



Feel safe – Protecting children is everyone's business

Most of us want our children to feel more positive about themselves and to know it is their right to be safe. This Child Protection Week, Family Planning Queensland (FPQ) is helping parents and carers talk with their children about being safe and developing self protection skills.

In the past, few people felt able to talk to children about prevention of childhood sexual abuse. Now, we all recognise that children live in a world where they receive messages daily from television, advertising, computer games and the internet and parents want to reinforce positive messages to combat the negative ones that are encountered.

Parents and carers can reduce the risk of abuse. Learning about self protection includes talking about feelings, bodies and privacy, assertiveness, understanding relationships, identifying the rules about touch and knowing what to do if the rules are broken. FPQ can help parents feel more confident and skilled when talking with their own families about child protection.

Children are never too young to learn about being safe and whom they can talk to if they need help. Children with learning difficulties and disabilities can also learn from an early age.

This Child Protection Week, parents and carers can help their children by making time to talk and time to listen. They can also help by reminding their children that they are always there if needed. Do not worry about giving too much information; children will only take in as much information as they are able to understand. Remember to be brief, positive and factual.

There are lots of services and resources that can help. For resources to help talk with your family, FPQ has the award winning children's book *Everyone's got a bottom* and *Feel Safe* brochure, factsheet and CD Rom. For more information go to www.fpq.com.au and find out more this Child Protection Week.