

FAQs

What if my child tells me they've been harmed?

Believe them, stay calm, listen without judgment, reassure they did the right thing by telling. Seek professional help immediately: Tautoko Mai, Oranga Tamariki or Police.

What is age-appropriate sexualised behaviour by children or when do I worry?

This tool indicates whether behaviour of a sexual nature is concerning or not at different ages www.safenet.co.nz/

How to keep children safe at playdates and sleepovers?

- Ensure children can wash and toilet themselves.
- Meet with caregivers, ask what adults/teens/children will be around, check sleeping arrangements, screen-use rules + supervision and how your child will contact you if they want to.
- After playdates & sleepovers, chat with your child about new games they played and how they felt. Explore new people met and how they got on with them.

How do I reinforce these safety messages?

Everyday moments like bath time or dressing to name body parts and talk about touching rules. Reinforce with books and stories.

Resources

www.netsafe.org.nz

www.safesurfer.org.nz

www.safeguardingchildren.org.nz

www.bravehearts.org.au

www.childmatters.org.nz

Childrens Books

'My Body, My Taonga'
by Rosaline Harrison

'My Underpants Rule'
by Kate and Rod Power

'The Colour Monster'
by Anna Llenas



tautokomai

Keeping Children Safe

Simple ways to prevent sexual harm

“I am the boss of my body”

- Reinforce 'Your body belongs to you. No one else has the right to touch your body without your permission'.
- Demonstrate consent with, and around your children.
- Ask for hugs, stop tickling when they say stop, offer a hi-five when they say no.
- Encourage your children to confidently and respectfully say 'No' and 'Stop, I don't like it'.

Three private-part touching rules

1. It is okay to touch your own
2. It is not okay to touch someone else's
3. It is not okay for someone else to touch yours

- Reinforce 'You are the boss of your body'.
- Explain help with toileting and cleaning is ok while they are learning + safe people to do this.

Practice 'what if...' situations

- What if another child asks you to do something you don't want to?
- What if you see something online that worries you?
- What if you feel unsafe at a friend's house?

Use correct body part names

- Children who use correct names for private parts are less likely to be targeted for harmful touch.
- Use the words: penis, testicles, vagina, vulva, anus.
- If harmed, children need correct language to tell what happened clearly and early.

Talk about emotions + feelings

- Be a safe person for your child to talk to.
- Help to name and understand their feelings and talk with you about these.
- Let your child know they can always talk to you if something feels uncomfortable.

No-secrets rule

- Secrets are a tool used by abusers to silence children.
- Surprises (like birthday gifts) are safe and fun because everybody finds out.
- Make it a rule your children are always to tell you if asked to keep a secret.

If you are worried about your child or have experienced any form of recent or historical harm, we can help

Believe your child

- When children disclose harm, they often tell many times before heard and believed.
- Encourage 'Telling helps keep you safe, keep telling until someone listens'.
- Your initial response matters, respond calmly with support if your child shares something.

Supervise all screen use

- The most likely way for children to be abused is online.
- No screens in bedrooms, keep screens in public areas of your home to observe + hear all content.
- Parental controls are essential
 - 'kid' profiles only
 - disable all chat functions
 - disable download functions
- Be curious + chat about what they are watching and playing online.
- Ensure you are informed and comfortable with all content.

If you are concerned about the safety of a child contact
Oranga Tamariki 0508 326 459
or Police 111

0800 227 233
FREE CONFIDENTIAL 24/7

