



## **PARENTAL RESOURCES ON HOW TO TALK TO YOUR CHILDREN ABOUT PREVENTION FROM CHILD SEXUAL ABUSE**

Books recommended to read with children

### **Age Range**

3 to 8 - Everyone's got a bottom

3 to 10 - No the Little seal

3 to 10 – Hey Little Ant - Hannah Hoose about teaching empathy

3 to 11 - Some secrets should never be kept and

**It's OK to say No!** by Robin Lenett and Bob Crane

3 to 7 – The Right Touch

3 to 7 – Excellent books teaching calm breathing techniques so children can control their emotions ,a series of 4 books can be bought on Amazon - LITTLE UNICORN IS ANGRY /SAD/SHY/ SCARED by Aurelie Chien Chow Chine a nursery school relaxation therapist

5 to 10 – I Said NO!

1 to 5 – Some parts are not for sharing

2 to 8 – It's my body

2 to 5 – My Body Belongs to me

4 to 6 – Floss and the Boss by Catherine Lawler & Abigail Stone – helping children understand domestic abuse and coercive control – for teachers as well as parents

6 to 9 – The Invisible String by Patrice Karst - a very simple approach to overcoming the fear of loneliness or separation with an imaginative flair that children can easily identify with and remember. We are not ever alone and reminding children (and adults!) when we are loved beyond anything we can imagine.

6 to 11 – Feeling happy feeling safe

4 to 10 – Tell somebody it happened to me

4 to 11 – Be You by Peter H Reynolds

5 to 10 – Come and tell me - be sensible-and-safe

6 to 10 – Story Kingdom – Paul Pringle – developing your child’s thinking skills and emotional intelligence available on Amazon 5 star ratings £8.99

8 to 12 – A Very Touching Book – for little and big people

12 to 13 – The Moonlight dreamers by Siobham Curham

#### 10 TOP BOOKS ABOUT WORRYING/ANXIETIES

1. **How Big Are Your Worries Little Bear? By Jayneen Sanders**
2. **Hey Warrior! By Karen Young**
3. **The Huge Bag of Worries. By Virginia Ironside**
4. **When My Worries Get too Big. By Kari Dunn Buron**
5. **What to Do When You Worry Too Much. By Dawn Huebne**
6. **It's Okay to Make Mistakes. By Todd Parr**
7. **Wilma Jean the Worry Machine. By Julia Cook**
8. **David and the Worry Beast. By Anne Marie Guanci**
9. **When Worry Takes Hold. By Liz Haske**
10. **100th Day Worries. By Margery Cuyler**
11. **The Body Keeps the Score - By Bessel Van Der Kolk ( how trauma held in the body impacts health )**
12. **Badgers Parting Gifts – By Susan Varley – the story of an elderly badger who dies – lovely story explaining death to children**

#### **Parents FREE guide to internet pornography**

[www.rewardfoundation.org/free-parents-guide-to-internet-pornography](http://www.rewardfoundation.org/free-parents-guide-to-internet-pornography)

This is an informative FREE flyer explaining the impact of internet porn in today’s world and tips to help, how to talk to your children, smartphones with suggested resources, apps to help

#### **Films on YouTube for Guidance**

“**Breck Bednar**” true story on You tube – gaming

“**Kayleigh’s Love story** “– true story about CSE and meeting offline someone met online

“**Cup of Tea** “– about consent

And others listed below

[www.ncjrs.gov](http://www.ncjrs.gov)

[www.nspcc.org.uk](http://www.nspcc.org.uk) – **The underwear rule** and You Tube video - **“I saw your willy”**

[www.aboutourkids.org](http://www.aboutourkids.org)

[www.squidoo.com](http://www.squidoo.com) /how-to-talk-to-children

[www.childhelp.org](http://www.childhelp.org)

[www.child-abuse-effects.com](http://www.child-abuse-effects.com)

[www.babycentre.co.uk](http://www.babycentre.co.uk)

[www.parentsmap.com](http://www.parentsmap.com)

[www.childnet.com](http://www.childnet.com)

[www.parentsprotect.co.uk](http://www.parentsprotect.co.uk)

[www.thinkuknow/parents](http://www.thinkuknow/parents) - CEOP have some excellent films FREE to access

- **New** – Online for 4 to 7-year olds **March 2019** – **JESSIE & FRIENDS**
- Information to support parents and carers to understand and respond to the risks children face as they grow – [www.thinkuknow.co.uk/parents](http://www.thinkuknow.co.uk/parents)
- **CEOP** - new video – **Romeo and Juliet** – free to download helpful to parents [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)
- [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk) – **“the world changes – children don’t”** – talk to your child about sex; relationships and the Internet
- **CEOP UK** – **new sept 2016** **“sexting guidance in schools and colleges – responding to incidents”** produced by the UKCCIS – UK council for Child Internet Safety

[www.bishuk.com](http://www.bishuk.com) – for 14 years of age upwards

[www.undressed.lgfl.net](http://www.undressed.lgfl.net) – for up to 9 yr olds

**You tube** - access **“Social experiment on abduction”** – puppy in the playground and Ice cream van

**You tube** – British police cartoon film about a **“cup of tea”** describing Consent

**You tube** – films to help understand mental health: **“The black dog named depression”** and **“the stand-up kid – time to change”**

**You tube** – CSE – films **“can you see it?”** and **“can you stop it?”** by Met police and Dr Graham Hill expert researcher in CSE. ALSO true story filmed by Leicestershire Police **“Kayleigh’s Love Story”** on you tube

## What, Where and When to say it

Talk about body parts in the correct language not using “**cutey**” words. If you avoid the “**real**” words they will believe it is embarrassing to speak about it.

Explain when you wear a bathing suit it covers up your private parts. If anyone was to touch those parts tell someone. Only “**medical people**” may need to examine you sometimes if you are not well.

Use casual opportunities to approach the subject. Walking the dog, walking to the park, in the car, when they are helping you with tasks around the home.

Keep the conversation a regular event not a one-time only chat.

Talk about appropriate and inappropriate touch. Abuse is not about sex - the birds and the bees! You do not need to scare your child by talking about bad people who will hurt you.

When children have heard enough, they usually walk off and play. Bring the topic up again on another day so you gently drip feed the information to prevent abuse and what to do if it happens.

The more times you casually bring up the subject as being natural, the more likely a child will be to tell you if something goes wrong.

Explain who to tell and what to do if something “**feels not right**”, if you have an uneasy quirky feeling. Explain how a bird reacts to a cat when they feel scared – they move away! Put distance between the target and the suspect and observe - write down what you see – who, what, where, when, how and the date and time. If it is an issue you will see repeated patterns of behaviour to give you the confidence to report what you have written.

## Internet Safety

Have the conversation where **YOU** ask your child to explain **WHY** they think you are anxious and **HOW** can they convince you they know the rules for safety

### FROM EUROPOL June 2020– ISSUES DURING COVID LOCK DOWN

Many child sex abusers have gradually moved from the surface web to the dark web . Here they create numerous forums and websites by anonymous individuals dedicated to the production and exchange of CSAM ( child sexual abuse material ), including tips and advice about online grooming and how to safely travel to abuse children.

Dedicated bulletin boards on the dark web are popular for those with niche interests with CSAM, infants, and non-verbal children and demeaning material depicting torture, and

severe cruelty against children. Using encryption and software to cover their IP addresses and the use of virtual private networks.

Self-generated images by young people, being shared with peers is further distributed via social media and eventually ends up on CSAM platforms

The use of live-streaming is increasingly popular as offenders cannot be traced, also known as “live distant child abuse “ is frequently paid for by offenders impacted by travel restrictions . Offenders will also arrange offending by proxy in order to watch other offenders live stream abuse.

**IMPORTANT** : **Online child sexual abuse ( CSA) will remain a significant threat as long as children spend large amounts of time online unsupervised in their spare time**

### **SAFE REPORTING**

If you suspect a crime of grooming and abuse online call CEOP, OR ANY crimes including any forms of abuse call Crime stoppers – 0800 555 111 and Freedom from Abuse are affiliated to them across the UK

- Crimestoppers – 0800 555 111
- Crimestoppers are NOT the police
- You do not have to make a statement
- Anonymity is guaranteed
- All systems are designed so you cannot be traced
- No one will ever know you have phoned
- No report contains information which could identify you

Contact - Marilyn Hawes e-mail – [marilyn.hawes@freedom-abuse.org](mailto:marilyn.hawes@freedom-abuse.org)

web [www.freedom-abuse.org](http://www.freedom-abuse.org)