

## Starting the Conversation...



It can be difficult to talk to the children in your life about child sexual abuse. Frank, judgment free talks with actionable steps for children about remaining safe from child sexual abuse, is one of the greatest gifts you can give a child. Please let the children in your life know that you are an adult who they can trust and most importantly, will believe them if they share their “secret” with you.

Hopefully, these videos for children will help you begin the conversation on how to prevent and protect themselves from child sexual abuse.

After watching the videos with the child, you can ask:

- What is the difference between a surprise and a secret?
- How do we trust our instincts? What does that feel like?
- Has someone ever asked to you keep a secret that made you feel bad, sad or scared?
- Why do we not keep unsafe secrets?
- Who can you talk to if you want to share something that bothers you?

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### Tom's Secret

This [video](#) was produced by the Israeli Association of Rape Crisis Centers in cooperation with L.Raphael Geneve as part of a global initiative to increase awareness to child sexual abuse, and to instruct parents and children. More info [here](#).

### Tell Someone You Trust

The Council of Europe has created the video "Tell Someone You Trust" to inform 9 to 13 year olds about sexual violence in the circle of trust and how to speak out against it. The video is a part of a series of initiatives that the Council of Europe and its 47 member states as well as international organisations undertook on November 17, 2015. More information [here](#) or download the "[Tell Someone You Trust Leaflet](#)."



### Teach Your Child the Underwear Rule

Teach your child the [Underwear Rule](#) and help protect them from abuse. It's a simple way that parents can help keep children safe from sexual abuse. 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



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Find out more about PANTS from the NSPCC [here](#).

### **Safety at School**

Do you want your children to learn how to protect themselves? Check out these lesson plans!

[Grade 3- 4](#) [Grade 5-6](#)

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