

7 steps to safety



A kit to help families keep kids safe at home

for parents and carers of children of all ages

Does your CHILD know? YES NO

- Their address and parents' names? YES NO
- How to get help if someone has an accident at home? YES NO
- What to do if a stranger comes to the door? YES NO
- How to use the phone in an emergency? YES NO
- What to do if a fire starts at home? YES NO
- How to make safe choices if you're sick or not at home? YES NO

Do YOU know? YES NO

- If your home is safe for your children? YES NO
- If your child ever feels unsafe at home or with other people? YES NO



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Sources

7 Steps to Safety was developed in consultation with Northern Territory parents, children and service providers and from current Australian and overseas literature. Kit developed by Meron Looney, Project Worker, "Family Safety Plan Kit", Office of Children and Families. Editorial assistance by Ros Moye.

For further information contact Office of Children and Families, Northern Territory Department of Health and Community Services, on 1800 005 485 or email families@nt.gov.au

7 Steps to Safety aims to promote the safety and wellbeing of children. Material contained in the kit is intended for information purposes and cannot be taken as legal or medical advice.

Download your **FREE** copy of **7 Steps to Safety** at <http://www.families.nt.gov.au> or call us toll free* on **1800 005 485**

*mobile phone charges may apply



Northern Territory Government
Department of Health and Community Services

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7 Steps to Safety can help you give your kids the skills and confidence they need to FEEL and BE safe at home.

1 STEP 1 Make Your Place Safe
Gives you tips to help make your house and yard safe for your family.

2 STEP 2 Cool Tools for Family Rules
Gives you ideas on how to make rules that will best suit your family and help your children make safe and responsible decisions. Make your own "Our Family Rules!" chart.

3 STEP 3 Feel Safe with People
Helps you teach your children what to do if they feel scared or uncomfortable with someone. Children can make their own "Helper Plan" so they'll know who to talk to if they're feeling frightened or worried.

4 STEP 4 What's Special about Our Family?
Helps you work out your family's needs as you plan for your children's care and safety.

5 STEP 5 Emergency
Helps you teach your children what to do in an emergency; how to recognise an emergency; how and when to ring 000; and how to make an "Emergency Contacts" list that's just right for your family.

6 STEP 6 Ready Yet?
Helps you work out whether your children are ready to spend time at home on their own.

7 STEP 7 Make a Care Plan
Helps you make a "Care Plan" so that you and your children can feel confident they will be well cared for if something happens and suddenly you can't be there to look after them.



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Feel free to print out a copy of each Step. Your kids could use the patterns to help you join up the pages.

You can use all, some, or just parts of the Steps to help your kids keep safe at home.

You know your kids best. Adapt each Step to suit the needs of your own family and culture.

