

0-5 years

Let's talk child safety

start talking about sexual safety

Start the conversation with your child

Talking about safety with your child is something that has to be done as soon as possible to ensure that we raise them to be capable and confident. Use these prompts to start an open conversation about personal safety with your children to ensure that a solid foundation is built for their future safety and growth.

Keep Conversations Short and Simple

Talk about personal safety and unwanted touching in everyday moments.

Teach Basic Personal Safety Tips

By the time they're a toddler, your child can start to recognise differences between wanted, and unwanted touching.

Teach the Names of All Body Parts

As soon as your child starts talking, you can start teaching the correct names for all body parts. Bath time is a great opportunity to teach young children the correct names for body parts (penis, vagina, anus, etc.).

Teach How to Refuse Unwanted Touching

Playtime can be a good time to explain basic rules for wanted and unwanted touches and personal boundaries. Let your child know that it's okay to refuse touches, even if it's a hug from a relative or an activity that seems fun, like tickling.



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What can I say?

Start the conversation with your child

"Say 'no' or 'stop' if you don't like something."

"Never keep secrets about touching."

"The only safe secrets are those that eventually can be shared, like birthday surprises."

"Always ask the adult in charge if it's okay for another adult to give you something or take you somewhere."

"If something makes you uncomfortable, say: 'Stop. I don't like that.'"

"Can you name all the parts of your body? Eyes, ears, elbows, penis, knees . . ."

"Can you point to the parts of your body covered by underwear? They're covered because they're private."

"Always ask before touching someone else."

"Listen when someone says 'no' or 'stop'."

Understanding Child Sexual Abuse: A guide for parents of 0-5 year old's

Recognise
wanted vs
unwanted touches

Refuse
know when to
say NO or STOP

Report
create a safe
environment for
children to report abuse

WHAT DOES THE RESEARCH SAY?

98%

of children tell the **truth** when disclosing abuse, stay calm & believe them.

28.5%

of Australians have experienced child sexual abuse.

more than **1 in 3** Australian **Girls**
almost **1 in 5** **Boys** experience sexual abuse.

78% of the time Australian children have experienced abuse more than once.

90% of abused children know their offenders.

RESOURCES

My Body Belongs to Me

A Parent's Guide to talking to children about safety

Bravehearts Website

IF YOU SUSPECT ABUSE OR NEED HELP
DOMESTIC VIOLENCE LINE 1800 656 463
CHILD PROTECTION HELPLINE 13 21 11
KIDS HELPLINE 1800 55 1800
LIFELINE 13 11 14
1800 RESPECT 1800 73 77 32

references

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