

TALKING TO CHILDREN ABOUT ABUSE

For abuse to take place it needs:

Abuser + victim + environment/opportunity = abuse

Which part of this are we able to influence?

AGE	CONTENT	RESOURCES
Baby-4	<ol style="list-style-type: none"> 1) Body parts 2) Pants rule (penis, vagina, anus); 3) Who are your friends? We welcome your friends home / here 4) E-safety: Supervised access only with phones. Don't allow them to look at any persons phone. Have a password on your phone. 	
5-8	<ol style="list-style-type: none"> 1. No, run, tell; (make a noise with mouth/kick or bang something or pre agreed signal blinking/nose) 2. Talk with child about who their (Mum&child) safe people are to go to if in trouble (agree who is your safe person at home/acts of life/other environment) 3. good friends / bad friends (a good friend helps you feel good and be good, a bad friend makes you feel bad and tries to make you do wrong things), 4. If someone you don't know starts talking to you or your sibling and you don't like it (make your noise or signal), come to me or go to someone you trust or shop (if enroute). 5. Don't leave or go somewhere with someone you don't know, if someone tries to give you or your sibling a sweet or money come to me. Everyone looks everyone. <p>Depending on the age and understanding of the child:</p> <ol style="list-style-type: none"> 6) E-safety- There are good things about being online but there are some things which are not good and not real/true. If you see something you don't like or don't understand you can tell me (and I won't be cross). Porn "There are pictures on internet / TV that show naked people, don't look at them and come and tell me. Just as yourbody is yours, its important to respect other people and their bodies" 7) Sex – use pregnancy to be honest about where children come from OR ask what they know about where babies come from, ask if they have ever wondered how they were born, (egg from woman and sperm from man in uterus (penis, vagina: Take initiative) 8) Don't ask or receive lift from stranger 	
9-11	<ol style="list-style-type: none"> 1) Puberty- between ages of 10 and 18 you will start changing in your body and you'll look more like a man or woman. What differences do you see between your body and of an 18 yr old body? There are hormone changes that cause physical, emotional and mental changes in you (eg. periods, wet dreams, growing hair in private parts, voice to change, attraction for opposite sex and wanting to do things your way). 2) E-safety: There are good things online. There are lots of things that are not good or true. eg. porn. Once something (information, a photo – anything) is online it stays online always (even if you delete it, it can still be online). If you see something online you don't like tell a trusted adult. 3) Guidelines: agree what your family rules about going out, who do you ask/tell and what time do you have to be back. 	
16+	<ol style="list-style-type: none"> 1) Questions to open up conversations: 	

	<p>How are things at school? Who are your close friends? What do you like about them? What can help you achieve your goals/dreams in life?</p> <p>2) Romantic relationships- is there a girl or boy you like spending more time with? It is normal to experience attraction. But it does not mean you it is the right time to start a romantic relationship.</p> <p>There are some young people who start romantic/sexual relationships early, the consequences of this are:</p> <ul style="list-style-type: none"> • Disease- AIDS/HIV and Sexually transmitted diseases • Child pregnancy- fistula/death • Abortion- which can also cause death of the mother, or damage to her womb • failing to carry on with education • failing to achieve your dreams/goals • having a sexual relationship at a young age with different partners causes challenges when you are ready to marry- lack of trust and ability to emotionally and mentally bond with your partners • when a person has many sexual partners it makes it difficult to be faithful to one person in marriage. <p>There are some boys and girls who rape/sexually abuse their fellows have you heard about this? Anal sex and homosexuality in accordance with the word of God and the culture of Tanzania is illegal.</p> <p>3) E-safety: Never share any personal information online (unless you know the person and there is a secure icon) Always choose a secure password and don't share with others. Respect others in the online world just as you would if you were face to face. Take caution if you chat with people you don't know online.</p>	
18+	<p>what is important for you in romantic relationships? What characteristics do you think you need to have? What characteristics in your other half do you want?</p>	

TIPS cheerful, friendly ,fun, happy family time; clear boundaries; listen to your child (If child asks questions don't punish them; ask questions; be calm, have them in a natural normal environment e.g. when walking or doing chores)

Mums safe people- you need to instruct them your rules/signals eg child not to be left alone, nose/eye signal