

Focus Area 4 : Strategies for keeping safe

Parents and Carers can support their child to:

- ✓ practise telling a trusted adult a problem
- ✓ practise saying their name, address and telephone number
- ✓ regularly review their trusted networks to ensure they include people that they know will listen to them and help them
- ✓ practise solving problems in a range of environments, eg use puppet play or role modelling situations and resolutions
- ✓ practise assertive language such as 'No' or 'Stop, I don't like it when you...'
- ✓ be persistent, especially when seeking help (to keep asking for help until a trusted adult helps them).

