

Networks & Persistence

WHAT YOUR CHILD WILL LEARN:

- “We can talk to someone about anything – no matter what it is.”
- They have a network of people they can talk to and get help if they are feeling unsafe
- They can tell a trusted adult if they are feeling unsafe, confused, scared or worried
- To be persistent when asking for help. To keep on telling trusted adults until someone listens and they feel safe again



WHY IS THIS IMPORTANT?

A **network** is a group of 5 adults (chosen by the child) who they believe will support and help them if needed. This could include a trusted friend, family member, neighbour, educator, or even someone at playgroup. You can guide your child to identify the adults they trust and can talk to when they need help to create their own network.

Networks help build children’s confidence to speak up when something feels wrong or unsafe. It helps them understand that they don’t have to face problems alone and that there are people they can trust and turn to. Persistence also teaches children that it’s okay to ask for help more than once, especially if they don’t feel heard the first time. Together, these skills empower children to protect themselves, seek support, and feel safer in their everyday lives.



WHAT YOU CAN DO AT HOME AND PLAYGROUP:

- Role model using your own network of people for help, and talk about this with your child
- Encourage your child to use their network and practice asking others for help
- Give your child opportunities to problem solve. “I am busy now, is there someone else you can ask for help?”

ACTIVITY: HELP YOUR CHILD CREATE A NETWORK:

- Help your child identify **5 adults** who they feel comfortable talking too, and who they think will help them. Network members have an important job. They need to listen, believe and take action.
- Write the names of the people they choose on a drawing of a hand, with one person for each of the five fingers. [Here is a free printable helping hand](#) you can use or you can draw around your child's own hand or use network helpers ([network helpers template](#))
- Include the KidsHelp line and 000 on the 'sleeve' of your hand, so your children know that they can contact them and ask for help (if old enough to do so)
- Remember to tell the people who are on your child's network, so they know they have an important job to do.



In everyday life you can:

- Reinforce to your child that they can tell a trusted adult on their network if they are feeling unsafe or worried.
- Problem-solve with your child about being persistent when asking for help. If someone on their network isn't available or doesn't help, to keep on telling the others on their network until someone listens and they feel safe again.
- Make puppets and practice asking different characters for help. Encourage your child to use the words "Can you help me, I feel unsafe". As your child gets older you can encourage them to build upon their narrative including the when, what, where and why they need help. [Network helpers template](#)



WATCH:

- **Bluey Cricket or Bike episodes** to learn about persistence. Comment throughout the show how the characters are being persistent in trying and reinforce if you are feeling unsafe you need to be persistent in asking for help from an adult.
- **Daniel Morcombe Foundation** [Safety School – Safety Helpers](#)



BOOKS:

- **Max's Creepy Crawley Slimy Things:** Cath Law
- **Jasmine's Butterflies:** Justine O'Malley
- **Little Big Chats – My Safety Network:** Jayneen Sanders
- **Monkey Puzzle:** Julia Donaldson
- **Stuck:** Oliver Jeffers
- **Where is Spot:** Eric Hill



HELPFUL TIP:

Look in your bookshelf at home. There are so many books you can use to talk about Networks! Any book where there is a situation where a character is scared, worried or unsafe, you can ask "what do you think the character could do", "who could they ask for help?", "what can they do if the first person they ask for help doesn't listen or doesn't help?"