

PROTECTIVE BEHAVIOURS EDUCATION

Parent Information Session



OBJECTIVES

The objectives of this session is to enhance parents and carers understanding of Protective Behaviours 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.

KEY TOPICS

- Prevalence of sexual abuse and family violence
- Identifying indicators of Harmful Sexual Behaviours
- Education on Protective Behaviours
- Understanding disclosures and appropriate responses
- Information to record
- Exploring reasons why people may not disclose
- Accessing support and assistance
- Practicing self-care strategies

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.

RESOURCES

Kids Helpline 1800 551 880

Kids Helpline is Australia's only free (even from a mobile), confidential 24/7 online and phone counselling service for your people aged 5 to 25.

Parentline Victoria 13 22 89

Parentline is a telephone counselling and support service for all Victorian parents and carers of children from 0-18 years.

SECASA

If you would like to make a referral for counselling at SECASA please contact us on: 9928 8741.

eSafety Commissioner

<https://www.esafety.gov.au/key-issues/esafety-guide>

The Carly Ryan Foundation

<https://www.carlyryanfoundation.com/resources/fact-sheets>

APP Fact Sheets advising on how they work, age ratings and challenges (eg Snapchat, Tik Tok, Roblox, Fortnite).

Child Safety

<https://www.childsafety.gov.au/about-child-sexual-abuse/having-conversations>