

Teaching Children Protective Behaviours: A Guide for Parents

Dear Parents,

Ensuring the safety and well-being of our children is a top priority for all of us. One crucial aspect of this is teaching them protective behaviours to safeguard against sexual abuse. Here are some key strategies and resources to help you navigate this important topic.

1. Open Communication

Encourage open and honest communication with your children. Let them know they can talk to you about anything, no matter how small or big it seems. Create a safe space where they feel comfortable sharing their thoughts and concerns.

2. Teach Body Autonomy

Educate your children about body autonomy. Explain that their body belongs to them and they have the right to say no to any touch that makes them uncomfortable. Use age-appropriate language to discuss private parts and the importance of keeping them private.

3. Recognise and React

Help your children recognise inappropriate behaviour and teach them how to react. Role-playing different scenarios can be an effective way to practice responses. Emphasise that it's okay to say no and to tell a trusted adult if something doesn't feel right.

4. Online Safety

In today's digital age, it's essential to teach children about online safety. Discuss the importance of not sharing personal information online and being cautious about interacting with strangers on the internet.

5. Resources for Support

Here are some valuable resources to help you further educate and protect your children:

- **MOORE Center for the Prevention of Child Sexual Abuse:** Offers a variety of resources reviewed by experts for credibility and utility[1].
- **Keeping Kids Safe:** Provides interactive resources and toolkits for different age groups to help children understand consent and recognize grooming behaviours[2].
- **Bravehearts:** Features a guide for parents and carers, along with information sheets on various topics related to child sexual abuse[3].

By equipping our children with the knowledge and skills to protect themselves, we can help create a safer environment for them to grow and thrive. Remember, prevention starts with education and open dialogue.

Stay safe and vigilant,

Manager: Child Safety Team

References

- [1] [RESOURCES FOR PARENTS, CAREGIVERS, AND CHILDREN](#)
- [2] [Keeping Kids Safe Resources for Teachers, Parents & Carers](#)
- [3] [Free Resources - Bravehearts](#)