

YOUR SUPERHERO STORY



SPECTACULAR!

IN A PLACE FAR, FAR AWAY, WHERE
THE BEACH MEETS THE JUNGLE
ALONGSIDE THE SKYSCRAPERS
AND CANE FARMS, A CALL FOR
HELP IS MADE TO A VERY SPECIAL
HERO AND THEIR TEAM ...





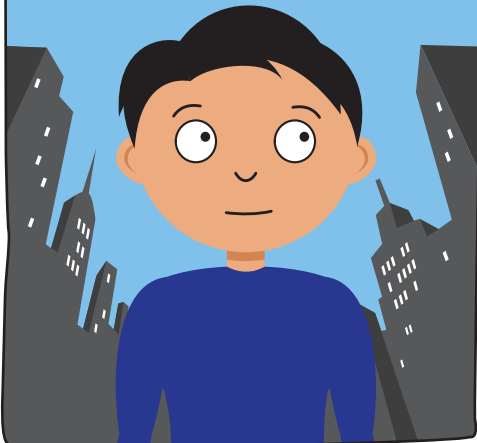
YOU HAVE BEEN GIVEN THIS BOOKLET
BECAUSE YOU! **YES YOU!** HAVE BEEN
CALLED TO HELP US WITH OUR MISSION
TO MAKE SURE EVERY KID IS SAFE AND
CAN LEAD A HAPPY LIFE!

THE TEAM AT **ACT FOR KIDS** HAVE COME
TO TALK TO YOU AND YOUR SUPER-SQUAD
ABOUT HOW OUR HEADQUARTERS CAN
SUPPORT YOU AND YOUR SQUAD TO
MAINTAIN THE SAFETY OF YOUR WORLD.

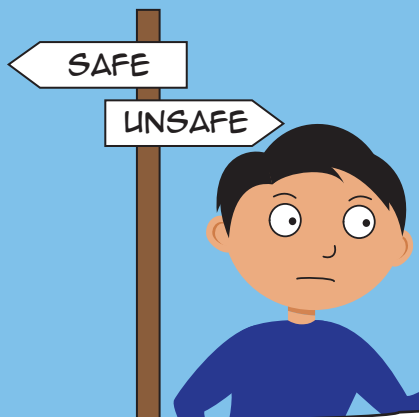


MEET JERRY

HE IS A NICE PERSON
MOST OF THE TIME.



BUT WHEN HE
CHOOSES
TO ACT UNSAFE ...



HE TURNS INTO
THE UNSAFE-INATOR!



CAN YOU FIND UNSAFE-INATOR?
HE IS HIDING SOMEWHERE THROUGHOUT THE BOOK!

FIRST, THE ACT FOR KIDS TEAM NEED TO KNOW WHO IS PART OF YOUR SUPER-SQUAD.

Draw the superheroes in your super-squad!

These people are the people you would call when you need help or when you think someone else needs help.

Make sure you put the names of your super-squad next to who they are and how you would contact them.

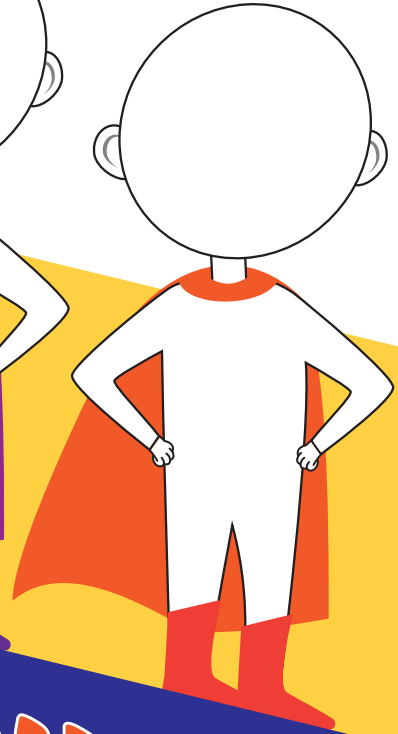
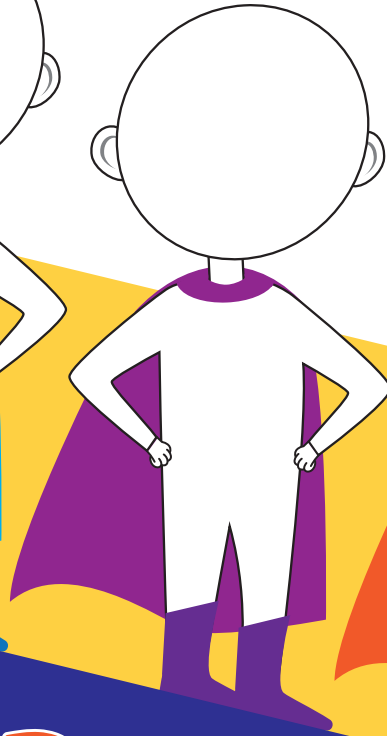
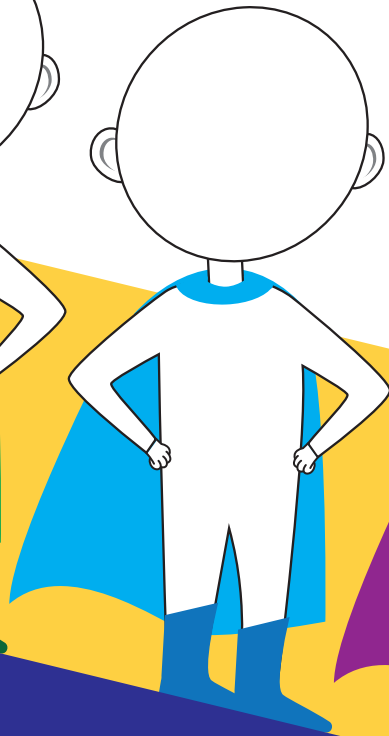
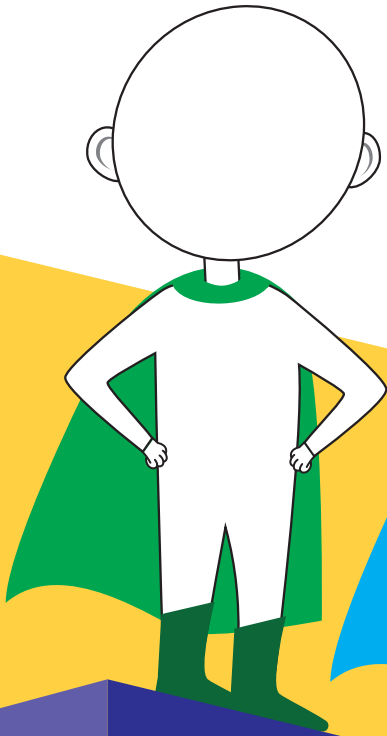


Name:
Contact:

Name:
Contact:

Name:
Contact:

Name:
Contact:



SUPER-SQUAD



FIND THE WORDS IN YOUR SAFE BOX

BEING SAFE

Y	W	M	M	V	E	M	O	J	Y	F	J	B	E	A
Z	I	O	S	W	S	T	S	O	C	Y	V	H	I	A
O	U	F	Y	K	X	W	Q	V	T	H	E	O	W	B
W	S	J	Q	C	X	H	G	O	A	I	D	P	M	R
E	M	E	R	G	E	N	C	Y	X	L	H	W	Z	C
V	D	S	A	F	E	U	R	J	O	C	G	C	Z	W
Q	D	U	N	E	S	J	P	K	O	W	O	R	O	V
A	H	H	H	E	L	P	D	R	L	H	O	J	S	E
S	I	V	U	L	W	S	G	T	C	G	D	O	U	M
K	Y	V	U	I	S	T	F	N	H	T	J	G	H	G
C	P	C	O	N	T	R	O	L	O	H	O	J	A	X
O	B	Z	V	G	O	O	D	W	I	E	Z	V	P	P
E	A	P	G	S	P	N	N	C	C	N	G	I	P	X
J	K	L	M	K	T	G	O	Q	E	H	W	X	Y	K
X	V	X	M	C	K	W	V	P	I	B	Y	B	Z	H

CHOICE

ASK

FEELINGS

HAPPY

CONTROL

STOP

SAFE

STRONG

HELP

GOOD

EMERGENCY



WHAT DOES IT MEAN TO BE SAFE?

ALL SUPERHEROES NEED TO MAKE SURE THEY ARE SAFE!

Being safe means that:

- * We do not feel scared at home.
- * We can play at home without worrying about ourselves or our family.
- * We feel good about ourselves
- * People at home help us feel good about ourselves too.



WHEN WE NEED TO SAVE THE WORLD,
WE FIRST NEED TO LOOK AT OURSELVES.

WE ALL FEEL SCARED SOMETIMES.

EVEN SUPERHEROES NEED HELP

TO FIGURE OUT WHAT TO DO!



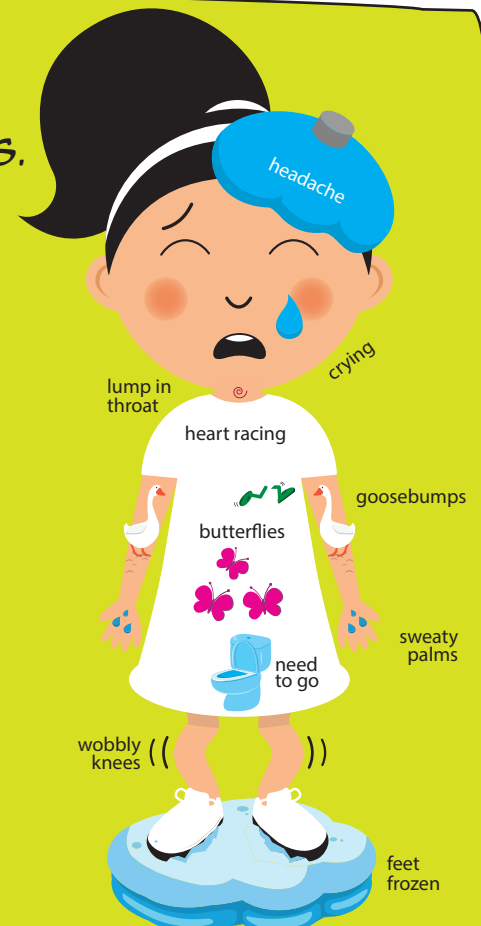
HOW DO WE KNOW IF WE ARE SAFE?

WELL, US SUPERHEROS HAVE VERY SPECIAL POWERS.

Our body tells us when we are not feeling safe!
Just like Emmy has EMMY ENERGY! Our body sends us
signals that warns us that something may not be right.

These body signals could be:

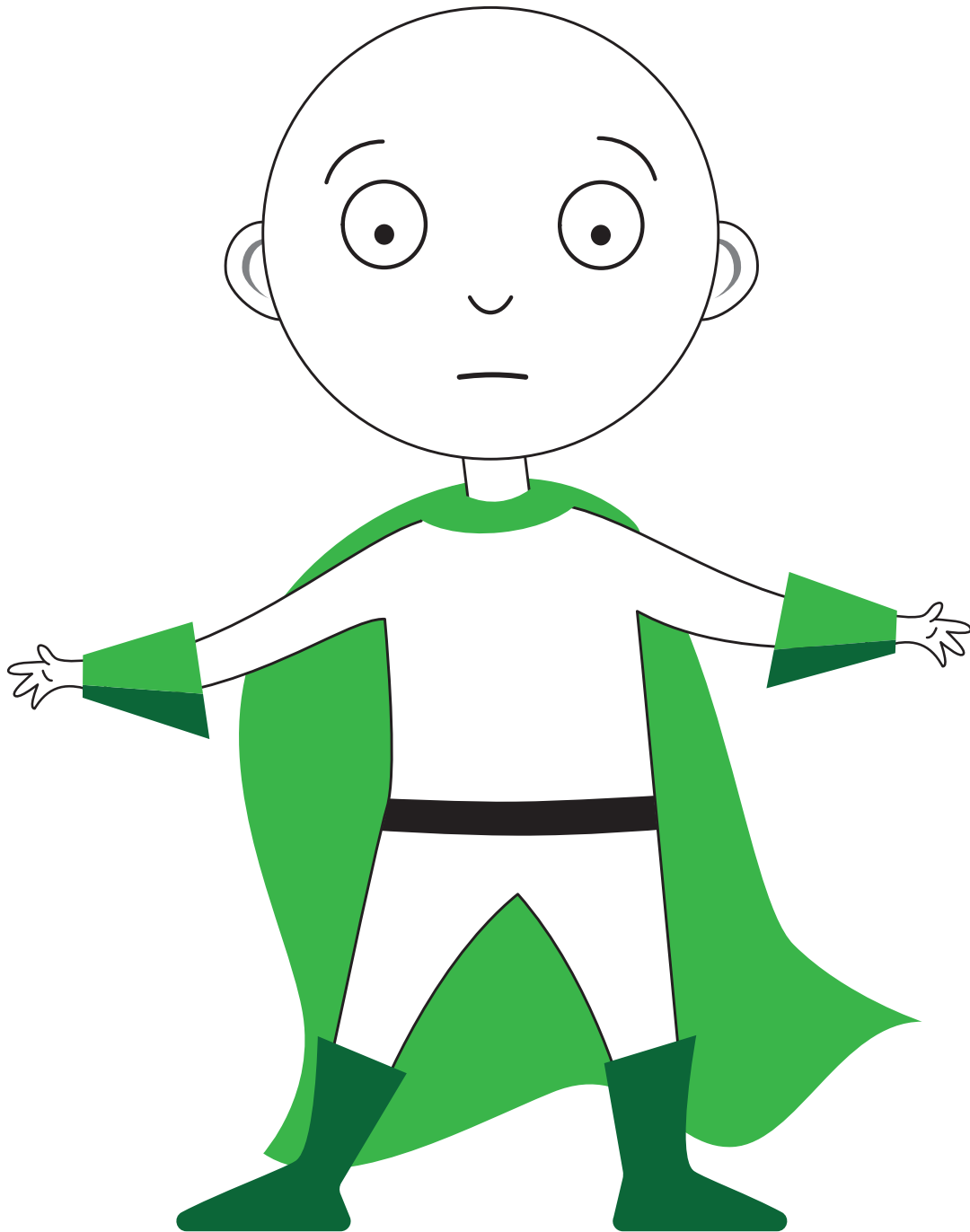
- * Belly feeling sick, funny, tight and/or hot,
- * Heart beating really fast
- * Headaches
- * Tears
- * Dry throat that feels like it has a lump in it
- * Feeling stuck or like our body can't move
- * Having an urge to run away and hide
- * Goosebumps or prickles at the back of our neck
- * Needing to go to the toilet more than usual



ALL OUR BODIES ARE DIFFERENT

WHAT DOES YOUR EMMY ENERGY FEEL LIKE?

Can you draw some warning signals that come from your body when you are feeling unsafe?



ALL SUPERHEROES HAVE THEIR OWN SPECIAL TOWN WHERE THE PEOPLE IN THE TOWN LOOK AFTER EACH OTHER AND HELP KEEP THE TOWN SAFE!

The people in your life are part of YOUR special town; this may be your aunty or your cousin or your neighbour.
The common thread to them is you!

**HELPFUL
KIND**



Name:

**FUN
RELAXING**



Name:

Name:



RESPECTFUL



1. DRAW YOUR SUPERHERO SELF IN EACH CLOUD, DRAW THE SPECIAL PEOPLE IN YOUR LIFE THAT HELP LOOK OUT FOR YOU AND KEEP YOU SAFE.
2. NEXT TO EACH OF THESE PEOPLE, IN THE EMPTY BOXES, WRITE HOW YOU KNOW THESE PEOPLE ARE SAFE PEOPLE IN YOUR LIFE?

PSSST for some hints,
look at Superhero Emmy's
side and see what words
she has used for this.

Name:

Name:

Name:

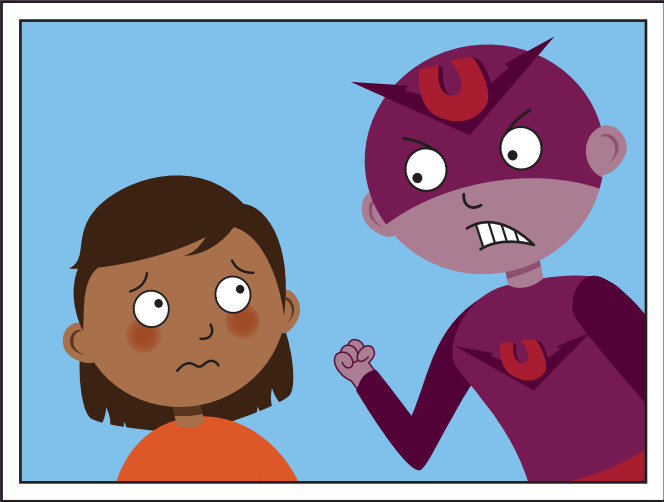


In the pictures on this page and the next, Superhero Emmy, Eddy & Unsafe-inator are in some safe and some unsafe situations.

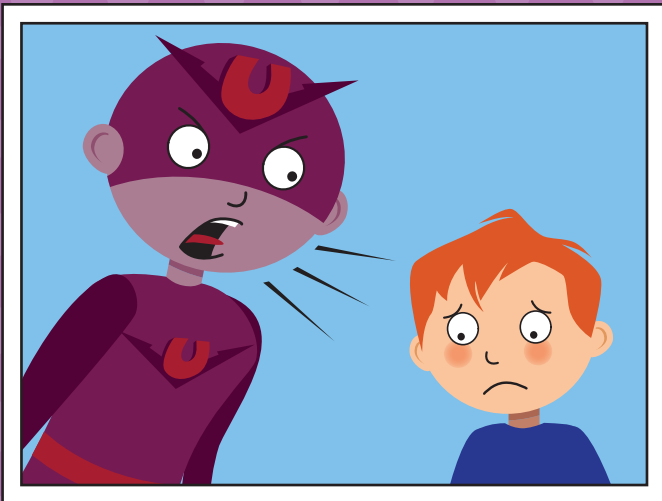
Can you write UNDERNEATH each picture what makes it safe and what makes it unsafe?



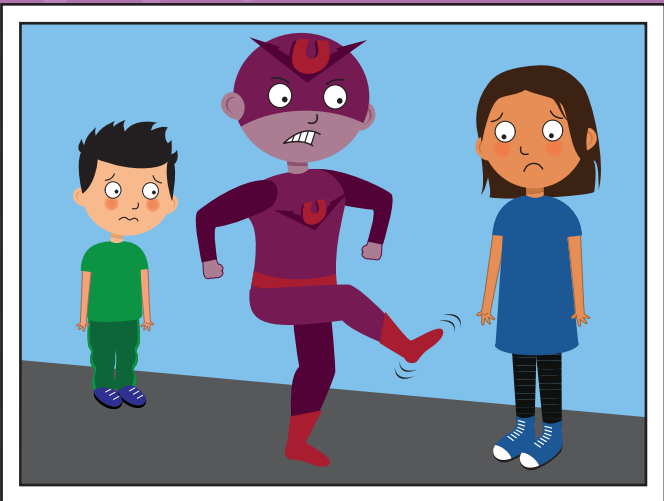
See on the bottom of both pages a list to help you!



Blank white space for writing.



Blank white space for writing.



Blank white space for writing.

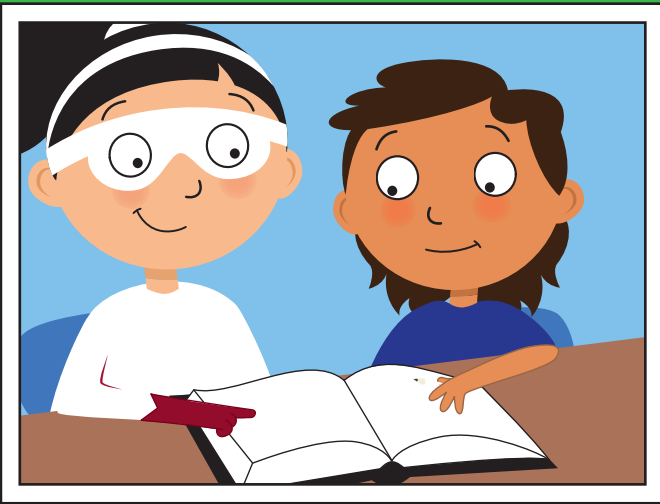
LNSAFE

Physically:

- Our home has things like broken glass or sharp objects that we can hurt ourselves on
- Somebody does something that hurts us or someone in our family.
- We can see someone in our family being hurt by somebody else
- Somebody touches our private parts and says its a secret.

Emotionally:

- We are made to feel bad about ourselves and who we are.
- We feel scared or worried about someone hurting us or someone else in our family
- We have seen or heard someone in the family being hurt by somebody else.
- We don't know who to get help from if we are scared, worried or hurt



SAFE

Physically:

- Our bodies have not been hurt by another person.
- We have choice and control over our bodies.
- We decide who we share affections with, like hugging, and how.

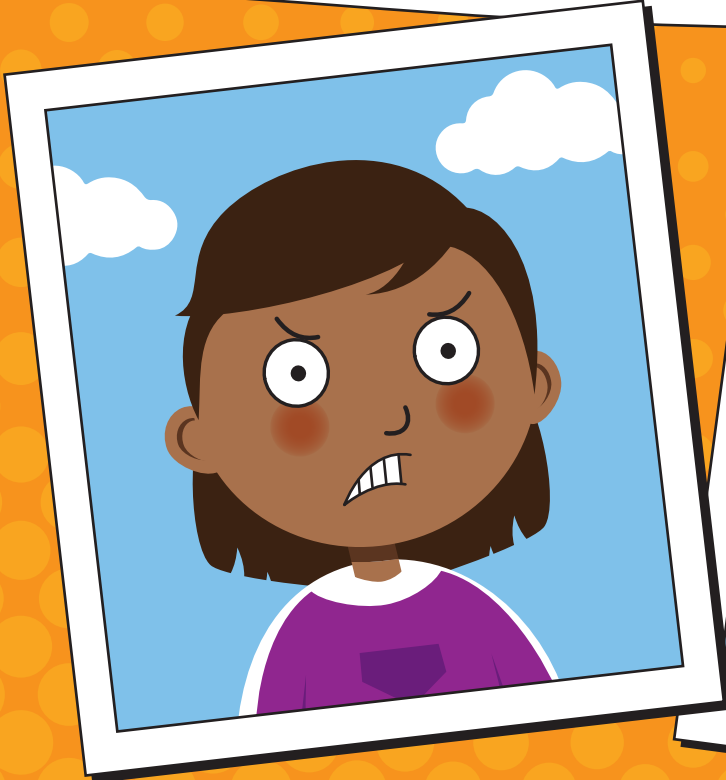
Emotionally:

- We know no-one is going to hurt us or other people in our family we care about.
- We know how we can get help from a adult.
- We know our home is safe for us to play in.
- We feel respected.
- We feel supported and connected to the people in our family.

CAN YOU GUESS?

CAN YOU GUESS HOW THESE SUPERHEROES ARE FEELING?

(Psst the answers are hidden at the bottom of the page)



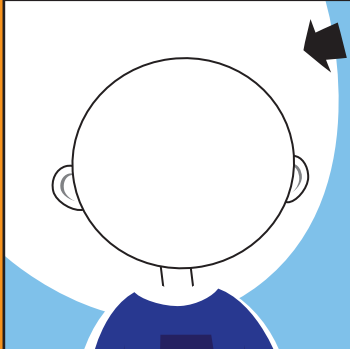
ANGRY SUPERHERO WORRIED SUPERHERO HAPPY SUPERHERO SILLY SUPERHERO

IT IS YOUR TURN!

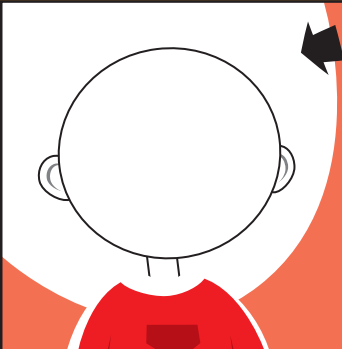
Draw how you think your face might look like when you are feeling these emotions. Write a list about what that feels like in your body and what actions you take.



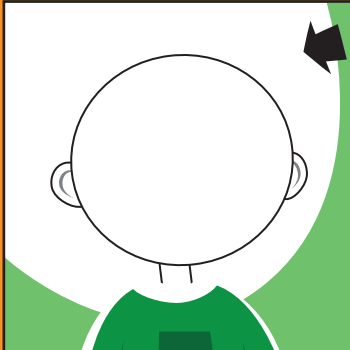
WHEN I FEEL ANGRY ...

	MY FACE LOOKS LIKE THIS	
	MY BODY FEELS LIKE:	ACTIONS I TAKE ARE:

WHEN I FEEL HAPPY ...

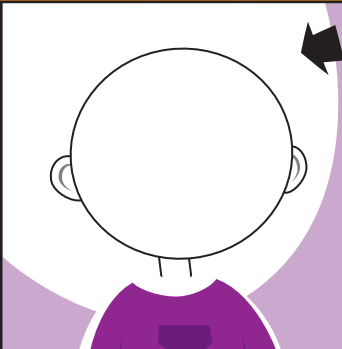
	MY FACE LOOKS LIKE THIS	
	MY BODY FEELS LIKE:	ACTIONS I TAKE ARE:

WHEN I FEEL WORRIED ...

	MY FACE LOOKS LIKE THIS	
	MY BODY FEELS LIKE:	ACTIONS I TAKE ARE:



WHEN I FEEL SILLY ...

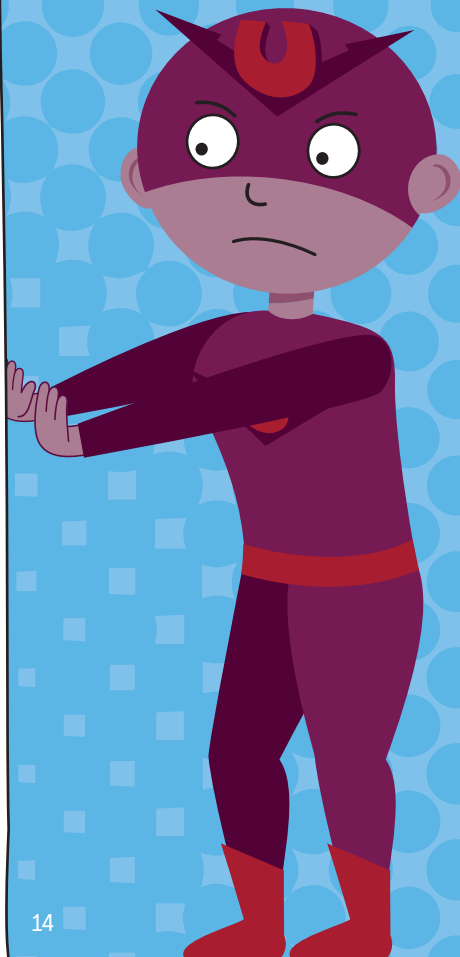
	MY FACE LOOKS LIKE THIS	
	MY BODY FEELS LIKE:	ACTIONS I TAKE ARE:

OTHER THINGS YOU MIGHT WANT TO DO IF YOU ARE FEELING OVERWHELMED...

- Run or walk or jumping jacks
- Deep breathing
- Talk to friends
- Talk to an adult that can help
- Listen to music
- Skateboard
- Go fishing
- Play a video game or watch a movie
- Scream into your pillow



ONE WAY WHICH HELPS USE ALL OF YOUR SUPER-STRENGTH IS ...



PUSH

1

Put your palms flat against a solid wall.

2

Place your feet like you are going to push the wall with all your might, so one in front of the other.

3

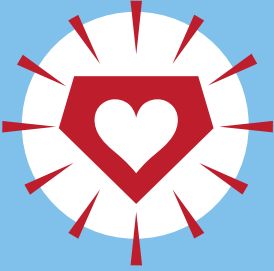
Now, PUSHHHH! For as long as the bad feeling is there.

Now it is time to let your super-squad know who they are, so that they can help you when you need it!

Design your Super Logo, like Batman's bat signal.

These are special super cards for you to give to your superhero squad so that they are ready for when you need them.

Add your super logo and the details and cut each of these out to give to your super-squad after you are done!



YOU are part of my super-squad, which means I can call you when I need help and you will listen and help me.

Real identity _____

Emmy Act _____

Superhero name _____

Super Emmy _____

How I can contact you _____


Use the Superhero light!

YOU are part of my super-squad, which means I can call you when I need help and you will listen and help me.

Real identity _____

Superhero name _____

How I can contact you _____

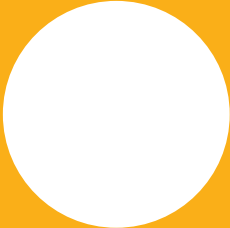


YOU are part of my super-squad, which means I can call you when I need help and you will listen and help me.

Real identity _____

Superhero name _____

How I can contact you _____

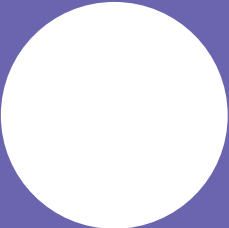


YOU are part of my super-squad, which means I can call you when I need help and you will listen and help me.

Real identity _____

Superhero name _____

How I can contact you _____

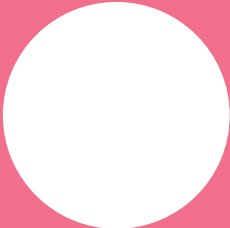


YOU are part of my super-squad, which means I can call you when I need help and you will listen and help me.

Real identity _____

Superhero name _____

How I can contact you _____

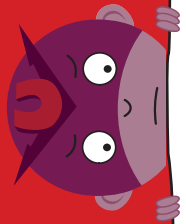


YOU are part of my super-squad, which means I can call you when I need help and you will listen and help me.

Real identity _____

Superhero name _____

How I can contact you _____



**SUPER-SQUAD
CARD**



**SUPER-SQUAD
CARD**



**SUPER-SQUAD
CARD**



**SUPER-SQUAD
CARD**



**SUPER-SQUAD
CARD**



**SUPER-SQUAD
CARD**





OUR SAFETY WEB REACHES FAR AND WIDE

You can always call on your superhero squad for help.

You can tell them anything, no matter what it is!

If you are in an emergency, call 000 for fire fighters, police or an ambulance.

Other cool people to call if you need an extra hand or cannot talk to an adult you know are:

KIDS HELPLINE

A confidential telephone and online counselling services to young people aged 5–25 years old for any reason.

1800 551 800
24/7

www.kidshelpline.com.au

EHEADSPACE

A confidential telephone counselling services for young people aged 12–25.

Qualified youth mental health professionals provide support to young people worried about their mental health or experiencing issues such as depression, bullying and isolation. Support is also available to concerned parents or carers.

1800 650 890
Mon–Sun: 9am – 1am (AEST)

www.headspace.org.au/eheadspace

SAMARITANS

A confidential crisis telephone service, for issues such as relationship or family problems, loss and bereavement, financial or job-related worries, illness, addiction and suicide.

135 427
24/7

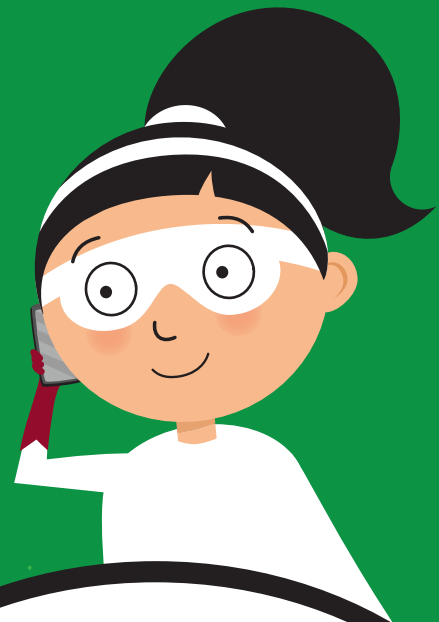
www.thesamaritans.org.au/get-help-support

THE LINE

A national relationships helpline for young people to talk to someone about the relationship issues they may be experiencing, or if they are unclear about where to draw the line between what is, or is not, a respectful relationship.

1800 695 463
24/7

www.theline.org.au/get-help



QLIFE

Provides early intervention, peer-supported telephone counselling and referral services for people who identify as lesbian, gay, bisexual, trans, and/or intersex (LGBTI).

1800 184 527

Mon–Sun: 3pm – 12am (AEST)

www.qlife.org.au

1800 RESPECT

A national sexual assault, family and domestic violence counselling line for anyone who has experienced, or is at risk of, physical or sexual violence. This service is designed to meet the needs of people with disabilities, Indigenous Australians, young people and individuals from culturally and linguistically diverse backgrounds. Online counselling is also available.

1800 737 732

24/7

www.1800respect.org.au

WELLWAYS

A peer-led, volunteer support and referral service that provides information to people experiencing mental health issues, as well as their families and friends.

1300 111 500

Mon–Fri: 9am – 9pm (AEST)

www.wellways.org/our-services/helpline-1300-111-500

family and child connect

13-FAMILY 13-32-64

familychildconnect.org.au

THANK YOU FOR BEING THE
SUPERHERO
THAT YOU ARE AND FOR
NAMING YOUR SUPER-SQUAD



family
and child
connect



Act
for kids