



Safeguarding Bulletin

JUNE 2026

SLEEPOVER SAFETY

Dear Parents and Carers,
In this month's bulletin we are going to be focusing on sleepovers.

As your child grows, sleepovers often become a part of their social life. They're a great way for children to build friendships, practice independence and have fun in a new environment.

However, while sleepovers are usually positive experiences, it's important to be mindful of the safeguarding considerations involved.

Remember: It's absolutely acceptable to say 'no' or 'not yet' if you're not comfortable.

Sleepovers can be great—but only when your child feels safe, you're confident in the setting and everyone is at ease.

SLEEPOVER SAFETY

Before agreeing to a sleepover: What to consider

1. Know the family well How well do you know the child's parents or caregivers? Are you comfortable with their values and parenting style?
2. Supervision and household dynamics Will an adult be present all evening, overnight and in the morning? Who else will be in the home? Are there older children or teenagers and how will they be supervised? Will there be any visiting adults?
3. Sleeping arrangements Where will the children sleep? In a shared room, separate rooms or communal space like a living room? Are the sleeping arrangements appropriate for your child's age and comfort level?
4. Behaviour expectations and house rules What are the rules around bedtime, snacks, screen time and general behaviour?

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Talking to your child before a sleepover



Empower with knowledge

- Teach your child that they have the right to say “no” to anything that makes them uncomfortable.
- Use age-appropriate language to talk about private body parts and safe touch.

Discuss ‘tricky’ Situations

- What should they do if they feel uncomfortable?
- What if another child suggests something unsafe (e.g., sneaking out, prank calling, inappropriate games)?
- Who should they talk to?



Safe secrets vs unsafe secrets

- A surprise party is okay to keep quiet about—but any secret that makes them feel sad, scared or confused should always be shared with a trusted adult.

Communication plan

- Agree on how and when they can contact you.
- Reassure them that they can always call you—even if it’s late or they’re worried about upsetting someone.

