

Keeping Our Children Safe

We're all responsible for keeping children safe in our families and communities. It's also important for children to know how to identify unsafe behaviour and what to do if they feel unsafe. We encourage parents and other caregivers to talk to children about what inappropriate behaviour and actions look like, rather than the "types of people" that could cause harm.

Advice for families, whānau and caregivers:

- ✦ Listen carefully to your child – take notice of anything unusual and discuss what they can do if it happens again.
- ✦ Always know where your child is, and only leave them with trustworthy people. Consider asking caregivers for references.
- ✦ Show your child how to get safely to and from school and other common places. Teach them to walk with friends, not alone.
- ✦ Stay in touch with local parents and know who your child walks home with.
- ✦ Provide your child with a list of useful contacts and emergency phone numbers.
- ✦ Discuss with your child how to identify and report unsafe behaviour.
- ✦ Encourage your child to take action when they feel uncomfortable, unsafe or scared — they may be able to talk to a trusted adult, teacher, or Police officer.

Advice for children:

- ✦ Tell someone if you feel uncomfortable, unsafe or scared.
- ✦ If the first person you ask doesn't help, keep trying until someone does.
- ✦ If you feel uncomfortable, remove yourself from the situation.
- ✦ If you see anything suspicious, don't hesitate to call 111.
- ✦ Trust your 'gut instinct'.



Keeping Our Teenagers Safe

Many teenagers are still learning to be responsible for their own safety and wellbeing. Clear guidelines and regular communication can be useful for encouraging your teenager to make good decisions and stay out of harm's way. Your advice is important, even though you may not feel like it's always welcomed.

Advice for families, whānau and caregivers:

- ✦ Make sure you know what your teenager is doing and that you can contact each other at any time.
- ✦ Support your teenager to cope with stress — exercise, music and talking about problems can all be effective tools.
- ✦ Encourage your teenager to ignore peer pressure if they do not want to do something or feel uncomfortable.
- ✦ Watch out for signs that your teenager may be getting bullied — if you have any concerns, raise these with a school teacher or counsellor.

Teenagers and Alcohol

There are things you can do to help reduce alcohol-related risks for your teenagers. Remember, not drinking alcohol is the safest option. Here are some other things to bear in mind:

- 1 Delay**
Most teenagers obtain alcohol from a parent, caregiver or family member. Research shows the younger you begin drinking, the more likely you are to drink harmfully later in life.
- 2 Small Amounts**
Teenagers have a lower alcohol tolerance. If you decide to supply alcohol to your teenager, only give small amounts and favour low-alcohol drinks.
- 3 Talk Openly**
Encourage an open and honest dialogue about alcohol and drugs, while setting clear boundaries and expectations.
- 4 Supervise**
Consider an alcohol-free party if teenagers are present. An adult will need to supervise if you serve alcohol. If your teenager is at a party where alcohol is being served, the adult hosts must have your consent to supply them with alcohol.
- 5 Driving**
The alcohol limit for anyone aged under 20 is zero. If your teenager drinks and drives, they can be charged.

