

CHILDREN'S ACTIVITY BOOKLET

EVERY CONVERSATION MATTERS

SHIFTING

SHIFTING CONVERSATION TO ACTION



Office of
Safeguarding
DIOCESE OF MAITLAND-NEWCASTLE

NAPCAN PREVENT CHILD ABUSE & NEGLECT
www.napcan.org.au

www.napcan.org.au

LET'S ENGAGE CHILDREN, FAMILIES AND CHILD-FOCUSED ORGANISATIONS IN **NATIONAL CHILD PROTECTION WEEK**

“Every child, in every community, needs a fair go”
To treat all of Australia's children fairly, we need to make
sure every family and community has what kids need to
thrive and be healthy.

THE AIM OF THIS BOOKLET IS TO:

**Start conversations about how to
build the safest communities
possible for children**

**Link families to resources and
support services**

HEY ADULTS !

More ways to get involved with ensuring that children and families are safe and supported:

NATIONAL CHILD PROTECTION WEEK:

Find out about other activities & events at:

www.napcan.org.au/ncpw/

OTHER WEEKS TO BE AWARE OF:

Here's a sample of the many national campaigns working together to create stronger, safer communities for children:

- Safer Internet Day - **February**
- Neighbour Day - **March**
- Families Week - **May**
- NAIDOC Week - **July**
- Aboriginal and Torres Strait Islander Children's Day - **August**
- Anti-Poverty Week (includes curriculum resources) - **October**
- Children's Week - **October**

HELPLINES ARE LIKE LIGHTHOUSES

Raising children is a bit like sailing a boat. But when we experience serious stress - e.g. due to finances, health, isolation or violence - raising children can feel like sailing in a storm. Support lines can be the lighthouses that we all need to navigate these rough waters. These are some of the main Helplines that you can call for guidance:

Kids Helpline:

1800 55 1800 (make sure your kids know this one)

Parentline:

ACT - (02) 6287 3833

NSW - 1300 1300 52

NT & QLD - 1300 30 1300

SA - 1300 364 100

TAS - 1300 808 178

VIC - 13 22 89

WA - 1800 111 546 (country areas) or **(08) 9368 9368**

Lifeline:

13 11 14

13 YARN:

13 YARN - 13 92 76 (24 hours/7 days)

Free and confidential service run by - and for - Aboriginal and Torres Strait Islander people.

For reliable parenting information

Visit the Australian parenting website [**raisingchildren.net.au**](http://raisingchildren.net.au)

Or access a free online course at [**triplep-parenting.net.au**](http://triplep-parenting.net.au)

Crowns remind us that every child is precious, unique, and has a voice that matters.

Design, decorate, and show off your crown, then see them all come together in a colourful display that celebrates children and young people.

Protecting children is everybody's business.



This activity has been contributed by **Queensland Child Protection Week** which runs concurrently with National Child Protection Week. The enduring theme for Queensland Child Protection Week is **Protecting Children is Everybody's Business**.

For more information about Queensland activities, resources, awards and events visit www.childprotectionweek.org.au

Protecting **children** is
EVERYBODY'S
BUSINESS



QUEENSLAND
CHILD
PROTECTION
WEEK

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MAKE A CROWN

Crowns remind us that every child is precious, unique, and has a voice that matters. Design, decorate, and show off your crown, then see them all come together in a colourful display that celebrates children and young people.

You Will Need

- Crown template
- Scissors
- Colouring pencils, markers, or crayons
- Glue stick & sticky tape
- Colourful shapes (stars, hearts, circles, etc.)

Create

- Print the Crown template twice, for the front and back
- Use your favourite colours to decorate your crown template.
- Carefully cut out the crown and the shapes you want to use.

Decorate

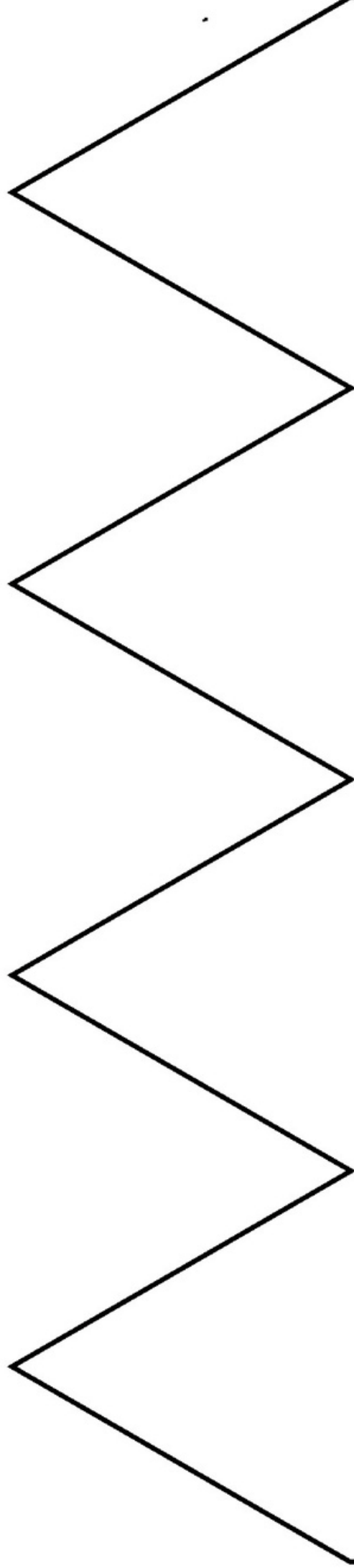
- Choose shapes that mean something to you, stars for hope, hearts for love, circles for friendship.
- Write the names of people or places that help you feel safe on the shapes or on your crown.
- Glue or sticky tape the decorations onto the crown
- Get creative with pom poms, glitter, or anything else you like, and have fun making it your own

Wear and Share

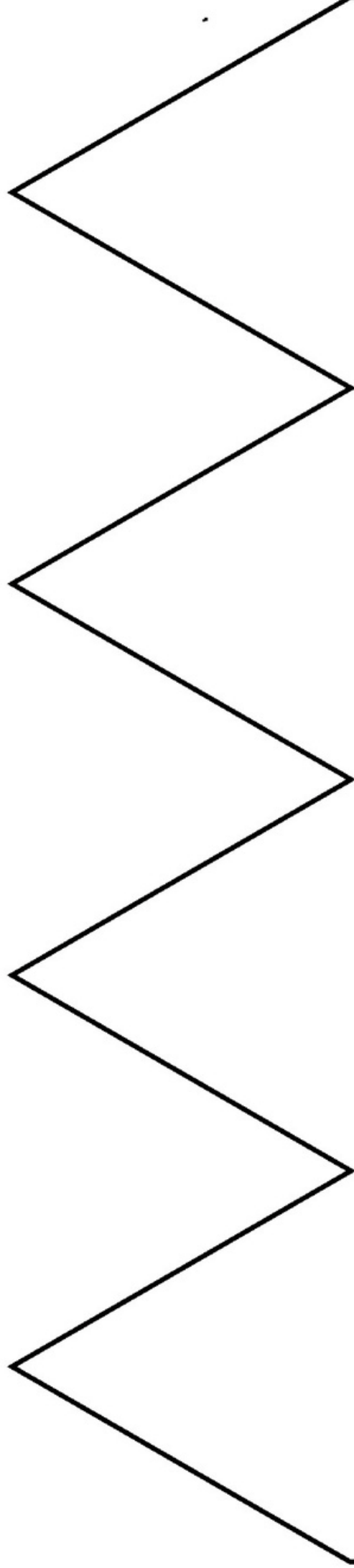
- Put your crown on and tape it together, then show it to your friends and family.
- Talk about what your shapes mean and why your crown is special.
- Remember: looking after each other helps everyone feel safe.



Print two or three times depending on head size



Print two or three times depending on head size

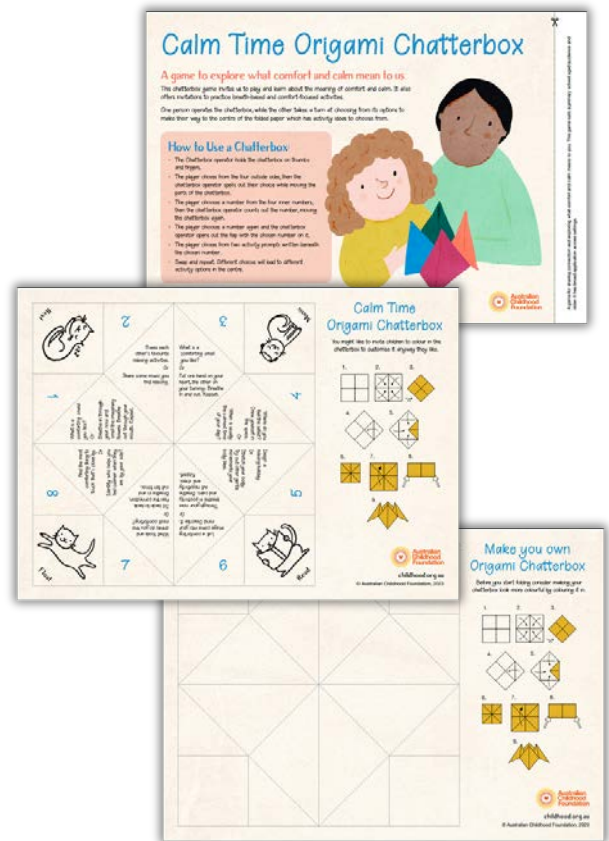


CALM TIME ORIGAMI CHATTERBOX

A fun, creative game to explore what comfort and calm mean to us.

This chatterbox game invites us to play and learn about the meaning of comfort and calm. It also offers invitations to practice breath-based and comfort-focused activities.

Turn to the next pages for full instructions.



This activity has been contributed by **Australian Childhood Foundation**

Love has the power to prevent and heal abuse.

At Australian Childhood Foundation love is an action, a daily effort to build positive relationships that keep children and young people safe and help them to heal.

Australian Childhood Foundation provides counselling to children and carers. They teach adults to understand how they can help children to heal from the trauma of abuse and violence. They stand up for children, and young people's rights to safety. They act to ensure every child gets the love they need.

For more information visit www.childhood.org.au



Calm Time Origami Chatterbox

A game to explore what comfort and calm mean to us.

This chatterbox game invites us to play and learn about the meaning of comfort and calm. It also offers invitations to practice breath-based and comfort-focused activities.

One person operates the chatterbox, while the other takes a turn at choosing from its options to make their way to the centre of the folded paper which has activity ideas to choose from.

How to Use a Chatterbox:

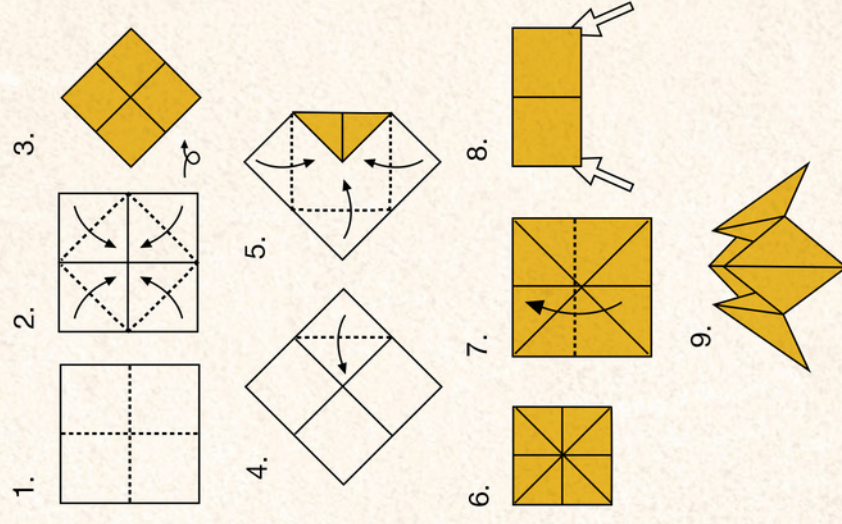
- The Chatterbox operator holds the chatterbox on thumbs and fingers.
- The player chooses from the four outside sides, then the chatterbox operator spells out their choice while moving the parts of the chatterbox.
- The player chooses a number from the four inner numbers, then the chatterbox operator counts out the number, moving the chatterbox again.
- The player chooses a number again and the chatterbox operator opens out the flap with the chosen number on it.
- The player chooses from two activity prompts written beneath the chosen number.
- Swap and repeat. Different choices will lead to different activity options in the centre.



Calm Time

Origami Chatterbox

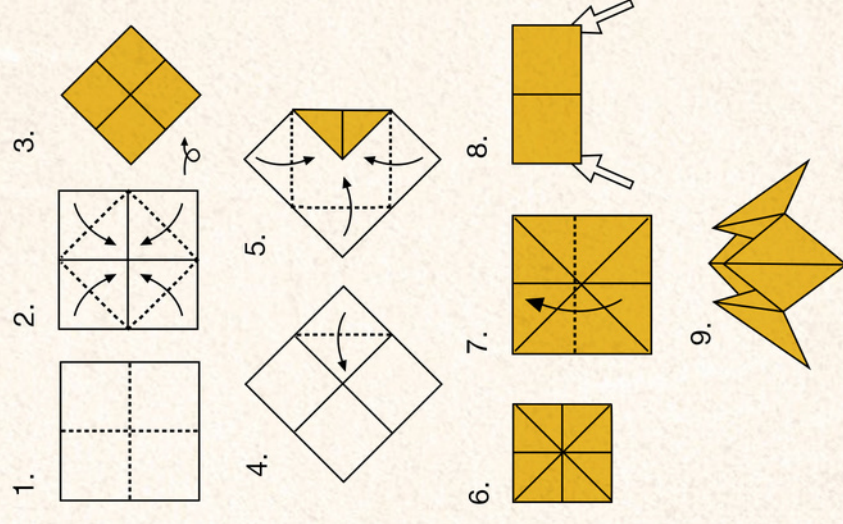
You might like to invite children to colour in this chatterbox to customise it anyway they like.



 Music	3	5	 Read
What is a comforting smell you like? Or Put one hand on your heart, the other on your tummy. Breathe in and out. Repeat.	4	Where do you feel the safest? Draw yourself in this space. Or When is usually the calmest time of your day?	6
Guess each other's favourite relaxing activities. Or Share some music you find relaxing.	2	Design a relaxing holiday. Or Stretch your body. Try out other gentle movements your body likes.	Let a comforting image come into your mind. Describe it. Or Through your nose breathe in positivity and calm. Breathe out negativity and stress. Repeat.
 Rest	1	Find the most comforting thing to touch that's close by. Or Identify who helps you feel calmer when they are by your side? Or Sit back-to-back. Feel the connection. Breathe in and out ten times.	 Float

Make your own Origami Chatterbox

Before you start folding consider making your chatterbox look more colourful by colouring it in.



GUS GORILLA

Hey I'm Gus...CREATE's friendly gorilla!

I'm here to help bring the fun at CREATE events, where kids with a care experience can speak up, connect with others who get it, and just be themselves. Join clubCREATE to have your say, meet new people, and be part of something awesome!

Colour me in!



This activity was contributed by **CREATE Foundation** www.create.org.au

Become a clubCREATE member: www.create.org.au/clubcreate-members/



About CREATE

CREATE provides programs and services to children and young people with a statutory care experience and develops policy and research to advocate for a better care system. Their mission is to create a better life for children and young people in care by:

- Connecting children and young people to each other, CREATE and their community
- Empowering children and young people to build self-confidence, self-esteem and skills that enable them to have a voice and be heard
- Changing the care system, in consultation with children and young people, through advocacy to improve policies, practices and services, and increase community awareness.

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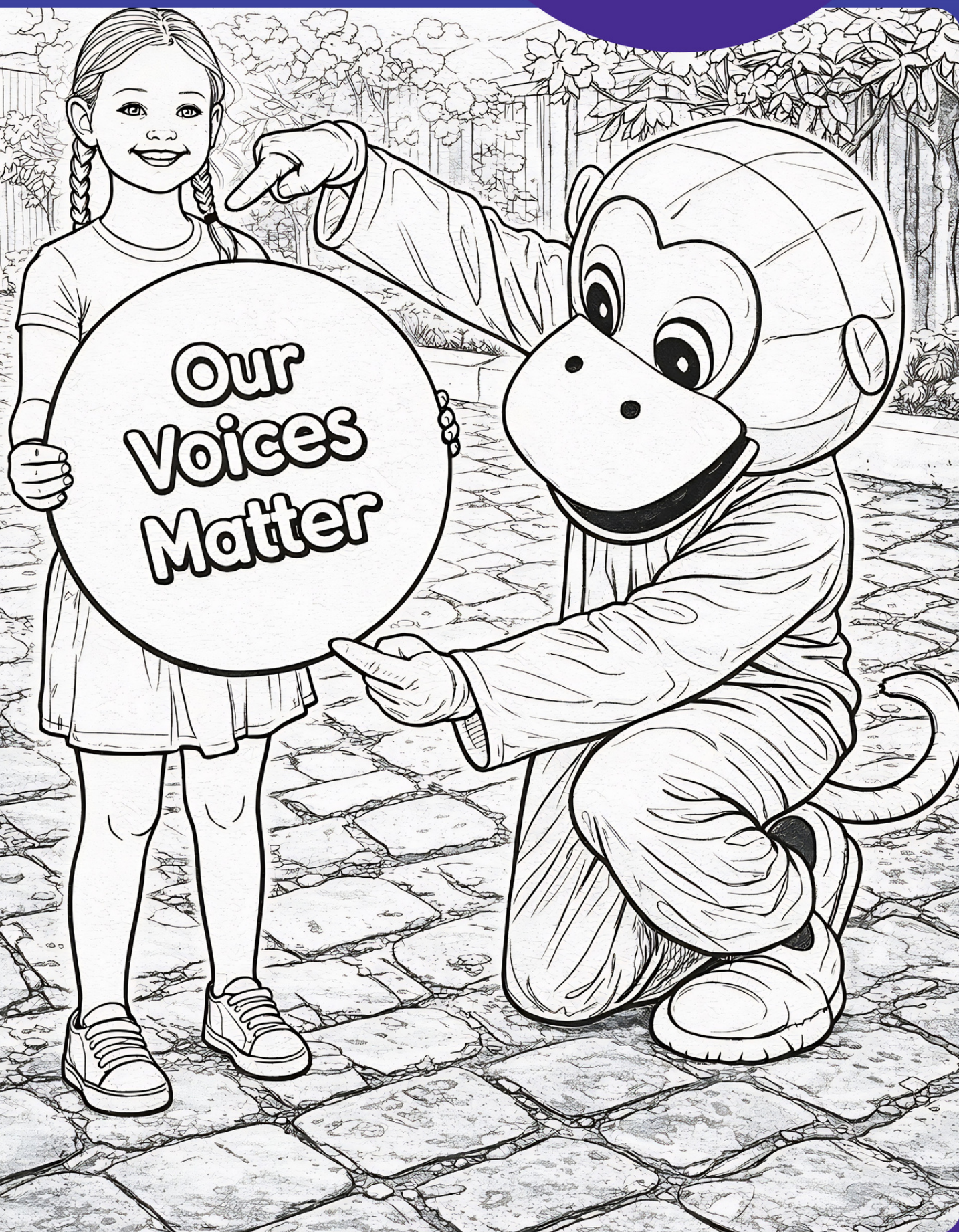


**Become a
clubCREATE member!**

www.create.org.au

Colour me in!

create
FOUNDATION



5 FINGERS OF SUPPORT

The aim of this activity is for children to make a **Support and Safety Circle** of trusted adults they can go to for help, and places and things that help them to feel safe.

Activity

Step 1.

Hold up your hand, you might notice that all our hands are a little similar but also very different. The same goes for our 5 fingers of support, you might have different supports than the person next to you.

Step 2.

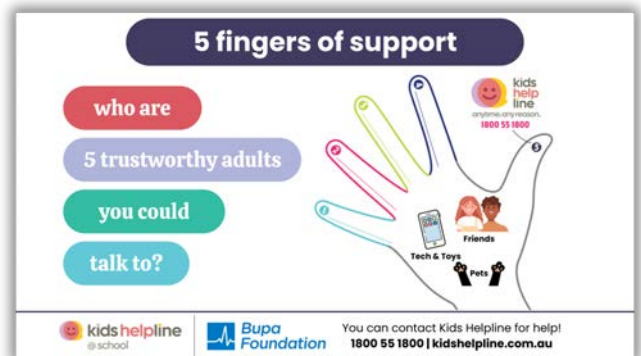
Give me a big THUMBS UP! Kids Helpline are on the thumb because they are there for you, anytime any reason. And even if you don't know who can support you, you can always talk to us.

Step 3.

On your other 4 fingers is where you put your adult supports. It might be: a parent or carer, a family member like a cousin/adult/sibling/aunty/uncle/grandparent, a family friend, a coach or baby sitter, a teacher.

Step 4.

On your palm is where you put your friends, pets and toys – because these are important too and you can hold them close.



These are some examples the Kids Helpline counsellor's came up with for the 5 fingers of supports.

What would your 5 fingers of support look like?

This activity was contributed by **Kids Helpline**.

Kids Helpline, powered by **yourtown** is Australia's only free and confidential, 24/7 online and phone counselling service for young people aged 5 – 25. Kids Helpline is here for children and young people whenever they need us, anytime for any reason 24/7, through tailored mental health counselling services in line with their changing preferences for help-seeking.

Visit kidshelpline.com.au or free call 1800 55 1800.



5 fingers of support

who are

5 trustworthy adults

you could

talk to?



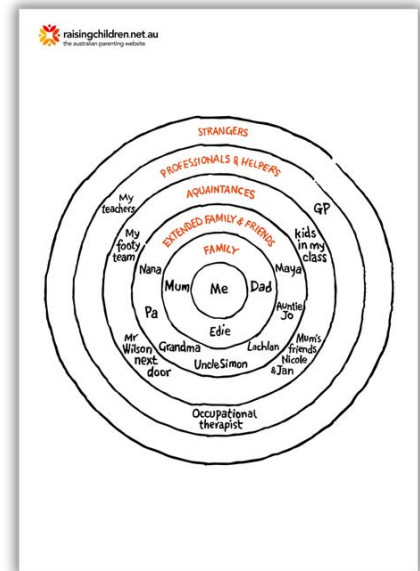
CIRCLE OF FRIENDS

Children come into contact with many people in the community, and it's important for them to understand how those different relationships support them, as well as where boundaries should lie.

The circle of friends activity helps your child understand the different people in their life – what their relationship is with these people, how your child should behave with them, and what behaviour is OK from those people. It can help keep them safe.

How to do a circle of friends activity with your child

1. Start with a big piece of paper and ask your child to draw a **picture of themselves** in the middle. Or they could stick a photo of themselves there. Ask your child to draw a circle around themselves.
2. Draw a larger circle around your child's circle. In this circle add the people who are closest to your child – for example, the **family** they live with. Your child could write their names, draw pictures or stick on photos of them.
3. Draw a larger circle around the first two circles. In this circle add people who are close to your child but not quite as close as those in the first circle. They could be **extended family or your child's best friends**. Talk with your child about who to include.
4. Draw another circle around the others and add **acquaintances**. These are people your child knows but isn't close friends with. They could be people in your child's wider group of friends, in their class at school, on their sports team, or family friends. Talk with your child about who to include.
5. Draw another circle and add **professionals** and other people whose jobs are to help your child. They might be teachers, doctors or carers.
6. In the outside circle add **strangers**. These are people your child doesn't know.



Using the circle of friends to help your child understand personal boundaries

Once you've added people to each of the circles, talk with your child about how your child should behave with people in each circle.

You could ask questions like these:

- How would you greet people in this circle?
- Which people would it be OK to kiss or hug?
- Who would you invite to your house for dinner?
- Who could you talk to if you're worried about something?
- Can you sit in this person's lap?

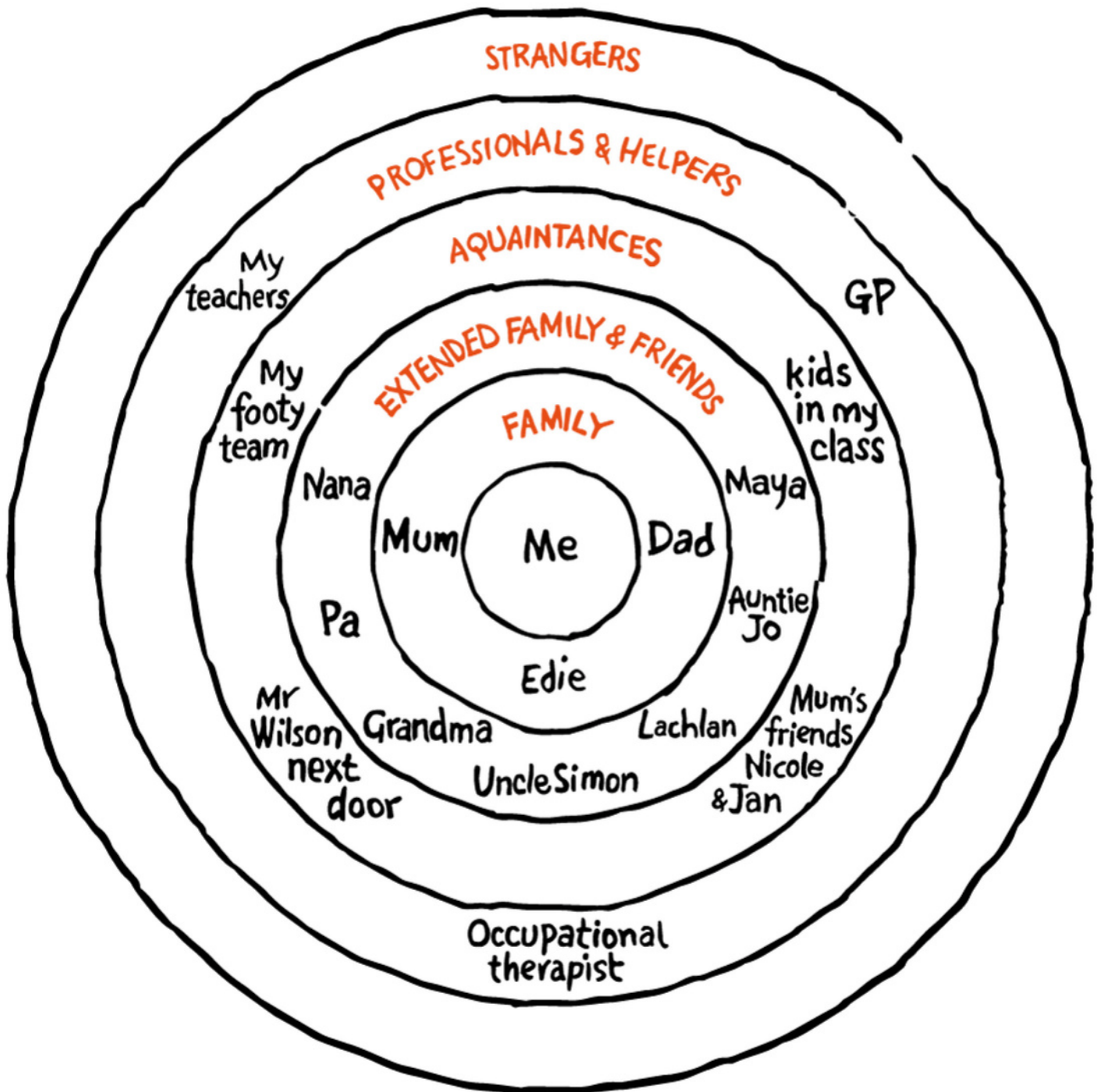
You can use this activity to help your child stay safe. To do this, you can ask your child questions about how other people should behave around them.

For example:

- Which people can hug or kiss you?
- Which people can hold your hand?
- Which people can collect you from school?

This activity was contributed by raisingchildren.net.au, the Australian parenting website providing **up-to-date, evidence-based, independent and free information** for parents and professionals working with families.

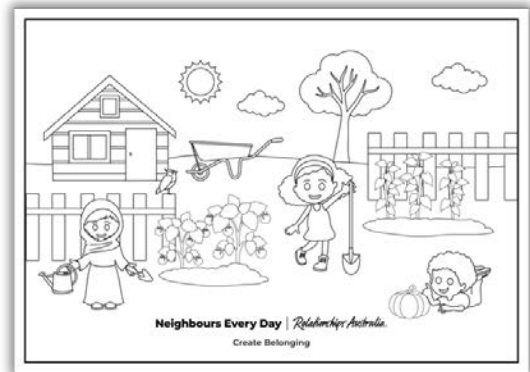
 **raisingchildren.net.au**
the Australian parenting website



BRIGHTEN UP YOUR NEIGHBOURHOOD

Brighten up your neighbourhood. Use your favourite colours (crayons, pencils, markers, paints etc.) to colour these images of neighbours being friendly and kind to each other.

If you'd like to share your artwork you could write a thoughtful note on the back of your page and gift it to a neighbour.



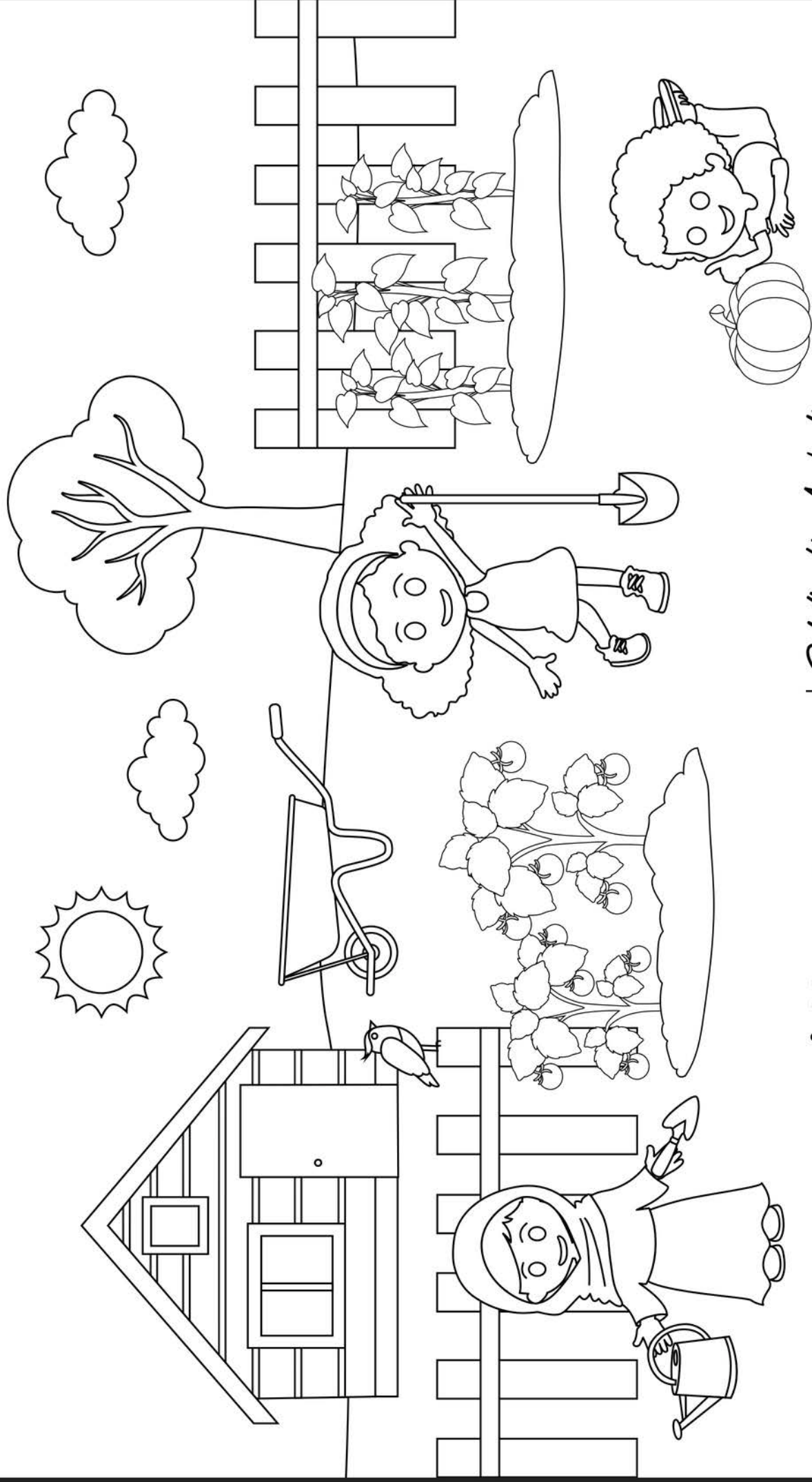
This activity was contributed by **Relationships Australia**, a leading provider of relationship support services for individuals, families and communities. www.relationships.org.au

Relationships Australia aims to support all people in Australia to achieve positive and respectful relationships. With a child-centred approach to family relationships, Relationships Australia very much supports the efforts of NAPCAN and the theme of the campaign this year.

Neighbours Every Day (NED) is Relationships Australia's social connection campaign. It's annual day of action is Neighbour Day, a celebration of community on the last Sunday in March, encouraging people to connect with their neighbours and create belonging. www.neighbourseveryday.org

Relationships Australia®





Neighbours Every Day | *Relationships Australia*

Create Belonging

I'M DEADLY!

WHY?

To find out a bit about the child and how they see themselves - their strengths and dreams.

The circle of friends activity helps your child understand the different people in their life – what their relationship is with these people, how your child should behave with them, and what behaviour is OK from those people. It can help keep them safe.

WHAT TO DO?

Explain

- Everyone is different. These differences make you deadly.
- Talk about some of the things that you have noticed about them already – things that you admire or you've noticed they do
- Let's take a look at some of the things that are important to you

Using the tool

- Work your way through the **I'm deadly** tool together
- Let the child know they can write words or draw pictures in each circle.
- Let them know if they don't want to fill a space in that's OK – you can leave it blank or come up with ideas together



Be Careful

- Some kids can find it hard to talk about their strengths. Without taking over, gently give them some ideas or remind them about what others have told you: “Your mum told me you were deadly at....” or “You’re great at making me laugh...”

Finish

- Ask if you can take a copy so you don't forget
- Ask where they will display **I'm deadly** and who they would want to see it.

This activity is from **Child's Voice - Our children have the right to be heard**, which was created by the Victorian Aboriginal Child Care Agency (VACCA) and includes more activities designed specially for Aboriginal children. VACCA is a state-wide Aboriginal Community Controlled Organisation (ACCO) servicing children, young people, families, and community members. www.vacca.org

The Child's Voice resources are based on the Kids Central Toolkit, which was developed by Institute of Child Protection Studies, Australian Catholic University to help services place children in the centre of their work. Find out more at the Kids Central Website: www.acu.edu.au/icps/kids-central-toolkit



VACCA
Connected by culture



ACU
AUSTRALIAN CATHOLIC UNIVERSITY



I'm deadly!

Child's Voice • 13

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CHILDREN'S VOICES

If we want to make our local communities great for children, we need to ask them what they think, because:

- **Children experience the world differently from adults.**
- **Adults cannot guess what is important for children without asking them and listening to the answer.**
- **Children may have priorities that adults prefer not to think about.**
- **Children use community facilities in ways that are different from adults.**

The aim of this activity is to provide a simple tool to help adults to start listening to, and acting on, the views of young people. A critical part of this project is to make sure that this feedback is actually used to inform decisions in the local community.

So, once you've done this activity, think about ways to pass on the children's suggestions to decision-makers such as local councils. Or get creative about how you display the drawings at your school or maybe even the local library.



The Children's Voices Activity was created by the **National Association for Prevention of Child Abuse and Neglect (NAPCAN)** as a tool to support organisations to listen to, and act on, the voices of children. To find out more about the work of NAPCAN including how to get involved with National Child Protection Week, visit www.napcan.org.au

NAPCAN PREVENT CHILD ABUSE & NEGLECT

HEY KIDS!

Did you know you have a right to have your say in things that are important to you?

In words or pictures, tell us what you **like best** about your

INSERT SUBJECT AREA HERE, E.G. SCHOOL, TOWN, COMMUNITY, CLUB OR PROGRAM

CHILDREN'S VOICES ACTIVITY SHEET 1

TIPS FOR ADULTS

The main role of the adult is to LISTEN and recognise that children are experts about their own lives.

If possible, work with the children in small groups to start a conversation about things that are important to them. Use this worksheet to record ideas.

You can either write/draw the suggestions on the page, or ask the children to do that themselves.

Older children may prefer to do this individually. You may need to ask younger children about their drawing and record their story.

Once you've collected the children's views, pass them on to the people who make decisions, e.g. local shire or council, school, club or organisation.

Tell the children how you want to share their ideas, and keep them involved in the process.

It would be great if you could let NAPCAN know about your project!
contact@napcan.org.au

Name and contact details (optional):

HEY KIDS!

Did you know you have a right to have your say in things that are important to you?

In words or pictures, tell us what you **would change** about your

INSERT SUBJECT AREA HERE, E.G. SCHOOL, TOWN, COMMUNITY, CLUB OR PROGRAM

CHILDREN'S VOICES ACTIVITY SHEET 2

TIPS FOR ADULTS

The main role of the adult is to LISTEN and recognise that children are experts about their own lives.

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