7 KEY BODY SAFETY MESSAGES

1. **TALK** openly with your child – ensure they know they can talk to you about anything!

2. **TELL** your child never to keep secrets that make them feel bad and uncomfortable, even if threatened.

3. **BE WARY** of people who are always ‘there’ to help out and who take a special interest in your child.

4. **WATCH** for out-of-character behavioural changes in your child and investigate.

5. **LISTEN** to your child, even when you are busy and everything else seems more important – abused children often drop hints in conversation to gauge your reaction.

6. **ALWAYS** believe your child when they tell you about any forms of abuse; reassure them of your love and that they were never to blame – your initial reaction to a disclosure is very important.

7. **EDUCATE** your child in body safety before they are in the abuser’s web, and their lives are changed forever.

For books and resources to empower children go to www.e2epublishing.info