

SLEEPOVER SAFETY CHECKLIST

SLEEPING ARRANGEMENTS

- Will they be in their own room?
- With a friend/s sibling in the room ?
- Is your child comfortable sleeping with others nearby?
- How many children are at the sleepover?

HOW WILL MY CHILD CONTACT ME IF THEY NEED ME?

- I have told my child that they can contact me at any time if they are concerned. Is this alright with you?
- I've told my child they have permission to contact me at any time, can they use your phone?
- Setting up clear expectations and establishing the importance of contact creates a safety net.

INTERNET SAFETY

- Does the host family have a technology and internet curfew?
- Are there parental locks for certain content?
- Will they be unsupervised while using the internet?
- Do you know the suitability and rating of any films the children plan to watch?

SUPERVISION

- Are you expecting any company over? (eg other adults, relatives, friends etc)
- Is there anyone in that household (adults or other kids) whose behaviour concerns you or who has been convicted of unsafe child practices? (i.e. registrable Sex offences, abuse, substance use, assault)
- Who will be supervising the children the whole time? (sibling, babysitter, relative) and will one adult remain sober for the entire evening?
- Will you be home the entire time? and will the children also come if you need to duck out to the shops or run errands?
- What is the family dynamic and are there any older children in the house?
- Does anyone in the household drink or smoke? and If so, where in the house do they do it?
- Are there any prescription medications or alcohol that are easily accessible?
- Do you have any weapons in the house, if so are they locked up?
- Check and confirm with the host family for sleepovers if your child is older to ensure that it is not a cover for something else

HEALTH AND MEDICAL

- Does your child have any medical conditions?
- Does your child have any allergies?
- Does your child have an understanding of body safety?