGHBOURS PLAY THEIR PART TO PROTECT AND CARE FOR CHILDREN AND YOUNG PEOPLE IN OUR COMMUNITY BY SUPPORTING AND HELPING EACH OTHER AND WORKING TOWARDS A SAFE AND INCLUSIVE NEIGHBORHOOD.**

Be a positive role model: Be aware of your behaviour, what you say and how you say it. Children and young people learn from the people they spend time with, so make your influence positive!

Build relationships with the children in your neighbourhood. By smiling, saying hello, remembering their names and listening to them, you show young people that they are important.

Talk to your neighbours and take the time to build relationships among parents in your street, apartment building or in your community. Encouraging a supportive spirit shows that you are interested in their family.

Introduce your kids in your street. Make sure everyone's got friends to play with and that you feel comfortable with your children playing at other homes.

Offer to care for your neighbours' children or offer practical help, like shopping, to new parents. Offering a helping hand provides an opportunity for parents to rest or spend some time together.

Welcome newcomers: Make up a Welcome Pack with local schools, playgroups, child health centres, kids sporting clubs, music lessons, the closest all night chemist, etc.

If you're worried about someone, offer help or recommend where they can access help to strengthen their family's resilience and resources.

Care for your neighbourhood: By offering to hold a "clean up your street" day you recognise the impact of a clean environment on young peoples' wellbeing.

Get the kids in your street to map your neighbourhood: Talk to them about safety, ask them to identify the places where they don't feel safe and let them know that it is adults' responsibility to do something about it!

Include your neighbours in an emergency plan. When something unexpected happens, neighbours are often the people to get assistance from. Involving children and young people in your planning ensures that they feel included and are informed.

Think about safe and respectful ways to be an active bystander if you see an adult being inappropriate towards a child or young person.





## THE FACTS

# SHOP KEEPERS

**SHOP KEEPERS PLAY THEIR PART TO PROTECT AND CARE FOR CHILDREN AND YOUNG PEOPLE IN OUR COMMUNITY BY PROVIDING FAMILY FRIENDLY WORKING ENVIRONMENTS AND DISPLAYING COMMUNITY ANNOUNCEMENTS AND EVENTS.**

Be a positive role model: Be aware of your behaviour, what you say and how you say it. Children and young people learn from the people they listen to, so make your influence positive!

Have family friendly work conditions available to staff who are parents. Flexibility allows parents to meet the needs of their family and to cope in times of stress.

Be family-friendly by welcoming children with a smile. Consider providing a play area or colouring competition in your shop to demonstrate your recognition of children and support of families' access to your products.

Be youth friendly: A code of conduct for working with children and young people is a practical tool for promoting clear and consistent roles and behaviour. Consider your manner and listen to what young people say.

Consider the impact of product placement on children and young people. Limit access to products which are a risk to physical safety (eg knives, chemicals), physical health (junk food) and identity development (media which includes sexualised images of young men & women).

Display information about community cultural events and opportunities for recreation. Increasing access to events will support families to get involved in their community.

Partner with a local community organisation or school to support children and families. For example, sponsoring a child's sporting activity increases opportunity for families to be involved in their community.

Think about safe and respectful ways to be an active bystander if you see an adult being inappropriate towards a child or young person.

Congratulate families when you see good things happening.





## THE FACTS

# DOCTORS

**DOCTORS PLAY THEIR PART TO PROTECT AND CARE FOR CHILDREN AND YOUNG PEOPLE IN OUR COMMUNITY BY BEING INFORMED OF THE LINKS BETWEEN ABUSE, EARLY INTERVENTION AND PREVENTION OF ABUSE AND BY BEING ACCESSIBLE AND SUPPORTIVE OF FAMILIES WHO MAY NEED ASSISTANCE.**

*(Including other health care professionals that work with children and young people in the field)*

Share your knowledge in the community to increase awareness of children's development and how adults can support that development.

Become informed on the links between abuse, early intervention and prevention of abuse. Seek out the opinions of child abuse prevention experts.

Be family-friendly by welcoming children with a smile. The provision of a play area and baby change facilities in your health centre or waiting room demonstrates valuing children and supports families' accessing your service.

Ensure health services are accessible to isolated families by providing outreach. Advocate for free or low cost transport.

Support parents to improve their parenting skills. Ask all parents how they're coping and talk to them about the challenges of parenting. Introduce them to the role of family support services and parenting courses.

Explain that they don't have to wait until they have problems before they can open themselves to learning more.

Develop and share a directory of local services in your health centre. By improving familiarity and simplifying processes for accessing support, families are assisted in seeking help to raise their children.

Develop policies and procedures for your practice, health centre or hospital.

A child protection policy should promote wellbeing and early intervention practices. It should provide information on how to recognise and document the signs and symptoms of child abuse and how to respond in accordance with state/territory mandatory reporting legislation.

A code of conduct for working with children and young people is a practical tool for promoting clear and consistent roles and behaviour. When implemented and supported consistently, these policies work to protect children, workers and the organisation.

Engage with child and young people: As well as investigating symptoms or problems, it is important to talk with young people about their experiences. By using age-appropriate language and listening to what they have to say, you will build trusting relationships.

Think about safe and respectful ways to be an active bystander if you see an adult being inappropriate towards a child or young person.





## THE FACTS

# YOUNG PEOPLE

YOUNG PEOPLE PLAY THEIR PART TO PROTECT AND CARE FOR CHILDREN AND YOUNG PEOPLE IN OUR COMMUNITY BY BEING A POSITIVE INFLUENCE ON YOUNGER PEOPLE AND STANDING UP FOR YOUNG PEOPLE IF THEY NEED SUPPORT.

### AS A YOUNG PERSON

- Children look up to those who are older than them, so be a positive influence by being a positive role model.
- Find ways to connect to other young people in your area. This might be through sport, drama, music or by spending time in your local park. Look out for new people and make them feel included and welcome.

### IF YOU'RE IN A RELATIONSHIP:

- Treat your partner with respect and love.
- Be a good listener and be interested in your partner's life.
- Be aware of your behaviour and take responsibility for it – what you say and how you say it.
- Understand that there are good times and hard times.
- Support and encourage your partner.
- Enjoy spending time together and spending time apart.

### AS A BYSTANDER:

- If you see something that doesn't look good, or makes you feel unsafe, consider who needs to know about it. Safety is adults' responsibility so it is best to tell an adult who you trust.
- Think about safe and respectful ways to be an active bystander if you see a child or young person being hurt in some way.

### AS A FRIEND:

- Listen: If your friend is upset or worried they most likely just need you to listen. Believing them and being there in the good times and the bad, helps them to know that you care.
- If you're really worried about your friend's happiness or safety, encourage them to speak to an adult. A parent, teacher, counsellor or another adult you trust are good options. Although talking for the first time can be hard, it can also be very helpful. If you feel like your friend needs some extra support you could offer to go with them.
- Look out for the younger children in your family, at your school or on your bus. Stand up for them or reach out if they need your support.

### IF YOU'RE A YOUNG CARER:

- You don't have to do it alone, reach out for support and help.
- We all need a break so don't be afraid to ask for one. There are services that can help or maybe there are family or friends that can give you a break.
- Get some rest when you can and look after yourself.
- If you've got questions about your own or friend's safety and wellbeing, the internet is one way to get some answers. Check out: [www.kidshelp.com.au](http://www.kidshelp.com.au) or [www.youthbeyondblue.com](http://www.youthbeyondblue.com)
- Or use the phone and call Kids helpline on **1800 55 1800**.

