

Helping you protect
your children from
sexual abuse



www.parentsprotect.co.uk

Parents Protect!

Together we can prevent child sexual abuse

Most victims of child sexual abuse don't talk about it and can't ask for help.

So adults have to.

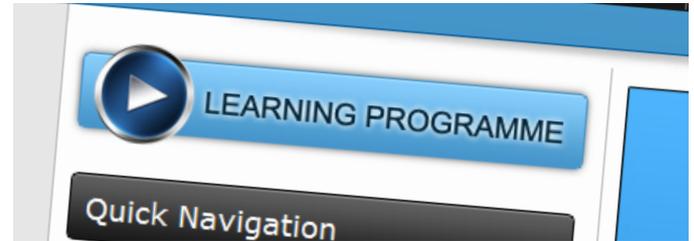
By understanding the risks and putting in place family safety plans – we can prevent abuse from happening in the first place.

Stories in the media coupled with misunderstandings about child sexual abuse often makes us feel that it is inevitable. While the media portray sexual abusers as monsters, strangers who we do not know, the reality is that children are most likely to be abused by people we and they know – family members, friends of the family or people they know in their community.

Youngsters are immediately safer when adults:

- **Understand the potential risks**
- **Recognise signs of possible abuse in children**
- **Are aware of inappropriate behaviour in adults**
- **Know preventative measures to take**
- **Know where to go for help with any concerns**

www.parentsprotect.co.uk helps adults to do this



We need to understand the issues surrounding child sexual abuse before we can begin to protect children.

www.parentsprotect.co.uk

- Hosts a learning programme that explores the key issues
- Shows you how to create a family safety plan with simple steps you can take immediately to create safer environments for children
- Helps you start important conversations with your child and other adults
- Explains dangers posed by the Internet and how to minimise risks to children
- Holds resources such as posters and leaflets so you can help make your community safer
- Gives sources of help and tells you who you can talk to if you are worried

All adults have a role to play – and the more adults who know what can be done to protect children the better.

Some things to think about and do...

Remember, the most effective prevention takes place before there's a child victim to heal or an offender to punish.

1 Know the signs

"Warning sign" is just another way of saying "opportunity to prevent and protect". Acting on the signs can prevent abuse from happening in the first place.

Find out what these signs are at [Parents Protect!](#)

2 Open lines of communication

Starting conversations around sexual behaviour or concerns you have is vital. But it is not a one-time only event – let everyone know it is ok to talk and ask questions.

[Parents Protect!](#) gives you ideas on how to start these conversations

3 Educate everyone in the family

Understanding the issues and passing the information on will help protect children from harm.

[Parents Protect!](#) helps you to do this

4 Set clear family boundaries

For example, if a child doesn't want to hug or kiss someone, then he or she can shake hands instead.

[Parents Protect!](#) helps you consider these boundaries

5 Get safe adults involved

Be sure that no one in your family is isolated and that everyone has someone to talk to.

[Parents Protect!](#) will give you ideas on how to do this

6 Take sensible precautions with who has access to your children

Be aware of who pays attention to your child and don't ignore any unease.

For most people child sexual abuse is difficult to think or talk about. But you are not alone, so seek help and advice. Call our Confidential, Freephone Helpline on **0808 1000 900**

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About us

www.parentsprotect.co.uk was created by the child sexual abuse prevention campaign, Stop it Now! UK and Ireland and the Lucy Faithfull Foundation.

Stop it Now! aims to prevent child sexual abuse by raising awareness and encouraging early intervention to the problem by all adults, including abusers themselves.

Contact us

For confidential advice, information and support, call the Stop it Now! confidential Helpline on **0808 1000 900** or email help@stopitnow.org.uk.

Those without Internet access can request Parents Protect! resources or more information on the Stop it Now! campaign by calling the Central Office on **01527 598184**.

Web: www.stopitnow.org.uk

Email: office@stopitnow.org.uk

The Lucy Faithfull Foundation is a child protection charity. For information about the services available to professionals and members of the public, visit www.lucyfaithfull.org.uk, call **01372 847160** or email wolvercote@lucyfaithfull.org.uk.



working to protect children

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