

Parents and carers

Kids have the right to be safe, healthy and happy. Kids thrive on positivity, encouragement, and feeling loved and appreciated. Using positive language can empower children and young people to make good choices and boost their confidence.

As a parent or carer, there are key steps you can take to build your child or young person's confidence and awareness about safe environments and what to do when they feel unsafe.



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Key steps to educating your child or young person the about their safety when in the care of others using the T.R.A.C.E method:

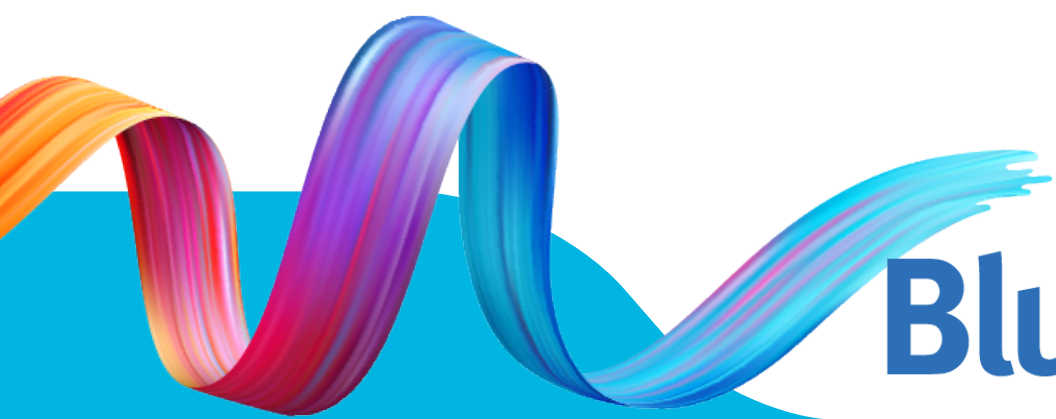
Teach your child or young person about their right to feel and be safe.

Remind your child or young person it's okay to say 'NO' if they feel unsafe or unsure about a situation.

Actively talk with your child or young person about their experiences with the organisation, activity or service.

Confirm with your child or young person the trusted people they can go to for help.

Encourage your child or young person to speak up and remind them there is nothing they cannot tell you.



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