

This material has been produced by the Sunshine Coast Regional Child Protection Week Committee to assist in the promotion of 2010 CPW.

Document Author: Holly Brennan, Family Planning Queensland.

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How to help

- make time to talk
- make time to listen
- acknowledge feelings
- believe in and respect your child
- remind them that you are always there if they need you
- teach self protection skills
- celebrate your child and let them know you love them

What to teach

There are many resources available for teaching self protection skills for example, parents can use the FPQ booklet, *I have the right to be safe*, to help teach the following topics.

Feelings

Help children to understand and recognise different feelings and how to talk about these feelings with someone they trust.

Bodies

Talk to children about names and functions of public and private body parts. It is important that a child feels good about their body and knows their body belongs to them.

Types of touch

Children need to know about the many different types of touch in their lives and recognise whether a touch is loving, friendly, helping, sexy or a NO touch. This can help them to know when they need to tell someone they trust about confusing touch.

Rules about touch

Teach children the rules about sexy touching. Knowing the rules helps children to be aware of their rights and responsibilities.

Warning signs

Teach children to know when their body tells them something is wrong. Help children to know how their body reacts at times of stress including scary, confusing and sad situations. The body reacts to stress with warning signs such as the heart beating fast, sweating, crying and shaking.

What to do

say

something has happened.

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Not all children can or will tell you if something has happened. Often there are other signs or behaviours that may indicate abuse. Talk to support services if you suspect something has happened. Remember to trust your own warning signs and seek help. If a child is assaulting others take it seriously. Be supportive and find out how you can best help them and stop abuse from happening again. Abuse is rarely a one off situation.

Where to get more help:

Parent Line: 1300 30 1300

Department of Child Safety Services: 1800 811 810

Lifeline: 13 11 14 (24 hour crisis counselling line)

Or visit the Family Planning Queensland's website: www.fpq.com.au

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