

PARENTAL RESOURCES ON HOW TO TALK TO YOUR CHILDREN ABOUT PREVENTION FROM CHILD SEXUAL ABUSE

Books recommended to read with children

- 3 to 8 - Everyone's got a bottom
- 3 to 10 - No the Little seal
- 3 to 10 - Hey Little Ant - Hannah Hoose about teaching empathy
- 3 to 10 - Some secrets should never be kept and
- It's OK to say No! by Robin Lenett and Bob Crane
- 3 to 7 - The Right Touch
- 5 to 10 - I Said NO!
- 1 to 5 - Some parts are not for sharing
- 2 to 8 - It's my body
- 2 to 5 - My Body Belongs to me
- 6 to 11 - Feeling happy feeling safe
- 4 to 10 - Tell somebody it happened to me
- 5 to 10 - Come and tell me - be sensible-and-safe
- 8 to 12 - A Very Touching Book - for little and big people
- 12 to 13 - The Moonlight dreamers by Siobham Curham
- 10 TOP BOOKS ABOUT WORRYING/ANXIETIES

1. **How Big Are Your Worries Little Bear? By Jayneen Sanders**
2. **Hey Warrior! By Karen Young**
3. **The Huge Bag of Worries. By Virginia Ironside**

4. **When My Worries Get too Big. By Kari Dunn Buron**
5. **What to Do When You Worry Too Much. By Dawn Huebne**
6. **It's Okay to Make Mistakes. By Todd Parr**
7. **Wilma Jean the Worry Machine. By Julia Cook**
8. **David and the Worry Beast. By Anne Marie Guanci**
9. **When Worry Takes Hold. By Liz Haske**
10. **100th Day Worries. By Margery Cuyler**

Parents FREE guide to internet pornography

www.rewardfoundation.org/free-parents-guide-to-internet-pornography

This is an informative FREE flyer explaining the impact of internet porn in today's world and tips to help, how to talk to your children, smartphones with suggested resources, apps to help

“**Break Bednar**” true story on You tube – gaming

“**Kayleigh's Love story**” – true story about CSE and meeting offline someone met online

“**Cup of Tea**” – about consent

And others listed below

www.ncjrs.gov

www.nspcc.org.uk – **The underwear rule** and You Tube video - “**I saw your willy**”

www.aboutourkids.org

www.squidoo.com /how-to-talk-to-children

www.childhelp.org

www.child-abuse-effects.com

www.babycentre.co.uk

www.parentsmap.com

www.childnet.com

www.parentsprotect.co.uk

www.thinkuknow/parents - CEOP have some excellent films FREE to access

- **New** – Online for 4 to 7-year olds **March 2019** – **JESSIE & FRIENDS**
- Information to support parents and carers to understand and respond to the risks children face as they grow – www.thinkuknow.co.uk/parents

- **CEOP** - new video – **Romeo and Juliet** – free to download helpful to parents
www.thinkuknow.co.uk
- www.thinkuknow.co.uk – “**the world changes – children don’t**” – talk to your child about sex; relationships and the Internet
- **CEOP UK – new sept 2016** “**sexting guidance in schools and colleges – responding to incidents**” produced by the UKCCIS – UK council for Child Internet Safety

www.bishuk.com – for 14 years of age upwards

You tube - access “**Social experiment on abduction**” – puppy in the playground and Ice cream van

You tube – British police cartoon film about a “**cup of tea**” describing Consent

You tube – films to help understand mental health: “**The black dog named depression**” and “**the sand-up kid – time to change**”

You tube – CSE – films “**can you see it?**” and “**can you stop it?**” by Met police and Dr Graham Hill expert researcher in CSE. ALSO true story filmed by Leicestershire Police “**Kayleigh’s Love Story**” on you tube

What, Where and When to say it

Talk about body parts in the correct language not using “**cutey**” words. If you avoid the “**real**” words they will believe it is embarrassing to speak about it.

Explain when you wear a bathing suit it covers up your private parts. If anyone was to touch those parts tell someone. Only “**medical people**” may need to examine you sometimes if you are not well.

Use casual opportunities to approach the subject. Walking the dog, walking to the park, in the car, when they are helping you with tasks around the home.

Keep the conversation a regular event not a one-time only chat.

Talk about appropriate and inappropriate touch. Abuse is not about sex - the birds and the bees! You do not need to scare your child by talking about bad people who will hurt you.

When children have heard enough, they usually walk off and play. Bring the topic up again on another day so you gently drip feed the information to prevent abuse and what to do if it happens.

The more times you casually bring up the subject as being natural, the more likely a child will be to tell you if something goes wrong.

Explain who to tell and what to do if something “**feels not right**”, if you have an uneasy quirky feeling. Explain how a bird reacts to a cat when they feel scared – they move away! Put distance between the target and the suspect and observe - write down what you see –

who, what, where, when, how and the date and time. If it is an issue you will see repeated patterns of behaviour to give you the confidence to report what you have written.

Have the conversation where **YOU** ask your child to explain **WHY** they think you are anxious and **HOW** can they convince you they know the rules for safety

SAFETY REPORTING

If you suspect a crime of grooming and abuse online call CEOP, OR ANY crimes including any forms of abuse call Crime stoppers – 0800 555 111 and Freedom from Abuse are affiliated to them across the UK

- Crimestoppers – 0800 555 111
- Crimestoppers are NOT the police
- You do not have to make a statement
- Anonymity is guaranteed
- All systems are designed so you cannot be traced
- No one will ever know you have phoned
- No report contains information which could identify you

Contact - Marilyn Hawes e-mail – marilyn.hawes@freedom-abuse.org

Mob – 07484 541727 web www.freedom-abuse.org