

Question Jar – Keep a jar where your child can post written questions about things they've noticed or wondered about relating to any of the topics below. Answer a couple each week, calmly and factually, at a time that suits you rather than in front of others.

Internet Safety

Role-Play Scenarios Act out situations like receiving a message from a stranger, seeing something upsetting online, or being asked to share personal info. Practise what to say and do together.

Create a “Family Internet Agreement” Sit down together and write rules you both agree on — screen time limits, which sites are okay, what to do if something feels wrong. Children follow rules better when they help make them.

The “Would You Share This?” Game Go through examples of information (full name, school name, address, phone number, photos, favourite colour) and sort them into “safe to share” vs. “keep private” piles.

Spot the Scam Show (age-appropriate) examples of phishing emails or fake pop-ups and ask: “What looks fishy here?” Teach them to look for urgency, spelling errors, and too-good-to-be-true offers.

Password Creation Workshop Teach them to make strong, memorable passwords using a silly sentence or a mix of words. Let them create one for a non-sensitive account together with you.

Vaping

Hot Seat – One person sits in the “hot seat” and others try to pressure them into a bad decision. Practise saying no confidently.

Freeze Frame – Act out a scenario, freeze it, and discuss better choices.

The Phone Call – Practise calling a parent for help in a difficult situation.

“What would you do?” scenarios – Present situations like “A friend offers you a vape at a party” and discuss responses together.

Media analysis – Watch TV shows or movies together and pause to discuss how smoking and vaping are portrayed vs. reality.

Drugs and Medicines

“Safe or Unsafe?” sorting game – Write substances on cards (vitamins, prescription meds, street drugs, household chemicals) and sort them into categories together.

Medicine cabinet audit – Go through your real medicine cabinet together, discussing what each item is for and safe storage.

Comic strip stories – Draw a character navigating peer pressure or finding unknown pills.

Trusted adults web – Map out together who your child can go to if they find drugs or feel pressured.

Label reading exercise – Look at real medicine labels and learn about dosage, warnings, and expiry dates.

Alcohol Awareness

“What would you do?” scenarios – Present situations like “A friend offers you a drink at a party” and discuss responses together.

Media analysis – Watch TV shows or movies together and pause to discuss how alcohol is portrayed vs. reality.

Poster or comic strip making – Have children illustrate the effects of alcohol or create “refusal skill” comics.

Journaling – Older children write about pressures they've heard about and how they'd handle them.

Role-play – Practise saying “no” in fun, low-pressure scenarios using puppets (for younger children) or acting.

Solvents and Household Products

Walk through your home identifying products containing solvents (paint, glue, cleaning sprays, nail polish remover, petrol).

Read labels together and discuss warning symbols.

Sort household products into “safe alone”, “safe with adult”, and “never touch” categories.

Discuss why certain products are stored up high or in locked cupboards.

Warning label design – Create their own warning labels or safety stickers for household products.

Danger zone poster – Draw and label rooms in your home showing where hazardous products live.

Differences (the protected characteristics)

“One Same, One Different” – At dinner or bedtime, take turns finding one thing you and your child share and one thing that’s different (favourite colour, what makes you laugh). Simple way to show that everyone has both, and neither makes you better or worse.

Storytime Pause-and-Chat – With any picture book featuring a character different from your child (different family, disability, culture), pause and ask “How do you think they felt?” or “What would you have done?”

Family Tree Chat – Look at photos of your own family or a book with different family types (two mums, one parent, grandparents raising kids) and talk about how families come in different shapes but all share love and care.

“Guess the Story, Not the Person” – Using a book or TV character, talk about what you can’t tell just by looking at someone (whether they’re kind, what they believe, what their family is like). Good lead-in to talking about assumptions and stereotypes.

News or Sport Chat – Use something in the news (a footballer, athlete, or public figure) as a natural way to talk about one of the protected characteristics — e.g. a sportswoman playing while pregnant, or a Paralympian — and ask what your child notices or thinks is fair.

Misogyny

“Anyone Can...” Game – Take turns naming a job or activity (firefighter, ballet dancer, footballer, nurse) and both say “anyone can do that if they want to.” Playful way to loosen early gender-role assumptions.

Advert Detective – Watch a couple of adverts or cartoon clips together and spot how boys and girls are shown differently (who’s shown as strong/brave vs. who’s shown as caring for others). Ask: “Do you think that’s realistic? Fair?”

Everyday Superheroes – Name women in your family, in history, or in the news who’ve done something impressive, and talk about what made it hard or easy for them.

Online Influencer Discussion – If your child is old enough to be exposed to influencer content, watch a short clip together (a chosen, appropriate one) and talk about what messages it sends about women, respect, or relationships — without needing to demonise the whole platform.

Everyday Modelling – The most effective “activity” at any age is simply what your child observes at home — how disagreements are handled, who does which chores, whose opinions get airtime.

Knife Awareness

Watch age-appropriate documentaries or news stories together and discuss them.

Make posters or artwork with anti-knife crime messages.