

## Resources for parents:

(Outlines and websites for organisations already delivering programs targeting the prevention of child sex abuse)

### Talk PANTS and you've got it covered

PANTS is a really easy way for you to explain the Underwear Rule to your child:



- **P**rivates are private
- **A**lways remember your body belongs to you
- **N**o means no
- **T**alk about secrets that upset you
- **S**peak up, someone can help

#### The Underwear Rule program

<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/underwear-rule/>

### Our Kids – How to educate children and families affected by child abuse:

Teaching children about sexual abuse is the best way to help keep them safe. Teach them:

- The real names for their body parts, including their private parts, so they can talk about things that happen to their bodies in a way others will understand.
- Not to keep secrets. Tell children to let you know if a child or adult plays secret games or tells them something bad will happen if they don't keep the secret.
- That adults, are not always right. Tell children to come and talk to you if they don't feel right about something a grown-up says or does.
- To tell if something happens. Let children know that if they say someone has touched them, you will believe them and not be mad at them. Tell them that you love them and will help keep them safe.

#### KEY POINTS FOR SUCCESS:

- **REPEAT SIMPLE CHILD SAFETY GUIDELINES OFTEN**
- **ESTABLISH A SET OF RULES**
- **PLAY "What ifs" to practice decision making**
- **Help children to develop assertiveness skills. Teach them to respond verbally**
- **Teach children adults are not always right**

#### ALSO TEACH TIPS FOR KEEPING KIDS SAFE ONLINE

Available on the same website

#### OUR KIDS:

<https://ourkidscenter.com/learn/how-to-educate-children-about-abuse/>

## STOP IT NOW!

### FOUR - R's of PREVENTION:

**Decide on the rules.** Talk with friends about what are appropriate rules for those in different roles of authority or influence. Then make your expectations clear to anyone influencing kids.

**Practice “reading” children’s relationships.** Stay aware of the signs or patterns of change. Honor your instincts. Then speak up. Ask questions. Talk through your concerns with others.

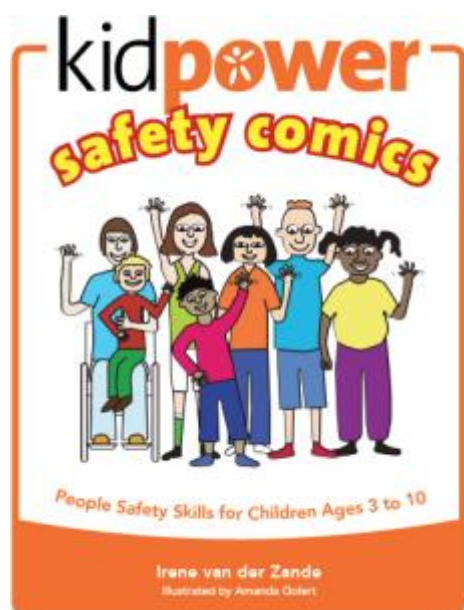
**Be a role model of respect.** Insist that others act respectfully toward you. Stay aware of how your actions affect others. Use firm, respectful language to insist that others honor the rules.

**Embrace responsibility.** Be accountable. Start one conversation everyday with a friend or family member about how to fulfill adults’ responsibility to keep children safe.

## STOP IT NOW!

<http://www.stopitnow.org/ohc-content/tip-sheet-16>

### Books and resources available on Amazon also for Kindle



Edition has a color cover, extensive black-and-white cartoons, and includes:

- Directions for adults on how to introduce personal safety to children ages 3 to 10
- Social stories to discuss with children
- Basic “People Safety” skills for protecting emotional and physical well-being
- Solutions to potential problems such as bullying and stranger safety

<https://www.kidpower.org/store/products/younger-comics/>