

Children talk about what keeps them safe and well

In 2019, Communicare talked with children to find out what helps them feel safe and happy, who they can go to if they have a problem and how they can share their opinions and ideas.

Who took part



Aged 5 up to 13 from
4 organisations:

- 1 school
- 1 community organisation
- 1 local government
- 1 child care centre

"I like playing with friends because it makes me feel safe and they also make me cheer up when I am angry and calm me down."

"The beach - I love the beach because I feel safe there and when I am with my family."

What you told us



The **outdoors** is very important. You often feel safe and happy outdoors and have good memories of being in nature.



You need activities that help you to **calm** down when you are worried. These activities are different for each child.



Many of you feel safe and happy when you are using **technology** and this helps you connect with friends and family.



Your **friends** are really important to you and you go to them when you have worries or want to talk



Pets are important to you and can help you when you feel sad and worried.



Parents and family help you feel safe and you can go to them when need to talk. However, this is not true for every child.



You don't think that children are asked their **opinion** enough. You want to be **listened** to more and have ideas about how adults can do this better.