

## Child Safe Standards

### Kallara Calisthenics College 2022 – 2024

#### PARENTS & GUARDIANS GUIDE

<b>Date created:</b>	17-DEC-2022	
<b>Audience:</b>	Parents and Guardians of Members and Participants who are under the age of 18 years.	
<b>Version:</b>	2022.1	
<b>Purpose of Document:</b>	(a) To summarise and simplify what parents and guardians need to know about all of our responsibilities to keep children and young people in Kallara Calisthenics College safe; and (b) To ensure that parents and guardians have oversight of the information that Kallara Calisthenics College distributes to its members under the age of 18 years.	
<b>Actions:</b>	<ul style="list-style-type: none"> <li>✓ Ensure that Parents acknowledge that they have read and understand this document by requiring a signed commitment on all member registration documents.</li> <li>✓ Encourage others to read and understand</li> </ul>	
<b>Review:</b>	17-DEC-2023	
<b>Contact:</b>	Jessica Fisher (College Administrator) on 0401740345.	
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<b>Other relevant resources (see Kallara Calisthenics website):</b>	<ul style="list-style-type: none"> <li>✓ College rules and regulations</li> <li>✓ Codes of Behaviour</li> <li>✓ Code of Conduct</li> <li>✓ Child Safety Policy and associated documents</li> <li>✓ Privacy Act</li> <li>✓ Member Protection Policy</li> <li>✓ Complaints Handling Policy</li> <li>✓ Reputation Policy</li> <li>✓ Social Media Policy</li> <li>✓ Risk Management Policy</li> <li>✓ Consequence of Breach to Code of Conduct and associated Policies</li> </ul>	

The [Child Safe Framework or equivalent] sets out the responsibilities that all (Clubs and Participants within Kallara Calisthenics College (including parents) have to keep our kids safe. It consists of:

- ✓ Kallara Calisthenics College Commitment Statement for Safeguarding Children and Young People (or equivalent));
- ✓ Kallara Calisthenics College Policy for Safeguarding Children & Young People (or equivalent)); and
- ✓ Kallara Calisthenics College Code of Conduct for dealing with Children & Young People (or equivalent)].

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

1. We love [sport/activities]. We also love your kids playing [sport/activities] with us and want them to keep participating. Yet we realise that they have to FEEL safe to enjoy [sport] and want to keep coming back.

2. All kids 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 kids and all of our Kallara 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 in calisthenics, just as in life.

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 kids about how they are feeling.

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

It's not always comfortable talking to kids 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 a conversation with your child about safety in calisthenics, 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 in calisthenics, please tell a member of the Kallara Calisthenics College Committee or appropriate senior person at Kallara Calisthenics College such as your Child Safety Officer(s). Then we'll make sure that any issue raised is dealt with appropriately and in line with our Child Safe Framework.

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.

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