

# Parent Tip Sheet

## Having conversations with your children about personal safety

It's never too early to start talking to your child about personal safety. Having age appropriate conversations with children as young as two increases their protective factors and can minimise the risk of harm. It is important to ensure that these conversations are on-going and not a one-off event. Allow time for your child to think over what was discussed then come back with questions at a later date if they need to.

Here are some simple steps you can take to create a safe space for your child:



- Establish a rule that no topic is off limits, let them know that they can ask you anything without fear of getting into trouble.
- Speak in a calm, confident manner and use examples and scenarios that are relatable to your child. Keeping conversations age-appropriate will support your child's understanding of the safety concepts you are discussing.
- Let them know that you will always believe them and take seriously what they share with you. This will help your child to feel heard and help ease any fears they may have.
- Use anatomical names for your child's private parts. By using the correct terminology, you will help minimise any stigma or shame that may be associated with these words and assist your child to be clear in their communication about their body.
- Tell your child that you may not know the answers to all of their questions, and if you don't, perhaps you could find out together.
- Take advantage of teachable moments and opportunities throughout the day to talk about personal safety.

**REMEMBER!** Whilst you may feel overwhelmed by the amount of information to teach your child, you don't need to discuss it with them all at once. Talking about personal safety in bite-sized chunks regularly helps to support their learning whilst building your confidence and knowledge at the same time.

For more information and tip sheets, please visit [www.lifeeducationqld.org.au](http://www.lifeeducationqld.org.au)