SMART Rules for Adults to Share with Children

Helping you protect your children from sexual abuse

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Parents Protect!

When you are dealing with children there are no hard and fast rules. A child’s ability to understand safety rules and to put them into practice depends on a number of things including how old the child is, how the child has been educated or even how confident the child is. To help a child learn any set of rules it is important to go through them and explain why you want the child to remember them. There is no ‘one-size-fits’ all but here are a few suggestions.

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**Secrets** These can be good fun, but if they make us sad or confused it’s best to check them out with Mum or Dad or someone else you trust.

**Mates** Take someone with you when you are going somewhere and stay together.

**Always** tell your parents, carer or someone else you trust where you are going, who you are with and when you will be back.

**Respect** your body and remember it is private. No one has the right to touch you on your private areas (those covered by your swim suit).

**Tell** your parents, carer or someone else you trust if someone or something makes you feel uncomfortable or frightened.

Concerned about a child or the behaviour of another adult?
Call 0808 1000 900 for confidential information, advice and support