



Objectives:

The objectives of this session are to enhance parents and carers understanding of Body Safety & Consent Education and emphasise its importance across different life stages. Participants will gain a deeper understanding of child sexual abuse, learning to differentiate between age-appropriate sexual behaviours and harmful ones. The session will focus on empowering children and young people, while equipping parents and carers with the knowledge and tools to effectively continue conversations at home about body safety, personal boundaries, consent, respectful relationships and online safety. Additionally, participants will receive information about available resources for seeking support in sensitive situations including responding to disclosures of sexual assault.

Tips for Parents:

- Conversation about staying safe should be ongoing.
- It's much better to have little conversations more often, than one big talk.
- This will help you to reinforce key points and to adapt the message as your child gets older.
- Once you're ready to talk, you might find your child isn't. That's OK. The most important thing is to not force the issue, but ensure your child know they can talk to you.
- Weaving simple conversations about staying safe into daily routines is a great way to stop it sounding like a lecture, making it feel easier for you too.

Key Topics:

- Prevalence of sexual abuse and family violence.
- Identifying indicators of Harmful Sexual Behaviours.
- Education on Protective Behaviours and Cyber Safety.
- Understanding disclosures and appropriate responses.
- Guidelines for recording disclosed information.
- Exploring reasons why people may not disclose.
- Accessing support and assistance.
- Practicing self-care strategies.

Resources:

- Kids Helpline - [here](#)
1800 55 1800
- eSafety Commissioner - [here](#)
- SECASA - [here](#)
03 9928 8741 - Business hours
1800 806 292 - After hours