Course Overview

The purpose of the *Be Safe! Information for Parents* course is to provide parents and caregivers with highlevel information about the philosophy of Be Safe! and the contents of the Be Safe! Kit. 

Who Should Take the Course?

Parents and caregivers of children aged 5–9. 

Course Objectives

Upon completion of the *Be Safe! Information for Parents* course, participants will be able to identify the goal and key messages of the Be Safe! program, name aspects of healthy relationship development for young children, and access resources for parents and caregivers to help keep children safe.   
  
This course briefly covers six topics:

1. Introduction to the Canadian Red Cross program, RespectED: Violence & Abuse Prevention
2. Introduction to the Be Safe! Program
3. Healthy Relationship Development
4. Be Safe! Lesson Summary
5. Be Safe! Resources for Parents/Caregivers
6. Ten Steps to Creating Safe Environments for Children and Youth

Materials

Free PDF downloads of the Keeping Our Kids Safe booklet for parents and a colourful UN Convention of the Rights of the Child poster in child-friendly language. These two resources can also be purchased as full-colour, glossy printed hard copies from [shop.redcross.ca/BeSafe](https://shop.redcross.ca/BeSafe). 

Evaluation Process

None 

Course Duration

This short online course is self-paced. On average, the course will take about 15 minutes to complete.   
  
*Due to the nature of the program, candidates under the age of 18 need adult support to take this course.*