BRAVEHEARTS

INFORMATION AND RESOURCES

As parents and carers of children there a number of key steps we can take to build resilience and protect our kids from sexual harm. With approximately 1 in 5 children experiencing child sexual assault or exploitation, the good news is that for the most part, this crime is preventable.

By educating and empowering yourself, your children and their carers, we can minimise the risk of harm and make Australia the safest place in the world to raise a child.

Please see the link below for information about:

\*Teaching your child about personal safety

\*Keeping your child safe online

\*Facts about child sexual assault and exploitation

\*Resources for parents

\*Ditto’s Keep Safe Adventure show

\*The Parent Podcast

<https://bravehearts.org.au/what-we-do/education-and-training/for-parents/>