



## Child Safe Standards

### PARENTS AND GUARDIANS GUIDE

<b>Date created:</b>	1 January 2024	
<b>Audience:</b>	Parents and Guardians of Members and Participants who are under the age of 18 years.	
<b>Version:</b>	2024:1	
<b>Purpose of Document:</b>	<p>(a) To summarise and simplify what parents and guardians need to know about all of our responsibilities to keep children and young people at Warrandyte Calisthenics College safe; and</p> <p>(b) To ensure that parents and guardians have oversight of the information that Warrandyte Calisthenics College distributes to its members under the age of 18 years.</p>	
<b>Actions:</b>	<ul style="list-style-type: none"> <li>● Read and understand.</li> <li>● Ask and ensure that Parents and Guardians acknowledge that they have read and understand this guide</li> <li>● Encourage others to read and understand</li> </ul>	
<b>Review:</b>	1 January 2025, if not prior	
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<b>Other relevant resources (see <a href="#">website</a>):</b>	<ul style="list-style-type: none"> <li>● Child Safety and Wellbeing Policy</li> <li>● Code of Conduct for dealing with children and young people</li> <li>● Child Safe eSafe Guide</li> <li>● Child Safe Guide for Teens</li> <li>● Guide to Responding to and Reporting Child Safe Concerns</li> <li>● Guidelines for Communication when working with Children</li> <li>● Guidelines for Physical Contact when working with Children</li> <li>● Image Use Consent Form</li> <li>● Child Safe Recruitment and Screening Guide</li> </ul>	



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### PARENTS AND GUARDIANS GUIDE

The Child Safe Framework or equivalent sets out the responsibilities that all Participants of Warrandyte Calisthenics College (including parents) have to keep our children safe. It consists of:

- **Warrandyte Calisthenics College Child Safety and Wellbeing Policy (or equivalent); and**
- **Warrandyte Calisthenics College Code of Conduct for dealing with Children & Young People (or equivalent).**

#### WHY YOUR CHILDREN'S SAFETY IS OUR PRIORITY:

1. We love Calisthenics. We also love your child/ren participating in Calisthenics with us and want them to keep participating. Yet we realise that they have to FEEL safe to enjoy Calisthenics and want to keep coming back.
2. All children have a right to feel safe, be involved and have a voice in decisions that affect them\*.
3. Society has changed, and with it, higher standards of behaviour are now expected – of all of us. Sometimes, even though we have good intentions, others' *perception* of behaviour is different. So we want to help you to understand how we will work with you to protect your children.

#### WHAT WE'RE TRYING TO DO:

**We're here to help. Victoria has legislative requirements and mandatory standards in place about child safety. We can't ignore those. But we want to make it as simple as possible for you, your children and all of Warrandyte Calisthenics College volunteers, coaches and members to keep children safe.**

We've developed simple resources for you to explain how we keep children and young people safe in Calisthenics. This Guide also includes links to our other child safe resources that we hope are helpful for you to summarise and simplify the key commitments, messages and boundaries that we adhere to and practice in Calisthenics when they are part of our community.



## **SOME CHILD SAFETY GUIDANCE FOR PARENTS AND GUARDIANS:**

You know your children best. Also, our schools now often teach their students about safety, boundaries with adults and that it's OK to speak up if they don't feel comfortable or safe. You can also help us to reinforce the key messages we have for children about child safety at Warrandyte Calisthenics College, just as in life.

The **three key messages** we have in our Child Safe "Teens Guide" are:

1. Calisthenics should be fun, safe and enjoyable.
2. You should never feel uncomfortable around others at Warrandyte Calisthenics College, particularly adults.
3. If you don't feel safe or comfortable, it's OK to speak up. We want you to **tell an adult that you trust** – whether that's your Mum or Dad, guardian, coach or another member of your club or family.

We know that children are more likely to speak up if they **feel valued** and are **listened to** in an **authentic** and **genuine** way. So please help us to **keep the conversations open with your children** about how they are feeling

## **SOME CONVERSATION TIPS TO TALK ABOUT SAFETY WITH YOUR CHILDREN:**

It's not always comfortable talking to children about how they are feeling in our Calisthenics community or other environments. The delivery of conversations is just as important as the message or content itself. You're more likely to engage with children about tricky topics if the conversation is calm, non-judgmental and open. That is, you're listening carefully to them and open to hearing more – showing empathy and letting them know that they're doing the right thing by talking.

To open up a conversation with your child about safety at Warrandyte Calisthenics College, first of all, choose the right time. Sometimes, you may get more information in casual interactions, such as when driving in the car or going for a walk together. You could try using an example that you have heard of with another kid and whether they had seen or heard anything similar. For example, *"another parent at the club told me that they were worried about how the coach is talking to their child. Have you seen or heard anything similar?"*.

## **IF YOU NEED HELP:**

If ever your child tells you that they are not happy, comfortable or safe at Warrandyte Calisthenics College, **please tell our Principal Coach or another trusted Coach official**. Then we'll make sure that any issue raised is dealt with appropriately and in line with our Child Safe Framework (or equivalent).

If you reasonably believe<sup>^</sup> any child is in immediate danger of a significant nature, please call 000 to speak with police. You can also contact services such as Parent Helpline, NAPCAN, Lifeline, Kids Helpline and the Raising Children Network.

\*Australian Government National Child Office for Child Safety Complaint Handling Guide: Upholding the rights of children and young people – A Reference Guide, 2019.

# Commission for Children and Young People – Empowerment and Participation of Children Tip Sheet.

<sup>^</sup> A **reasonable belief** is one that a reasonable person in the same position would have formed on



the same grounds.