

Parents Protect!

Together we can prevent child sexual abuse

SMART Rules for Adults to Share with Children

Helping you protect your
children from sexual abuse

www.parentsprotect.co.uk

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SMART Rules

for adults to share with children

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.

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.