

Training and development

The Office of the Children's Guardian promotes the safety, welfare and well-being of all children and through the SAFE Series we offer educators and caregivers tools and resources to reinforce the key themes of protective behaviours, which are:

- children have a right to feel safe at all times
- nothing is so awful that you can't talk about it
- children should be listened to
- children will be believed.

Protecting children from harm is a shared responsibility for the family, the general community, professionals who work with children and government agencies but it is important to encourage children to think about their own safety.

If you think a child is at risk of serious harm, you should contact the Child Protection Helpline 132 111 or the Police Assistance Line 131 444.

SAFE Series Protective Behaviours Program



To book a free SAFE series protective behaviours training session for your organisation, go to our website at ocg.nsw.gov.au/training-and-resources.

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Office of the
Children's Guardian

Becoming a Hero

SAFE Series

Information about the responsibilities of being a hero, as part of the SAFE series protective behaviours program.





Becoming a SAFE Series Hero

What is the SAFE Series?

The SAFE series is a protective behaviours program that has been developed to teach children under 6 about how they can stay safe.

The program is a set of 4 children's books that helps carers and educators deliver 4 key protective behaviours messages:

- understanding where they feel safe
- the underwear rule
- how to speak up if they feel scared or upset
- how to recognise when they are scared, upset or unsafe.

Why have I been asked to be a hero?

The SAFE series asks children to identify five people they know who they can turn to if they feel sad, scared or unsafe. A child has identified you as a person they can trust.

By becoming a child's hero you are agreeing to not only support them if they need you to but also agreeing to take action if you learn they are being abused or harmed.

Sadly, research demonstrates that one in 3 adults wouldn't believe a child, or don't know what to do, if a child discloses to them that they are being harmed. As a hero, it's your job to take action to get the child the help they need.

A child is never responsible for their own safety, as adults, it is our job to protect children and to act when they let us know they're not happy.



What should I do now?

If you are prepared to accept the responsibility of being a hero, tell the child:

- you will make time to listen to them
- they can talk to you about anything
- you will act to help them feel safe
- thank you - for choosing me!

It's important you don't make promises you can't keep. As a hero, children have to be able to rely on you. Talk to the child about who else they have chosen as their heroes.

