

## 'Safety and Me' Unit meeting resources:

### LIST OF EMOTIONS

Happy, Sad, Scared, Excited, Shocked, Unsure, Bored, Nervous

### 'Acting It Out' SCENARIO CARDS

**STANDING UP TO A BULLY:** A bully points at you and calls you a 'looser'. You stand tall, look the bully in the eye and say "you are wasting your breath trying to make me mad."

**IGNORING A BULLY:** A bully pushes in on the line and says to you "stupid people belong at the back". You ignore the bully talk to your best friend instead.

**SPEAKING TO AN ADULT:** A bully has been saying nasty things about you to the rest of the class. At recess you wait behind and tell the teacher what is happening and how you feel.

### 'Match the emotions' GAME CARDS

HAPPY

HAPPY

SAD

SAD

SCARED

SCARED

BORED

BORED

EXCITED

EXCITED

UNSURE

SHOCKED

SHOCKED

UNSURE

NERVOUS

NERVOUS

THANKFUL

THANKFUL

SHY

SHY

### 'Acting It Out'- things that frighten you SCENARIO CARDS

You are at a sleepover and you are frightened of the dark.

You are at the swimming pool and you are scared to get in the water.

You are at the playground and you are scared of a dog.

You are hiking and are scared you might see a snake.

# CRISIS SUPPORT SERVICES



If someone is feeling suicidal or needs urgent help call 000



24 hour crisis support line.



Kids Helpline telephone counselling service is specifically for young people aged 5 and 25. **1800 55 1800**

## VIOLENCE SUPPORT SERVICES



**Victorian CASA Forum**  
Centres Against Sexual Assault  
Admin & Crisis Line: **1800 806 292**



Counselling: **1800 737 732**  
Admin: **03 9486 9866**

**DVRCV**  
Domestic Violence Resource Centre Victoria

# CRISIS SUPPORT SERVICES



If someone is feeling suicidal or needs urgent help call 000



24 hour crisis support line.



Kids Helpline telephone counselling service is specifically for young people aged 5 and 25. **1800 55 1800**

## VIOLENCE SUPPORT SERVICES



**Victorian CASA Forum**  
Centres Against Sexual Assault  
Admin & Crisis Line: **1800 806 292**



Counselling: **1800 737 732**  
Admin: **03 9486 9866**

**DVRCV**  
Domestic Violence Resource Centre Victoria

# CRISIS SUPPORT SERVICES



If someone is feeling suicidal or needs urgent help call 000



24 hour crisis support line.



Kids Helpline telephone counselling service is specifically for young people aged 5 and 25. **1800 55 1800**

## VIOLENCE SUPPORT SERVICES



**Victorian CASA Forum**  
Centres Against Sexual Assault  
Admin & Crisis Line: **1800 806 292**



Counselling: **1800 737 732**  
Admin: **03 9486 9866**

**DVRCV**  
Domestic Violence Resource Centre Victoria

# CRISIS SUPPORT SERVICES



If someone is feeling suicidal or needs urgent help call 000



24 hour crisis support line.



Kids Helpline telephone counselling service is specifically for young people aged 5 and 25. **1800 55 1800**

## VIOLENCE SUPPORT SERVICES



**Victorian CASA Forum**  
Centres Against Sexual Assault  
Admin & Crisis Line: **1800 806 292**



Counselling: **1800 737 732**  
Admin: **03 9486 9866**

**DVRCV**  
Domestic Violence Resource Centre Victoria

Girl Guides Australia recognises that all children should be protected from situations which would jeopardise their general welfare and safety. *Guide Lines 8.1.*

Girl Guides Victoria is committed to the protection of all children from all forms of harm. In particular the safety and wellbeing of the children involved in our programs is of paramount concern.

This policy provides guidance to adult volunteers on the acceptable behaviours and appropriate boundaries when working with children.

Definition of a child: For the purpose of this policy, a child is regarded to be any person under 18 years , regardless of the age of consent locally.

Members and volunteers with Girl Guides Victoria will:

- Treat every child with dignity and respect regardless of differences of ethnicity, religion, age, ability, gender, sexual orientation and economic circumstances.
- Conduct themselves in a manner consistent with their position as a positive role model to children and as a representative of Girl Guides Victoria.
- Avoid unaccompanied or unobserved activities and try to ensure that other adults are present when working with children.
- Listen to children, take their concerns seriously and allow them to have a say in the decisions that affect them.
- Immediately raise any concerns for the safety or wellbeing of a child with the Chief Executive Officer of Girl Guides Victoria or person acting in her/his stead. The Chief Executive Officer could consult with a child psychologist or other expert to determine the appropriate way forward for each particular child.
- Try to stop observed breaches of this policy.

Members and volunteers with Girl Guides Victoria will not:

- Engage in behaviour that is likely to shame, humiliate, belittle or degrade children.
- Use language, make suggestions or offer advice that is inappropriate, offensive or abusive.
- Do things of a personal nature that a child can do for themselves, such as assistance with toileting or changing clothes.
- Smack, hit or physically assault children.
- Develop relationships with children that could in any way be deemed sexually exploitative or abusive.
- Act in ways that may be abusive or place a child at risk of abuse.
- Behave physically in a manner that is inappropriate or sexually provocative towards a child, or towards another adult in the presence of a child.
- Condone, or participate in, behaviour towards children which is illegal, unsafe or abusive.
- Act in a way that shows unfair differential treatment, or favouring particular children to the exclusion of others.
- Photograph or video a child without the consent of the child and her/his parents or guardians.
- Hold, kiss, cuddle or touch a child in an inappropriate, unnecessary or culturally insensitive way. Touching should: only be in response to the need of the child; be only with the child's permission (except in an emergency situation); avoid the breasts, buttocks and groin; and be open and non-secretive.

Leaders in charge of an event should ensure that all members and volunteers are aware of this policy and have access to it.