

TZEDEK'S GUIDE FOR THE HIGH HOLIDAYS

The High Holidays are a time of celebration with family and friends. We welcome visitors, attend family meals and go to Synagogue.

> This is also an excellent time to have conversations about child safety with our children and young adults.

Rules for body safety:

Children should be in the care of a designated adult at all times.

Check in with your children to make sure that they are OK.

Agree on a signal (or code word) with your children if they feel unsafe

If your child feels unsafe, encourage them to speak to you. **Your body** belongs to you.

No one has the right to touch you.

If someone breaks the touching rule, Say NO, Get away, and tell an adult.

http://www.tzedek.org.au

WISHING YOU ALL A SHANA TOVA AND A SAFE AND HAPPY NEW YEAR