

Safeguarding Kids Together

Fact sheet for parents and carers

About Safeguarding Kids Together (SKT)

Schools have a range of resources to help every student achieve their potential. SKT, available to all NSW public schools, provides on-the-ground specialist advice, support and programs to assist schools to address students' high risk-taking behaviour. SKT helps to:

- Build inclusive and resilient school environments.
- Identify students who may be vulnerable and provide appropriate supports.
- Manage and respond to emergency incidents.

Working together to support young people

Many factors could lead to a student becoming vulnerable to engaging in high risk-taking behaviours, such as bullying, including online bullying; physical violence or threats of physical violence; self-harm; substance misuse and engaging with criminal or other harmful organisations.

- Along with schools, you are in a unique position to notice significant changes in your child's behaviour, and assist them to seek support. If you do notice changes in your child's behaviour, or your child shares information with you that leads to you becoming concerned about your child, the following ideas may help.



Listen calmly and get the full story. Encourage your child to talk and tell them that seeking help and advice is okay.



Ask questions to get more details if you need to: who, what, where, when. Ask your child what they want to do – and what they want you to do. Your child may be reluctant for you to speak to school staff.



Discuss the idea and reassure them that seeking help and advice from the school can help.



Share relevant information with the school. Make an appointment to meet with your child's teacher and, if you need to, ask to talk with the principal.



Keep a record of the school meeting and ways in which you will work together to resolve the issue.



Working together with the school is the best way to help resolve issues. If you have serious concerns for your child's safety, contact the police.



Some of the most powerful protective factors among young people are connectedness and belonging to family, peers and school.

What are some of the ways you can help your child?



Be involved and offer your child opportunities to share with you information about their day-to-day activities, their peers and school life. This will assist you to be informed about where your child is, who they are with, and what they are doing.



Encourage your child to engage in activities that provide a sense of belonging and somewhere to focus their interests. For example, sports, performing arts, hobbies and organised clubs.



Be cyber-aware and understand the benefits and risks involved in your child's use of electronic devices, such as computers, tablets and smart phones and assist your child to use their devices wisely.

For more information about helping your child have safe, enjoyable experiences online visit the eSafety website at [esafety.gov.au/](https://www.esafety.gov.au/)



Be a role model by building positive relationships and showing your child how to critically think about information.



Notice changes in your child's behaviour and help them feel safe to share their thoughts and feelings with you.



Encourage open and honest discussion with your child so they can learn about and understand other people's points of view.

Listen to your child's concerns and try to understand their perspective. Even if you disagree with what your child is saying, it is important to let them know they are accepted and that you are there to help them.

Check out some handy websites

- Beyond Blue provides information and support to help everyone achieve their best possible mental health at the website [beyondblue.org.au](https://www.beyondblue.org.au)
- NSW anti-bullying website provides information for staff, students and parents to prevent and respond to student bullying at the website [antibullying.nsw.gov.au](https://www.antibullying.nsw.gov.au)
- Online safety resources and guidance related to cyber abuse can be found at the eSafety Commissioner website at [esafety.gov.au](https://www.esafety.gov.au)



For more information

If you would like more information please contact your local school. If you need an interpreter to assist with your enquiry, please call the Telephone Interpreter Service on 131 450 and ask for an interpreter in your language.

Tell the operator the phone number you want to call and the operator will get an interpreter on the line to assist you with the conversation. You will not be charged for this service.