

Helping Hand



STEP 1

Draw your child's hand on a piece of paper.

STEP 2

Help your child identify 5 trusted adults they can talk to if they need help. This group of 5 adults should include 3 adults who are outside the child's immediate family.

STEP 3

Transfer the 5 names onto the hand drawing – one name per finger. For older children include the phone number of each trusted adult.

STEP 4

Include Kids Helpline as a contact in the palm of the hand as an 'always available' backup. The number is 1800 55 1800 or kidshelpline.com.au

STEP 5

Notify the 5 chosen adults that they have been nominated by your child as a person they can talk to if they have problem.

STEP 6

Practice using the Helping Hand contacts with your child. This should include role playing how a child might ask for help over the phone or in person and talking to younger children about how they might approach their nominated adults. For example, speaking to their pre-school teacher at lunchtime.

STEP 7

Encourage your child to be persistent in asking for help. If they can't get in touch with one or two of the adults on their **Helping Hand**, they should move to the next chosen adult for assistance and keep asking until they get the help they need.

STEP 8

Check in every month with your child to make sure they remember how to use their **Helping Hand** and that their chosen adults are still a good choice and contactable.