

Children's Activity Book

A NSW Aboriginal Justice Advisory Council Family Violence Awareness Initiative

**Our Kids:
Stay Safe,
Stay Strong**



FREE!
colouring pencils



Activities!



The Our Kids: Stay Safe, Stay Strong Children's Activity Book is proudly produced by the NSW Aboriginal Justice Advisory Council (AJAC), with the support of the Australia Council for the Arts.

For further information about this project, please contact Ms Jacqueline Gerber, Policy Officer NSW Aboriginal Justice Advisory Council on (02) 9228 8106 or email: jacqueline_gerber@agd.nsw.gov.au.

Acknowledgements: We sincerely thank all who have supported the Our Kids: Stay Safe, Stay Strong Children's Activity Book, particularly those who have provided their feedback and editing expertise throughout this project. The NSW AJAC is proud to include in this book the creative work of Mervyn Hagan, Arthur Murphy and Ted Murphy from Walgett Community College, as the overall winners of the Our Kids: Stay Safe, Stay Strong 2007 Calendar competition. The key role of the teaching staff from Walgett Community College is gratefully acknowledged in the AJAC's family violence awareness projects. Acknowledgement is also given to the important story about family violence included in this book, where the author has not been identified, due to the sensitive and personal nature of this contribution.

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The Our Kids: Stay Safe, Stay Strong Children's Activity Book is available on our website www.lawlink.nsw.gov.au/ajac. For alternative formats such as Braille, audiotope, large print or computer disk, contact Diversity Services on (02) 9228 8460 (voice), (02) 9228 7733 (TTY - for people who are deaf or have a speech impairment), or email: diversity_services@agd.nsw.gov.au.

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**NSW
Aboriginal Justice
Advisory Council**



A NSW GOVERNMENT INITIATIVE



Australian Government

Our Kids: Stay Safe, Stay Strong Children's Activity Book

**A NSW Aboriginal Justice Advisory Council (AJAC)
Family Violence Awareness Initiative**

The NSW AJAC invites all Australians, our community partners and the whole-of-government to empower Our Kids: Stay Safe, Stay Strong from family violence.

Written by Jacqueline Gerber

NSW Aboriginal Justice Advisory Council

Design and illustrations by Adam Hill



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Message from the Executive Officer NSW AJAC

Family violence is everyone's business - it is up to the strong to help the vulnerable! The cooperation between the NSW Aboriginal Justice Advisory Council and the Aboriginal and Torres Strait Islander Arts Board is an example of different agencies with different focuses working in different jurisdictions to achieve a joint goal: empowering Aboriginal children.

This unique publication aims to help agencies and professionals work together as well. Using culturally appropriate activities to engage Indigenous children could be the first step in nurturing the strength and self worth of a child so that they understand that they are precious and deserving of protection. This book can also be the starting point for practitioners to help children understand that family violence is not acceptable and never their fault. Every child has the right to grow up in a nurturing and safe environment and when a child feels unsafe they need to be encouraged to reach out for help. Hopefully, this book can be part of that process.

The Our Kids, Stay Safe: Stay Strong Children's Activity Booklet deserves to be spread far and wide for use as a tool to help stop and prevent family violence. I commend this publication to you.

A handwritten signature in black ink, appearing to read 'Terry Chenery'.

Terry Chenery - Executive Officer NSW AJAC





Message from the Aboriginal & Torres Strait Islander Arts Board

It hurts me deeply to say that Aboriginal and Torres Strait Islander children are perhaps the most vulnerable citizens in our Australian society. They never asked to be the most vulnerable!

The Our Kids: Stay Safe, Stay Strong Children's Activity Book invites children of all ages to tell their story on what they want for their families and communities, particularly where family violence has impacted on their lives.

As Chair of the Board and as an educator, I acknowledge that this activity book gives our children an opportunity to demonstrate their courage to face the unfortunate realities they are confronted with, and create a meaningful space within which they can process their anger and frustration. This is also a crucial way of understanding that the conditions underlying family violence are the legacies of historical and sociological processes, and not the legacy of being Aboriginal.

The Aboriginal and Torres Strait Islander Arts Board through its many funding and policy programs and strategies will continue to support the strengthening of culture. Having strong culture means having healthy, safe and strong kids.

A stylized, handwritten signature in black ink, consisting of several overlapping loops and lines.

Dr Chris Sarra – Chair Aboriginal and Torres Strait Islander Arts Board



Foreword

I am proud to introduce the Our Kids: Stay Safe, Stay Strong Activity Book, a family violence awareness strategy developed by the NSW Aboriginal Justice Advisory Council (AJAC), with the funding support from the Aboriginal & Torres Strait Islander Arts Board (OzCo), to address the escalating concerns about family violence in Indigenous communities.

Our people can make a difference in breaking the inter-generational patterns of family violence, with the support of our kinship networks and cooperative partnerships with statutory and community based services. Together we can address the adverse impact of family violence, in terms of the fragmentation of our families and communities and the over-representation of our people in crime, substance abuse, school absence and unemployment, health and mental health issues, suicide and social isolation.

Prevention and early intervention strategies aimed at educating and empowering our kids and families, will seek to stop family violence before it starts. Family violence isn't part of our culture – don't make it part of our future!

This book has been written with the values of the NSW AJAC in mind. The Our Kids: Stay Safe, Stay Strong initiative also builds an understanding of family violence issues for Aboriginal and Torres Strait Islander people that are consistent with the goals, principles and strategic directions of the NSW Aboriginal Justice Plan 2004-2014.

I thank the NSW AJAC Executive, Council members and the Aboriginal Youth Justice Advisory Network representatives (AYJAN), for the key roles they have played in assisting the development of this important resource.

Thomas Briggs

Tom Briggs – Chair NSW AJAC





Meet the AJAC Executive, Council & AYJAN Members Meet Some of Our Kids Involved in this Project

From left: Jacqueline Gerber, Terry Chenery (EO),
Catherine Lomas, Linda Crawford,
Samantha Joseph & Gayle Kennedy.
Absent: Jennifer Mar Young.



Front row from left: Toneca Moran (AYJAN Chair),
Verina Crawford, Lennie Frail, Millie Ingram & Luke Penrith.
Back row from left: Aaron Staker, Teresa French,
Tom Briggs (Chair), Hewitt Whyman & Richard Smith.



Pictured From Left: Monique & Adrienne Gerber,
Mervyn Hagan, Arthur Murphy & Ted Murphy.

Pictured Below and From Left:
Samantha Thompson, Arthur Murphy,
Mervyn Hagan, Ted Murphy and Deb Walford
from the Walgett Community College.



Mirrin Chenery



Elinya Chenery





About the Artist



Adam Hill is a Koori artist. His Aboriginal family originates from the mid-North coast of NSW. Adam however was born in Blacktown, raised in Penrith, and now lives in Redfern. Adam has drawn much of his life, and graduated with a Bachelor of Arts in graphic design at the University of Western Sydney, Nepean. He has been a professional visual and performing artist for ten years now. Adam is very proud of his Gumbaingirr/Dhungatti/Dharug heritage.

The NSW AJAC thanks Adam for his creative contributions to the Our Kids: Stay Safe, Stay Strong Children's Activity Book.



About the Author

Jacqueline Gerber is a psychologist with over 22 years in child protection. She is currently working as a policy officer for the NSW Aboriginal Justice Advisory Council (AJAC), developing early intervention and prevention resources on justice related issues affecting Aboriginal people. Her work has given her many powerful and humbling insights into abuse and disadvantage, particularly amongst our Indigenous community, and an awareness of the practical challenges that confront parents and professionals in protecting the wellbeing of our children. As a mother of three, Jackie acknowledges the importance of her own family, culture and community in helping her to help others build a future where our kids stay safe and strong.

Introduction

The protection of all children from violence and abuse is a growing concern and a shared responsibility. The Our Kids: Stay Safe, Stay Strong Children's Activity Book has been written as part of a family violence awareness campaign, specifically aimed to provide culturally appropriate information resources for Aboriginal and Torres Strait Islander children, young people and their families. Prior research for this book has identified gaps in responses to the needs of Aboriginal Australians who are over-represented in the criminal and social justice systems.

Our kids are our future. This book offers Aboriginal and Torres Strait Islander children the best opportunity to speak out, stay safe and stay strong against family violence. The messages written in this activity book are powerful and need to be supported in our combined efforts to stop family violence and build safer families and communities.

The Our Kids: Stay Safe, Stay Strong Children's Activity Book will be distributed throughout New South Wales to specialists in the judiciary, education, adult education and training, health, police, child protection and other family violence counselling and support services, and particularly to Aboriginal and Torres Strait Islander workers within these agencies. Information about the activities is also included as a guide for parents and practitioners using this book, along with a broad definition of the term family violence. The activities in this book may be downloaded from the AJAC website www.lawlink.nsw.gov.au/ajac, or further copies of the book may be obtained by contacting the NSW AJAC on (02) 9228 8106 or emailing: jacqueline_gerber@agd.nsw.gov.au.

I thank the NSW AJAC Executive, Council and AYJAN representatives for their contributions to this book, and the Aboriginal and Torres Strait Islander Arts Board for their commitment to the Our Kids: Stay Safe, Stay Strong family violence initiative.

Finally, I thank the educators and stakeholders who have given their time to provide feedback on this book. I particularly thank the children, both Indigenous and non-Indigenous (including my own daughters), who were closely involved in this project. Some of these kids are pictured in this book for you to meet!



Jacqueline Gerber – Project Manager Our Kids: Stay Safe, Stay Strong, NSW AJAC

About The Our Kids: Stay Safe, Stay Strong Children's Activity Book

Aboriginal and Torres Strait Islander people have traditionally used stories and art to teach children to embrace their cultural identity, heritage, lore and law. Indigenous stories need to be told and supported, and the arts can be used to shape and strengthen this culture in the area of child protection and community wellbeing.

The writer has been careful to develop accurate information throughout this book, in the spirit of raising an awareness of family violence and the need for protective behaviours and safety networks for Aboriginal and Torres Strait Islander children. The main learning outcome of this book is to encourage the children to use their creative talents, through colouring, drawing or writing about their lives that may be marked by fear and violence, and empower them to develop skills and knowledge to stay safe and stay strong in these difficult times.

The ideas presented here are drawn from the writer's training and experience in casework and management roles in child protection and family assessment, juvenile justice, adolescent crisis work, cross cultural counselling, policy and project work.



The Activities

Family violence is a very complex topic for children to understand. It threatens the emotional, cognitive and social development of children and young people who live with violence, especially where they are victims, witnesses or perpetrators of violence in their families and communities. Feeling safe and being safe is fundamental to the wellbeing of all children.

The support and assistance of a parent, other trusted adult or professional worker may be needed at various times throughout this book where a child may encounter difficulty with any of the activities. The children are not required to complete all the activities contained in this book and may only choose to do the activities that capture their interests. The book has been designed so that children can explore different aspects of staying safe from violence, with particular focus on developing their safety networks.

The activities are interactive and involve using the creative arts in diverse ways, particularly as younger children may find it easier to share their ideas with pictures rather than words. The activities aim to inform children about staying safe in their families and communities in a way that will inspire their interest in the topic and give voice to those children who may be traumatised by family violence. As these children learn to understand and communicate their thoughts and feelings, they will also develop skills to cope with and manage their experiences with a sense of self determination to stay safe and stay strong.

It is important to note that the artist has set many of the activities on a background of hands, which have become a recognisable symbol of reconciliation for both Indigenous and non Indigenous communities.

A small pack of colouring pencils is attached to the book for the children to use in completing their activities. The children are also invited to decorate their own pack of pencils and create their own bookmark using the sticker logos included.



From the Author: How To Use This Book - A Guide For Parents, Carers & Professionals

All families face stressful situations these days, some of which impact on how we parent and protect our children from harm. Aboriginal and Torres Strait Islander children and families experience disadvantage in many facets of our daily lives, sometimes making it hard to respond to our children's needs – but violence is not a part of a blackfulla's way.

The Our Kids: Stay Safe, Stay Strong Children's Activity Book has been developed for parents, carers and professionals as a communication tool to help Aboriginal and Torres Strait Islander children understand and seek support in family violence situations. You may choose a small selection of activities to engage children in discussion about any relevant issues raised, and about staying safe and strong from family violence. The activities may be undertaken on a one-to-one basis or in a small group setting with the children. Some children may require additional supervision, guidance and reinforcement of the messages given in this book by a responsible adult.

The activities may be used to identify and discuss stressors in children's lives that may alert you to certain risk factors. In these circumstances, you may need to prioritise and plan how to make these children's lives safe with their input, the support of kin and community, and where necessary, the involvement of child protection agencies for the legal protection of these children. Aboriginal and Torres Strait Islander culture and values must always be respected in any decision making that guarantees the protection of these children from violence.

It is acknowledged that when violence takes place, children may feel frightened and insecure, confused and unsettled, and often their experiences are hidden and not talked about. Children will need to feel safe to openly share their ideas in the activities presented in this book, and they will also need appropriate intervention, counselling and support to heal from any experiences of living with conflict in their families.

When using this book, do not assume that children can easily describe and share what is happening to them. Children can also feel guilty or responsible for the "bad" things happening to or by those they love and care about. Give them time to talk about things, and let them know that they may be experiencing a range of feelings and behaviours that are a result of what is happening around them, and that they will be listened to and supported at all times. Remember that it is a privilege to access their private thoughts, feelings and attitudes that may be reflected in this workbook.

The Our Kids: Stay Safe, Stay Strong Children's Activity Book is just one resource for you to use to help our children understand their need to be protected from violence. Children whose responses to the activities may indicate their fear from possible violence in their homes must be followed up immediately. Where you have concerns about a child's safety, referral to and investigation by the appropriate authorities is necessary, especially with regard to protocols around mandatory reporting to child protection authorities. It is also important you keep any information disclosed by a child confidential, in order to maintain their safety and wellbeing in any intervention setting. Included at the back of this book is a Notes section for you to record important information and observations, if needed.

It is our responsibility as trusted adults to keep our children safe from abuse. We must reassure our children constantly that we love them, be honest and clear with them about things that may be happening in the family, and tell them that what is happening is not their fault. Where violence may occur, reassure the children that you will protect them or that you will seek help if needed.

Professional support is available should you be living in a violent relationship. An information directory at the back of this book lists a number of Indigenous services in both urban and regional NSW that can help children and their carers to stay safe and strong from family violence.

To Our Kids

This book is for you! The activity pages are marked by a coloured border for you to easily find. You are invited to read, write, cut, stick, colour and draw throughout the many activities included here. You can even quickly flick the corner of each page to see the boomerang move. Learning is about having some fun too!

Each activity gives you your own space to learn about staying safe from violence and to talk about what's going on in your life. Ask an adult who cares about you to listen and help you understand the messages that are written in this book. You are our future. Our kids have the right to always speak out, stay safe and stay strong.



What is Family Violence?

The term family violence may include physical, verbal, and/or psychological abuse, sexual assault, a threat, intimidation, harassment or neglect of someone by another person living within a family relationship. Family violence may also include having control over someone by limiting their finances or access to property, isolating them from other people, or causing them to fear for their safety. Family violence can occur between spouses, partners, siblings, parents and children, or with other people who have a role within the family, extended family or kinship context.



Let's Meet You!

There's a lot to learn and a lot to share about yourself and your family in this book, so let's get to know all about you.

All About Me

My Name Is

My Nickname Is

I Was Born On / /
Date Month Year

My Age Is

At School I'm In Year

The Name Of My School Is

The People In My Family Are

My Favourite Things Are

The Best Things About Me Are



In Our Culture We Stay Safe and Strong*

Our Kids:
Stay Safe,
Stay Strong

January 2007



Our story

This story is about a part of our country that we live in and how our culture and heritage is very important to each of us.

The tracks represent the journey of life that had taken place for generations.

The first part of the story is about Womens Business and that many stories are still being told today by our Grandmothers, Mothers, Daughters, Sisters, Nieces and Cousins in which they are the backbone of every family.

The second part of the story is about the Children all gathering and playing happily in a safe environment.

The third part of the story is about Mens Business and how the Grandfathers pass on their knowledge to the younger boys to always be strong and look after your families.

The above stories are very strong and we believe that before you can go to the future we all need to go back to our grass roots of our culture and heritage and always stay safe and strong because everyone shared and looked after each other. This what the hands represents.

*This work was done by Mervyn Hagan (9 years), Arthur Murphy (11 years), and Ted Murphy (12 years) from Walgett Community College, as the overall winners of the Our Kids: Stay Safe, Stay Strong 2007 Calendar competition.



A Child's View of Family Violence *

Hi I'm 9 years old. I come from a family of 12 kids.
This is my story and what I feel towards the life I live around violence.

When my parents fight, I like to stay in the bedroom so I can block them out.
But it's not like that all the time.

When everything is good, we play games or share time together by watching
a DVD and eating popcorn.

At times it makes me think that in my life, I don't want to do the things that
mum and dad do.

I mean I love my parents, but I just want to make my life better.



* Name withheld with permission of family.

Family Violence – Kids' Stories *

The creative writing and artwork on pages 18-19 reflect the topic, Our Kids: Stay Safe, Stay Strong.

Read both of these stories to understand what family violence and staying safe and strong means to these kids. Ask an adult to help you understand their messages.



Traditional storytelling teaches our kids the importance of family values, kinship and culture. Violence has no place in our family life. Maybe your parents or an elder in the community can tell you a special story about your family.

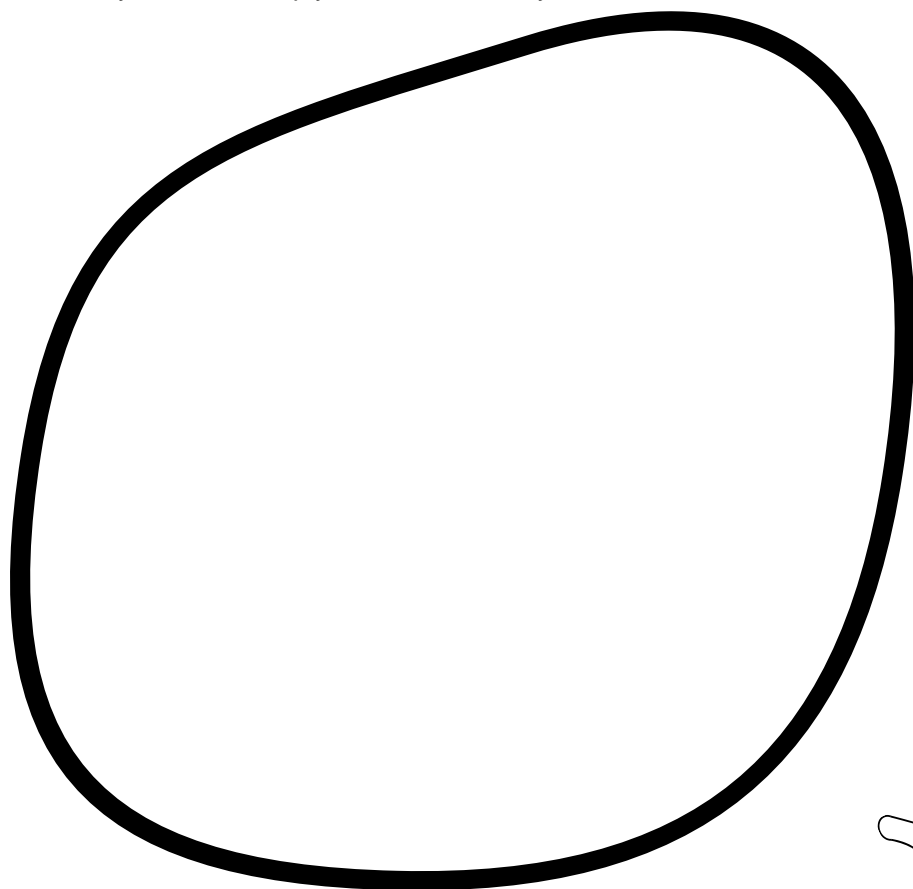


What does violence in a family mean to you?

Write down a few things people might do that are wrong and may hurt others in the family?

Draw a picture or write your ideas about what family violence means to you.

Some of these things might be painful and sad for a child to understand. Ask someone you trust to help you with this activity.



Messages About Family Violence

All kids must be protected from violence.

The message is “black” and “white” for all kids to say NO to being hurt in any way.

Here are some important messages for you to understand.

Ask someone you trust to talk about these with you.

Family violence: Kids NEVER ask for it
You should not be blamed when your parents fight

Family violence: Kids must always say NO
You have the right to live safely.

If someone is hurting you, this is wrong and it must stop straight away

Family violence: Is not a secret. Kids can always ask for HELP
Be brave.

Tell someone if you are being hurt or if another person in your family is being hurt





Messages

The work done by the NSW Aboriginal Justice Advisory Council helps Aboriginal and Torres Strait Islander people improve their lives.

Choose one of these messages below and colour it in. Then tell us what it means to you in helping Our Kids: Stay Safe, Stay Strong from family violence. You can also choose to colour in and write about the other messages if you like!



Respect

Community

Leadership

Safety and Justice

Justice For Our People



NSW Aboriginal Justice Plan

Aboriginal people can tell other Australians about our culture. We can work together in making decisions and taking action that involve our people to keep **Our Kids: Stay Safe, Stay Strong** from family violence.

This lift out gives you information about the **NSW Aboriginal Justice Plan (AJP)**.

You can learn how the AJP can help improve the protection and wellbeing of Aboriginal children, families and communities in so many different ways.



NSW ABORIGINAL JUSTICE PLAN (AJP) 2004-2014

What is it?

At the 1997 Ministerial Summit on Indigenous Deaths In Custody, the NSW Government agreed, in partnership with Aboriginal people, to develop a comprehensive Aboriginal Justice Plan, which includes the addressing of specific justice issues, as well as the underlying causes of Aboriginal involvement in the criminal justice system. The Aboriginal Justice Plan will be lead by the NSW Aboriginal Justice Advisory Council. This is the first plan of its kind in NSW.

How will it work?

- The Aboriginal Justice Plan was developed through wide consultation with Aboriginal communities in NSW and seeks to tackle Aboriginal overrepresentation in the criminal justice system by addressing the underlying causes of crime.
- The Aboriginal Justice Plan will be progressed by the Aboriginal Justice Advisory Council through the NSW Aboriginal Affairs Plan Two Ways Together and the NSW State Plan.
- The Aboriginal Justice Plan sets out 7 key strategic areas for addressing Aboriginal people's involvement in the criminal justice system, namely:
 - Aboriginal children
 - Aboriginal young people
 - Community well-being
 - Sustainable economic development
 - Criminal justice system reform
 - Systemic reform
 - Leadership and change
- The Aboriginal Justice Plan is a 10 year plan and will be evaluated through annual reports, an interim evaluation (after 3 years), a mid term evaluation (after 5 years) and a final evaluation (after 10 years).

What will it achieve?

The goals of the Aboriginal Justice Plan are to:

1. Reduce the number of Aboriginal people coming into contact with the criminal justice system in its entirety – for offenders, Aboriginal victims of crime and the broader Aboriginal community.
2. Improve the quality of services for Aboriginal people. This aspect applies to all services offered by the Government to Aboriginal people, with the specific aim of redressing the factors that lead to offending by improving the quality of services and ensuring that they are responsive to the needs and aspirations of the Aboriginal community.
3. Develop safer communities by recognising that the majority of victims of offences committed by Aboriginal people are other Aboriginal people and that many offences are not reported through the criminal justice system. It recognises that there is a clear desire among Aboriginal communities to be responsive to their own crime and offending problems and for communities themselves to work together to improve their own safety and the safety of others.



NSW Aboriginal Justice Advisory Council

You can visit the AJAC website www.lawlink.nsw.gov.au/ajac for more information on the AJP and other topics, or read the Fact Sheet that is included here for you to keep.

The work of the AJAC is funded by the following NSW Government partners: Attorney General's Department, Police, Department of Corrective Services and Department of Juvenile Justice.

We Are Special and Not To Be Hurt



All little fullas are special and should not be hurt in any way.
Colour in these fullas!

Feeling Unsafe

The little fullas in this picture don't feel safe.

Describe in your own words how they might be feeling.

.....

.....

.....

Here are some ideas to help you, then colour them in!

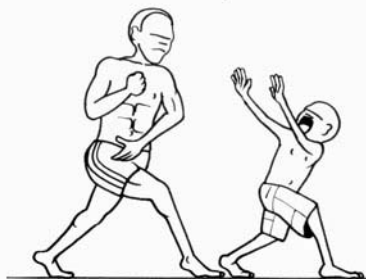


What's Going On In These Families?

What's going on in some of these families? Write down three things that put these little fullas in danger of being hurt by someone in their families.

1.
2.
3.

Put a circle around the families where Our Kids: Stay Safe, Stay Strong.



How I'm Feeling Today!

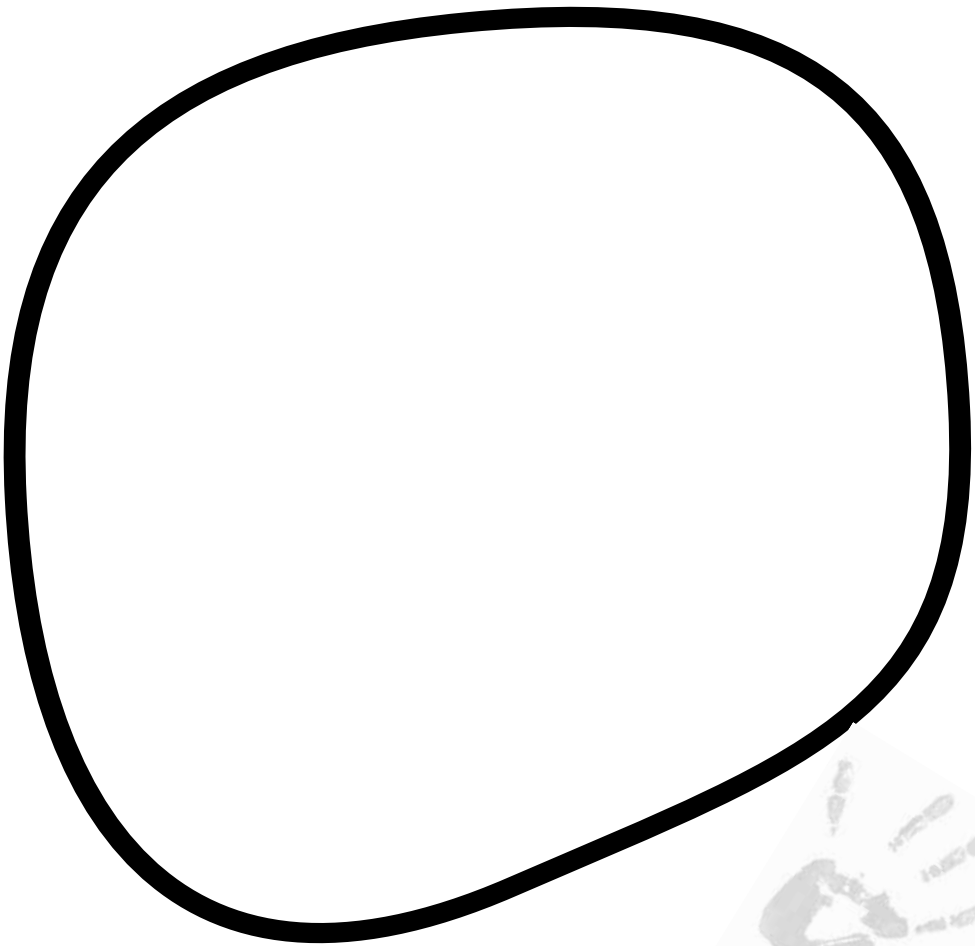
Draw a picture of how you are feeling today.

Then write down a few words to describe what you have drawn.

.....

.....

.....



Colour in this picture of our land and our people that keep our kids safe and strong. Aboriginal tradition asks us to protect and honour this land.

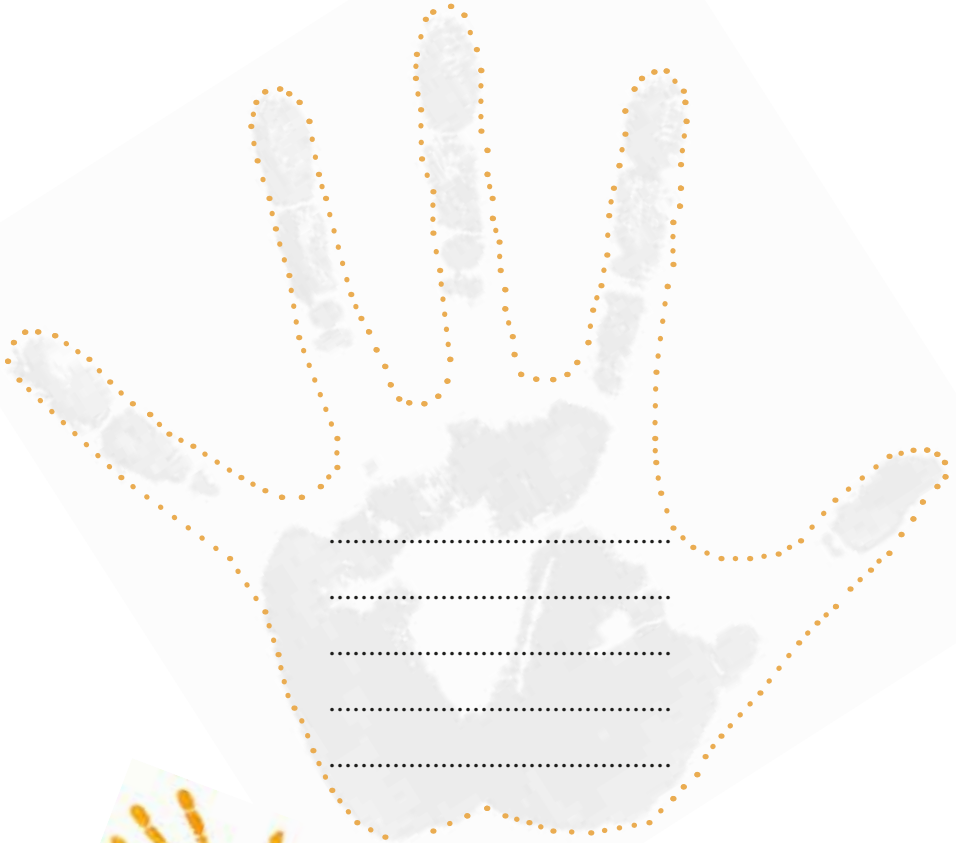


Who Can I Trust?

Sometimes a person in your family or community can be violent, but you can stay safe and stay strong with the help of other people you trust.

Join the dots to create a hand below.

Then write down the names of five people you can trust to keep you safe.



Our Kids: Stay Safe, Stay Strong

Did You Know? Traditionally our ancestors used hand prints in their art to teach future generations about our culture. A lot of this art tells stories about family and kinship.

Have you seen any of this art on rocks or in caves around your area?

Safe and Strong Families

This awesome family keeps their kids safe and strong.
Colour in this deadly picture!



My Family and I

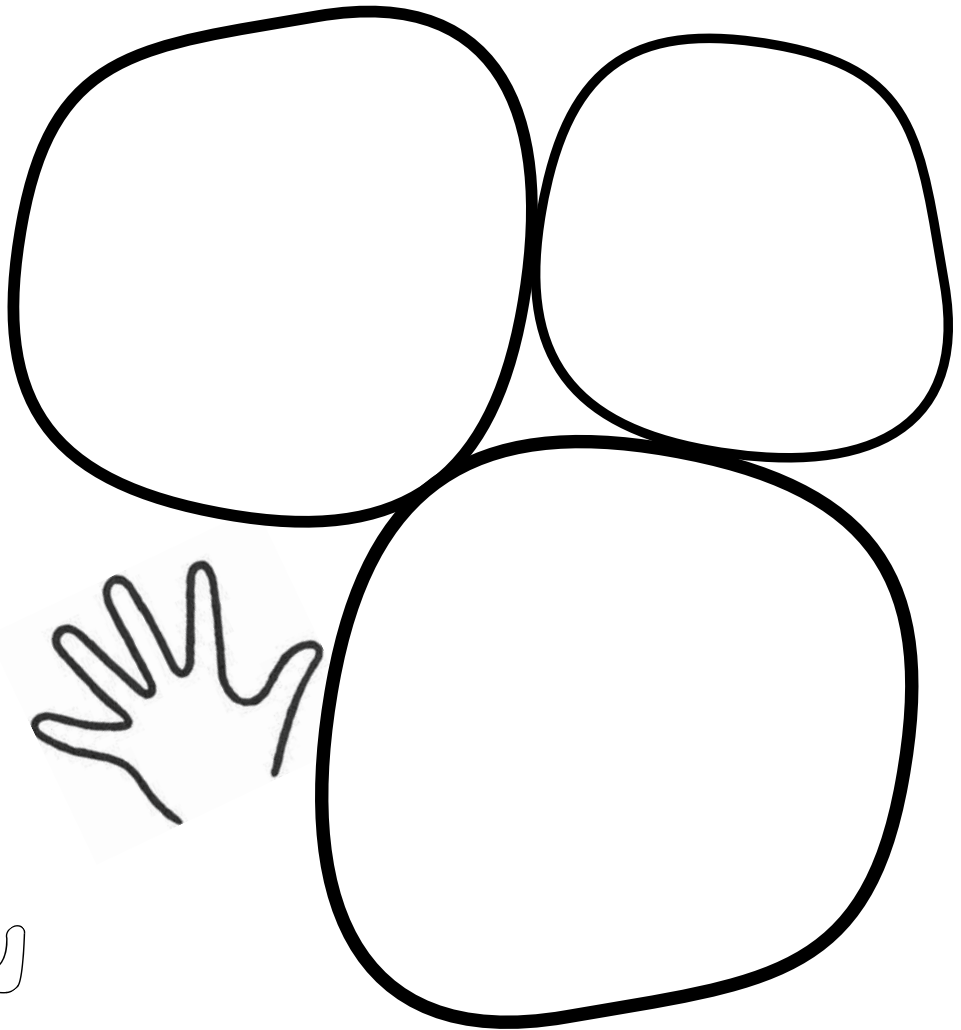
Draw pictures of some fun things you do with your family in the circles below.

What do you like doing most with your family?

.....

.....

.....



Word Find!

Can you find all of these words?
They can go in any direction!
Circle them using your coloured pencils!

Family	Violence	Brave	Community
Friends	Trust	Love	Freedom
Safe	Strong	Belong	Together
Help	Shame	Power	Kinship
Ajac	Ozco	Future	Culture

SAFECHIARRATASIARENATEDEVABELONGWOW
 SAVANNAHANNIKAJANEMICAHGARTHDEREKME
 ADAMSTEVEGLENICHOLASTEDMERYVNARTHUR
 ASATSURTSHAMEIGIREGHELPTIFFYFJJTKSB
 DTCATHERINERONKINSHIPCAITLINBAAORAA
 SUNBRAVEADRIENNEMARIARITAIGIMZMGIMR
 MOLINDAUOLOVESMAXFRIENDSBENIIZIESSB
 ENGALEXLOLAURAANNACLAUDIAQOILIETTTT
 MGNIAOLSTELLAPNEUQINOMIRRINCYTCHYUI
 MPOGAYLEINIKLACHLANR **FAMILY** TMSRHEJAM
 AELTERRYILEUQAREOZLAURENGLISACLRLRL
 NTELINYAFREEDOMGINAROWANLIABFNORCTI
 NABMSINEADOCOMMUNITYKIPOWERIEJENKZZ
 CODYCHRISJEROMEWILLLUKEMIKAELALYDIA
 DITOMDRAHCIRALISONTONECAJANETMILLIE
 HEWITTVERINAEINNELAARONTERESAINGRID
 SIMONEGRACHELHENRYRUTHLOUISANITASIM
 BELLAJADEGRAYHANNAHALANAPIPPANAIDOC
 MARIEMARKLUCYTONYSJOYVGRANTBRENDANI
 CHRISTINENOLANNATHANTAYLORMARIANMEL
 ADYMONMONRARAKIDSCHARLESERUTLUCAJAC
 STRONGERUTUFAWAREBETHANYARTSOZCOAGD

One word is not there. Which one?

Answer: **Violence**

Can you find your name or maybe the names of people you know in this word find? Some of these people may help you to stay safe, stay strong.



When I'm Feeling...

Tell us when you might feel like this:

I feel loved when.....

.....

I feel wild when.....

.....

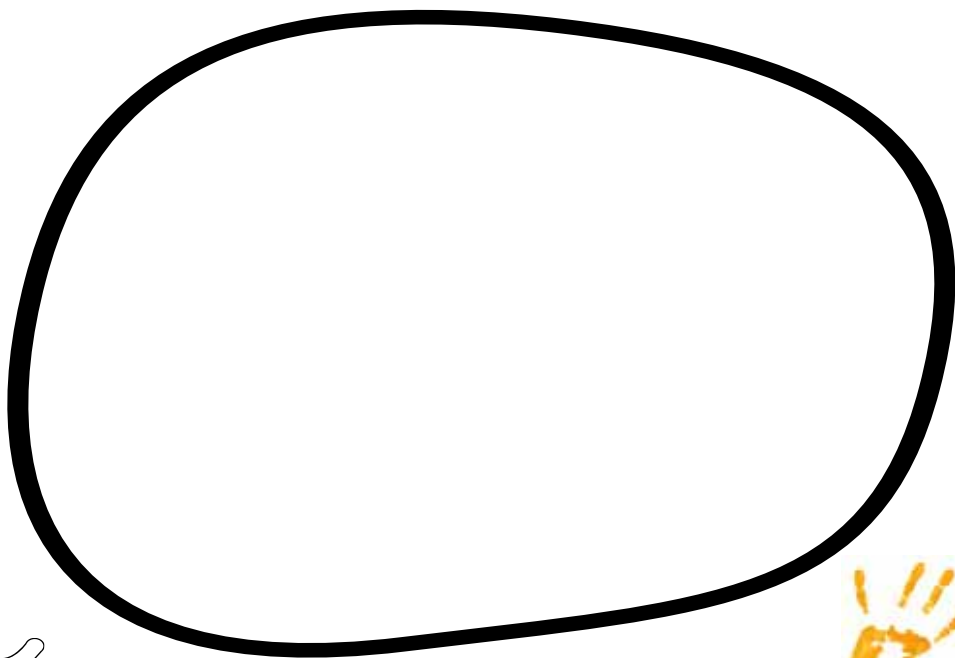
I feel scared when.....

.....

I feel safe when.....

.....


Draw a picture here showing how you might feel in one of these situations.




My Safety Line

Using your coloured pencils put a different symbol on this Safety Line to show how safe or unsafe you would feel in each story:


The fulla next door says things to me that make me feel uncomfortable

Mark a red  on the safety line to show how safe you feel here


Mum and dad fight when they don't have any money

Mark a blue  on the safety line to show how safe you feel here


Aunty hugs and kisses me when she comes around

Mark an orange  on the safety line to show how safe you feel here

Uncle makes me sit on his lap and makes me feel shame

Mark a green  on the safety line to show how safe you feel here

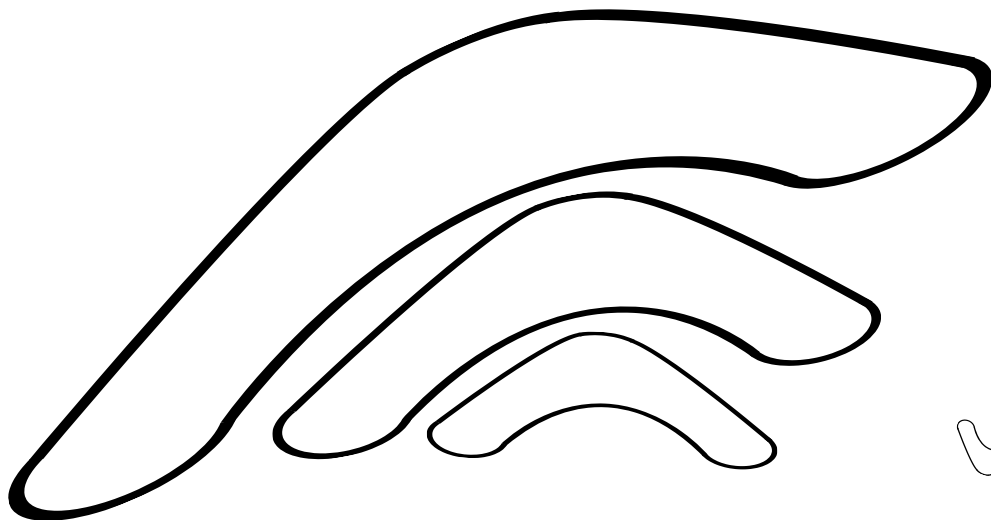
My family thinks I'm Deadly

Mark a black  on the Safety Line to show how you feel here

I'm Safe

Not Sure

I'm Not Safe



Messages to Unscramble

Koori kids messages.

Can you unscramble them?

The answers are written below.

stay fase

sayt nosrtg

kaeps out



Messages to Complete

Fill in the missing letters to read these three messages.

The answers are written below.

Br_ ve K_ _ s

St_ p V_ o_ e_ c_ _

B_ eak _ he Cyc l_ _ of Fa il_ _ V_ ol_ n_ e

MYTH BLASTER, FACT FINDER

Myths about family violence are often based on incorrect information and unhelpful community attitudes and beliefs. Myths must be challenged so that we can break the cycle of violence to keep our kids safe and strong.

Circle whether you think these are **True** or **False**?

My parents reckon I'm useless.

True False

I can't tell anyone that someone from my mob is hurting me, because it's our secret.

True False

It's not right that mum dobs to the police when dad hits her. It's our business and nobody else should know.

True False

AVOs















Do you know what an Apprehended Violence Order (AVO) is?

An AVO is a court order taken out by a person (or a Police Officer for that person), who has good reason to fear that something violent may happen to them by someone else. The AVO is to protect the victim from violence, including children who may be living within a violent family relationship.

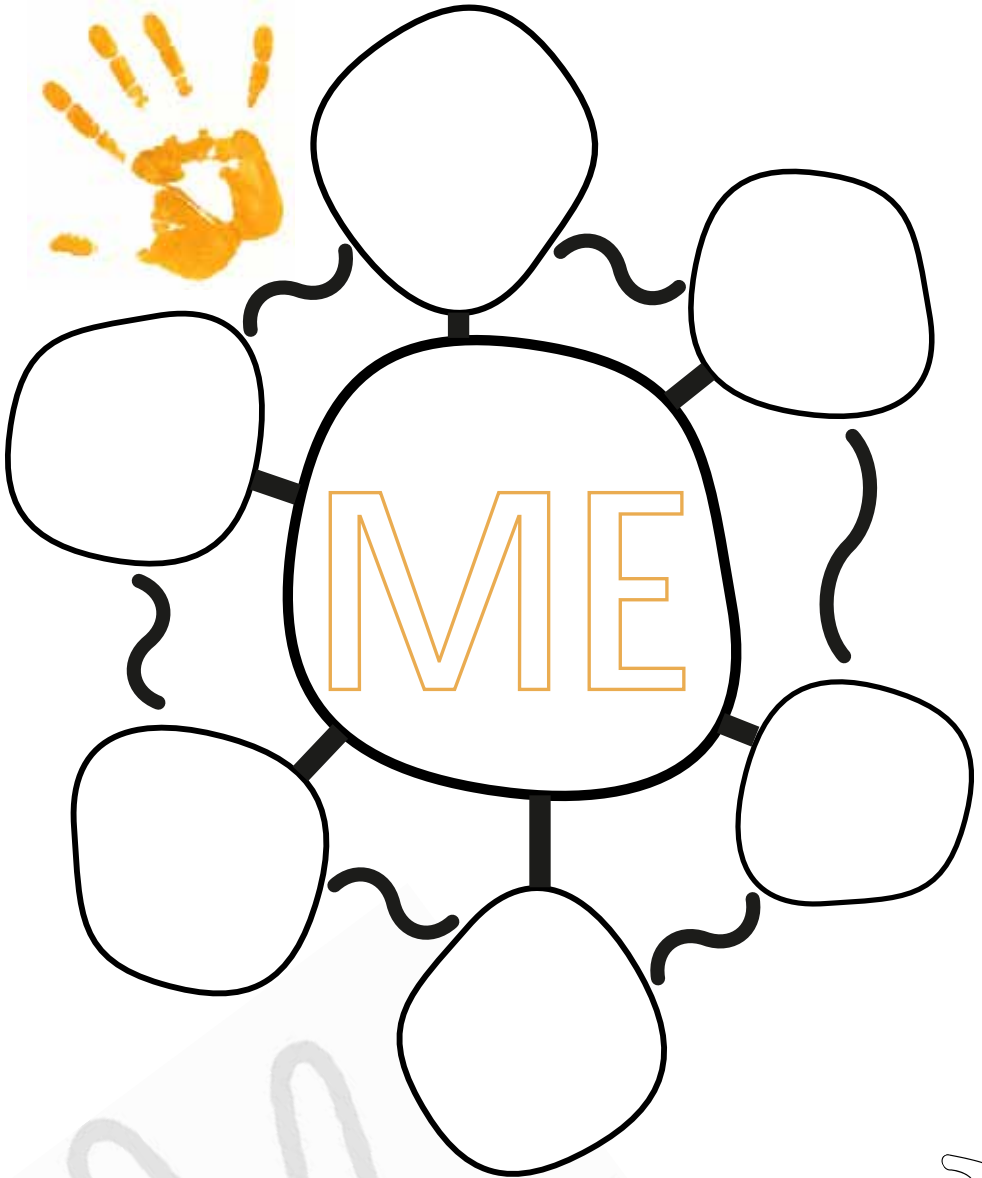
Maybe you can ask someone you know to explain how an AVO can help adults and children stay safe from other people in the family or community who might hurt them. Or you can contact any of the services listed in the Information Directory at the back of this book to obtain more information on AVOs.

My Safety Circle

The people below have a responsibility to help you stay safe and stay strong in your family and community. If you know the names of some of these people, write them down next to their important roles. Maybe with the help of an adult, you can find out more about the work some of these people do in protecting those harmed by family violence.

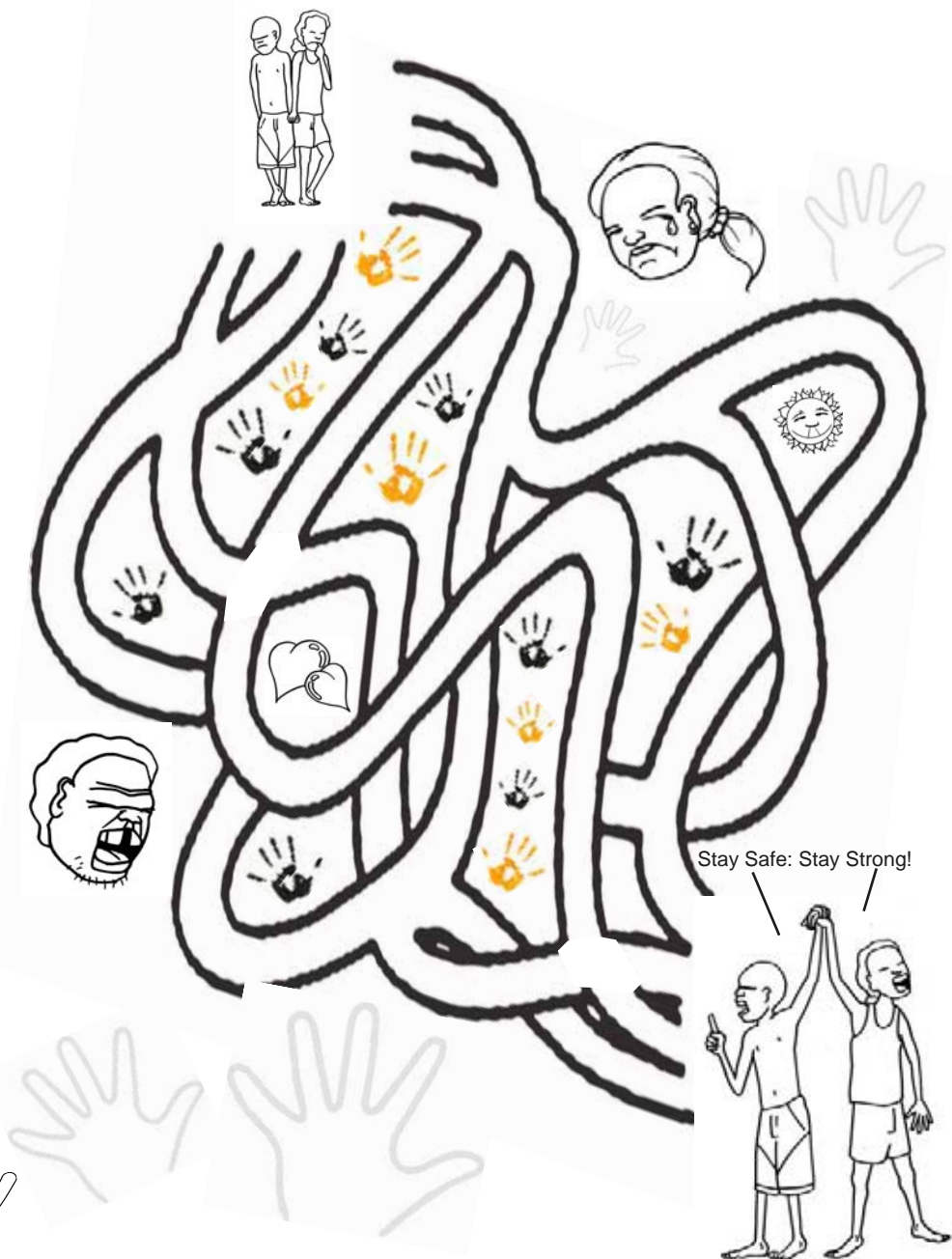
 People In My Family	 People From My Community
 People From My Church	 My Friends
 Counsellor	 Hospital or Health Worker
 Refuge Worker or Support Worker	 Magistrate or Judge
 Lawyer, Legal Service, or Court Worker	 School Teacher or Aboriginal Education Assistant (AEA)
 Police Officer, Domestic Violence Liaison Officer (DVLO) or Aboriginal Community Liaison Officer (ACLO)	 Welfare Worker or Department of Community Services Worker (DoCS)

You can record your own safety circle here. Put yourself in the middle and then choose the names of six important people you have listed on page 42 who you can go to for help if you are feeling unsafe.



Two Ways Together Maze

Can you help these little fullas find their way to safety in this crazy maze?



My Safety Checklist

Here are ten important safety tips for you to keep in mind.
Tick them off as you read them:

I have the right to be safe.

Family violence is not my fault.

Family violence is a crime.

My body is mine.

I will trust how I feel.

I know someone to yarn to and trust.

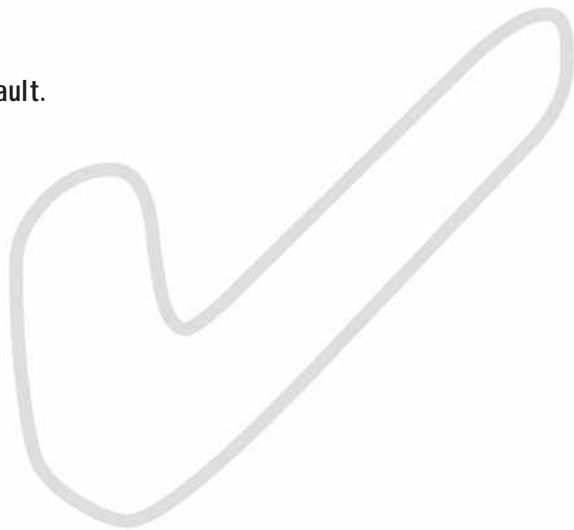
There are no excuses for family violence.

I can find someone to listen to me and help me if I'm in danger.

There are others who have been through the same things as me.

They'll know how I'm feeling.

I will Stay Safe and Stay Strong.



Sticker Rewards!

You deserve a reward for all the hard work you have done so far. You have learned a lot about staying safe and strong from family violence.

Well done!

Find your stickers inside this book and have lots of fun decorating your...

- **Pack of Colouring Pencils**
- **Bookmark** (on page 47)
- **Congratulations Certificate** (on page 49)

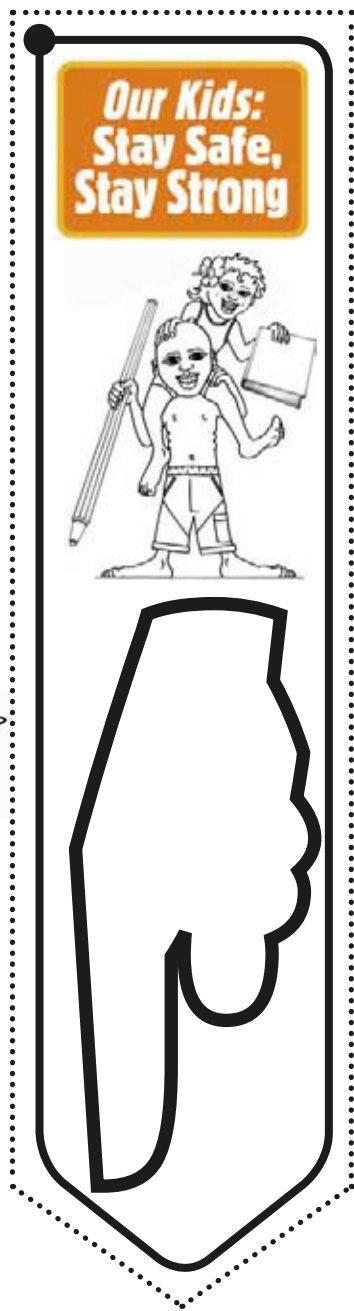


Create Your Own Bookmark

Here are some ideas for you to create your own deadly bookmark showing your safe and strong family.

You can decorate this bookmark using your stickers, and on the flipside, draw a colourful picture of both you and your family. Check first with an adult whether any important Notes written on page 48 need to be kept.

After you have made your bookmark, you can cut it out to mark an important page, or mark your favourite page in this book.



NOTES:

Handwriting practice area with 12 sets of horizontal lines. Each set consists of a solid top line, a dashed middle line, and a solid bottom line.



Congratulations Certificate

Thank you for completing the activities in the Our Kids: Stay Safe, Stay Strong Activity Book – A family violence awareness initiative by the NSW Aboriginal Justice Advisory Council and the Australia Council for the Arts.



Congratulations!

*Write your name here



Our Kids: Stay Safe, Stay Strong
Family violence isn't part of our culture: Don't make it part of our future.



Place the 'Our Kids: Stay Strong sticker here!



Information Directory

The following support services may be contacted for advice and assistance in dealing with domestic violence issues. We thank these agencies for the important work they do in preventing domestic violence and protecting the wellbeing and resilience of Aboriginal and Torres Strait Islander families.



Police/Ambulance	000
Kids Help Line	1800 55 1800
DoCS Domestic Violence Line	1800 65 64 63
DoCS Helpline	132 111
Victims Support Line	1800 633 063 or (02) 937 43000
NSW Rape Crisis Centre	1800 424 017
Dympna House Counselling & Resource Centre	(02) 9797 6733
Wirringa Baiya Aboriginal Women's Legal Centre	(02) 9569 3847
Indigenous Women's Legal Contact Line	1800 639 784
Domestic Violence Advocacy Service Advice Line	1800 626 267 or (02) 8745 6999
Women's Legal Resource Centre Advice Line	1800 801 501 or (02) 9749 5533
Indigenous Family Violence Prevention Counsellor Service (Mildura)	1800 882 545
Many Rivers Family Violence Prevention Service (Kempsey)	(02) 6562 5856
Kamilaroi Family Violence Prevention Service (Moree)	(02) 6751 1400
Bourke/Brewarrina Family Violence Prevention Legal Service	(02) 6872 2440
Walgett Family Violence Prevention Legal Service	(02) 6828 3143
Parkes/Forbes Family Violence Prevention Legal Service	1800 700 218 or (02) 6851 5111
Women's Domestic Violence Court Assistance Scheme Redfern	(02) 9698 7277
Aboriginal Legal Services	(02) 931 82122
Legal Aid Youth Hotline	1800 101 810
Mudgin-gal	(02) 9319 2613
LawAccess NSW	1300 888 529
Centre for Aboriginal Health, NSW Department of Health (provides general information on regional health and domestic violence programs)	(02) 9391 9000

IN OUR CULTURE WE STAY SAFE AND STRONG



ART!

A NSW Aboriginal Justice Advisory Council Family Violence Awareness Initiative

Concept: Jacqueline Gerber, Design & Illustration: Adam Hill

