



What is White Balloon Day?

Tip sheet for Educators, Carers and Parents

Bravehearts' Education Manager developed the below wording to help educators, carers and parents use the right language when explaining to children what White Balloon Day is all about.

YOU CAN USE THE FOLLOWING WORDING TO EXPLAIN THE MEANING OF WHITE BALLOON DAY:

“White Balloon Day is about helping kids to keep safe”

White Balloon day is a day to have fun with friends and talk about how important kids are and what we can all do to help keep them safe.

Every year, Bravehearts holds White Balloon Day and ask the community to help raise money so that they can keep visiting schools and childcare centres, with Ditto, the friendly lion cub, to teach kids about being safe.

It's important that all kids know that their body belongs to them and if they ever feel unsafe or unsure, about anything, they should run and tell an adult that they trust.

Ditto has 3 rules for kids to remember:

- We ALL have the right to feel safe with people!
- It's OK to say “NO” if you feel unsafe or unsure.
- “Nothing is so yucky that you can't tell someone about it.”

White Balloon Day is a day that helps us all to remember how important you all are [the children] and how we all need to work together to keep you guys [the children] safe!