30 SCRIPTS + PRINTABLE CARDS

SAFE KIDS CONVERSATIONS

FOR PARENTS

- ☑ Ages 3 to 12: body, online, real world
- ☑ 30 ready-to-say scripts
- ☑ Printable cards for your fridge
- ☑ Help lines: AU, US, UK, CA

AGES 3 to 12

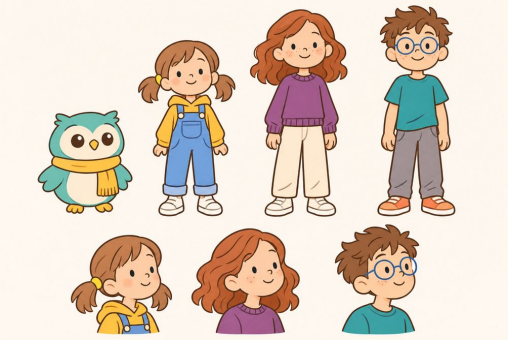


By Be Ready Education | bereadyeducation.com

Safe Kids Conversations

30 Scripts and Printable Cards for Parents

Ages 3 to 12: body safety, online safety and real-world safety



By Be Ready Education

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Educational material for parents, carers and teachers. It is not a substitute for professional advice or child protection services, and it is not legal or medical advice. Laws and services differ by place. If a child is in immediate danger, call your local emergency number.

The Hart family and all characters are fictional. Illustrations are drawings of imaginary people. Names and people in the stories are not real.

First edition, 2026.

Welcome



Talking with children about safety does not have to be scary, long or perfect. The best protection is many short, calm conversations, repeated over the years, so your child knows three things: **their body and feelings belong to them, there are grown-ups who will listen, and they will not be in trouble for telling.**

This book gives you 30 short scripts in three parts: **My Body, My Rules** (ages 3 to 8), **Safe Online** (ages 8 to 12) and **Safe Out in the World** (ages 5 to 12). Each script has words you can say, words your child might say back, and one small thing to try. Pick a calm moment (in the car, at bath time, on a walk), read one, and have the chat in your own words. You do not need to do them in order or finish them all.

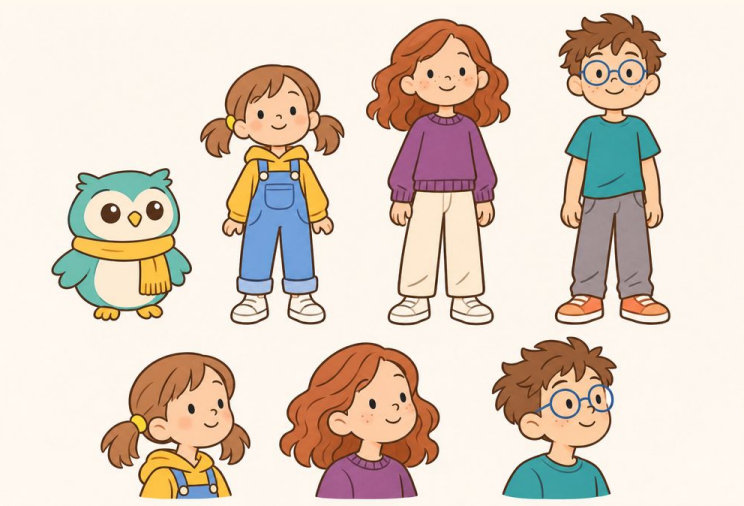
Meet Pip, the little owl who sits beside every conversation. Pip listens, never rushes, and never tells anyone off. And meet the Hart family you will see in the pictures: Mia, Zoe and Kai, with Mum Emma, Dad Tom and Grandpa Joe.

Tips for every conversation

- Keep your voice calm and your face relaxed. Your child reads your mood first.
- Short is good. Two or three minutes is plenty.
- Ask, then listen. "What do you think?" works better than a lecture.
- Say it again next month. Children learn safety by repetition, not by one big talk.
- Never frighten. You are giving tools, not warnings about monsters.

Meet the characters

Everyone in this book is a made-up character, and so is the Hart family. The names and the people in the stories are not real people.



Pip | the safe-keeping companion, every part

Pip is a little owl who sits beside every conversation. Pip listens, never rushes and never tells anyone off. Pip does not talk in the pictures; Pip points, waves a wing and sits close.

Often says: "Green light, red light." "Say no, then tell." "Tell again if nothing changes."

Mia Hart, age 6 | Part 1 and the code word

Curious and cheerful, Mia asks "why?" about everything. She helps show the body bubble, safe and not safe touch, and secrets versus surprises.

Often says: "Can I come into your bubble?" "Why is it private?"

Zoe Hart, age 9 | Parts 2 and 3

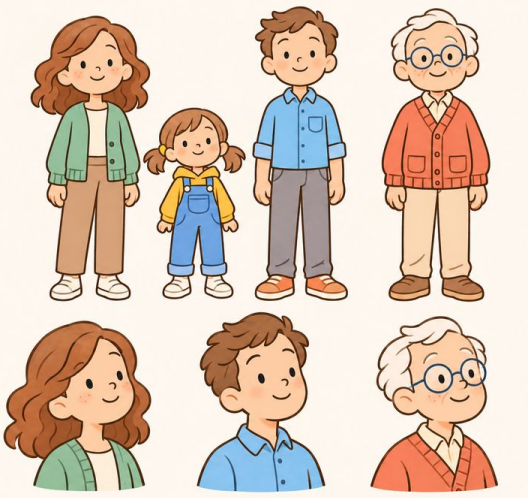
Thoughtful and kind, Zoe notices when a friend is upset. She helps with cyberbullying, kind sharing and being a good friend.

Often says: "Let's tell someone together."

Kai Hart, age 10 | Parts 2 and 3

Kai loves football, games and gadgets. Kids often hear "everyone does it", so Kai helps show the online chats, games, gifts and walking to school.

Often says: "Let's check with Mum or Dad." "I'll tell Mum or Dad."



Mum Emma Hart | the listener

Calm and practical, Emma is the one who kneels down to listen. She shows how to stay steady when a child tells you something hard.

Often says: "Tell me more, I'm listening."

Dad Tom Hart | the helper

Patient and funny, Tom helps with the family tech agreement, the pick-up code word and whispered worries.

Often says: "You can tell me anything. I'll stay calm and listen."

Grandpa Joe | a trusted grown-up

Emma's dad is a gentle storyteller and a first-class high-fiver. He shows that a hug is a choice, and a high five is great too.

Often says: "No hug needed. High five?"

Fictional characters. Illustrations are drawings of an imaginary family. Any resemblance to real people is a coincidence.

SCRIPT 1 | AGE 3 to 8 | PIP'S IDEA: REAL WORDS ARE SAFE WORDS.

The real names of body parts



WHY IT MATTERS

Children who know the correct names can tell a doctor, teacher or parent clearly if something is wrong. Nicknames can leave adults confused.

YOU CAN SAY

"Everyone has body parts, and they all have names. This is your elbow, this is your knee, and these are your private parts. The parts covered by underwear or swimwear have proper names too: penis, testicles, vulva, vagina, breasts and bottom. They are normal words, just like arm and leg."

Your child might say: "Why is it private?"

You can answer: "Because it is just for you. Private means it stays covered by underwear or swimwear, and it is not for other people to look at or touch."

Try this: Use the real names calmly at bath time, the same way you name toes and ears.

Pip's tip: If you feel awkward, say it anyway. Your calm tone matters more than perfect words.

Based on guidance from: Kids Helpline

SCRIPT 12 | AGE 8 to 12 | PIP'S IDEA: PRIVATE STAYS PRIVATE.

What is private and what is not



WHY IT MATTERS

Personal information can be used to find or pressure a child.

YOU CAN SAY

"Some information stays private online: your full name, address, school, phone number, passwords, and photos in school uniform or at home. Ask me before sharing any of it."

Your child might say: "But my friends all share their school."

You can answer: "People post lots of things. We choose differently. Here's what we can share instead: your hobbies, your favourite game, a nickname."

Try this: Play "Share or Keep?" with ten examples.

Pip's tip: Check app privacy settings together. Set accounts to private or friends only, and check each app's minimum age and your local rules before setting up any account.

Based on guidance from: eSafety Commissioner

SCRIPT 22 | AGE 5 to 10 | PIP'S IDEA: THE WORD ONLY WE KNOW.

The pick-up code word



WHY IT MATTERS

A code word lets a child check that a person was really sent by you.

YOU CAN SAY

"If someone says I sent them to pick you up, ask for our code word. If they do not know it, do not go with them, and tell a teacher or safe helper. I will tell the people who are allowed to pick you up, like a grandparent or our family friends, the word too."

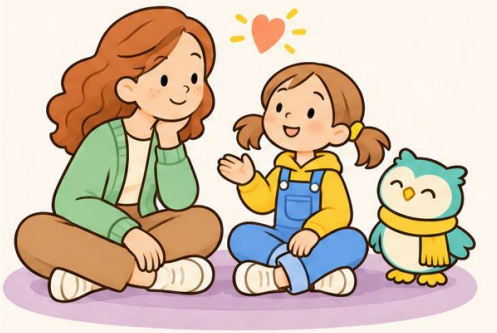
Your child might say: "What if they know my name?"

You can answer: "Names are easy to find. Only we know the word."

Try this: Choose a silly word, write it on the **Code Word card** (parent copy, kept at home) and role-play twice. Change the word if anyone else learns it.

Pip's tip: Make sure the school knows your pick-up plan.

If your child tells you



When a child tells you something that worries you, what you say next matters most.

1. Stay calm. Take a breath. Your child is watching your face. It is fine to feel shocked, but try not to show anger or panic.

2. Listen. Let them talk in their own words. Do not press for details and do not ask leading questions. Use open ones: "Tell me more, I am listening." "Is there anything else you want to tell me?"

3. Believe them. Say: "I believe you."

4. Reassure them. Say: "It is not your fault. I am glad you told me. You are not in trouble."

5. Do not blame, and do not promise secrecy. Say: "I need to tell people whose job is to help keep you safe."

6. Do not confront the person. It can put the child and any investigation at risk. Keep your child away from the person while you get advice, and call the police or child protection agency if the child is in danger.

7. Take action. If a child is in immediate danger, call your local emergency number. Otherwise contact your local police or child protection agency (the Help card lists helplines and online reporting services). Write down what the child said, in their words, and when. Rules about mandatory reporting differ by place.

8. Look after your child and yourself. Keep routines gentle. Get support for yourself too: the NSPCC Helpline (UK) and Childhelp (US) support adults