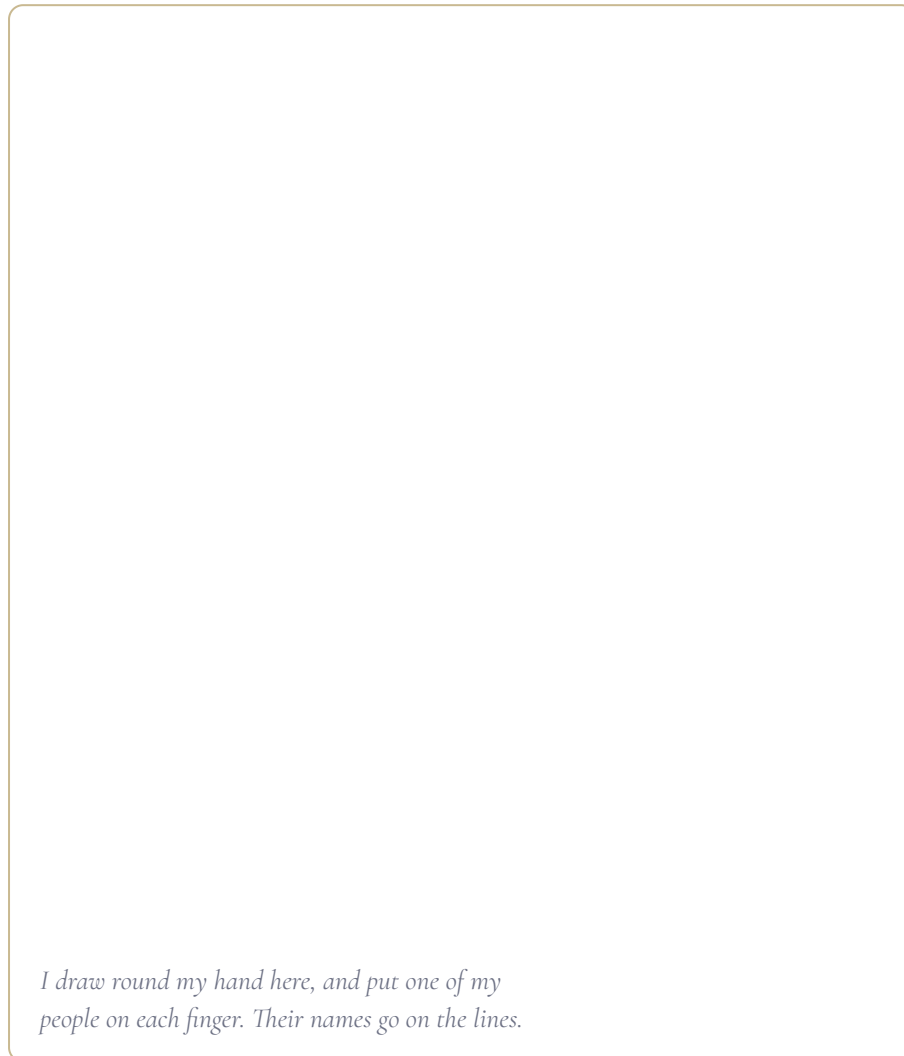


The people I can tell

My body belongs to me. If something makes me feel sad, worried or frightened, I can tell one of my people. I won't be in trouble for telling, even if someone says I will.



I draw round my hand here, and put one of my people on each finger. Their names go on the lines.

1 _____
A grown-up at home

2 _____
A grown-up at school or nursery

3 _____
A grown-up in my family who doesn't live with me

4 _____
A friend's mum or dad, or another grown-up I trust

5 _____
Another grown-up who listens to me

These are only ideas. I choose my own people, and I can change them.

- 👤 Good secrets are surprises, like a present. They get told in the end.
- 👤 A secret that makes me feel sad, worried or frightened is one I can always tell. So is a secret about my body, even if it doesn't feel bad.
- 👤 No grown-up should ask me to keep a secret from my people, unless it's a surprise that gets told in the end. If one does, I tell.
- 👤 If one of my people makes me feel sad, worried or frightened, I tell a different one.
- 👤 If the first person doesn't listen, I tell the next one, until someone does.
- 👤 I can talk to Childline too, at [childline.org.uk](https://www.childline.org.uk).

Choosing her people

The hand is hers: she chooses who goes on it.

- 1 Do it on a calm day, in the same matter-of-fact way you teach her about roads. Let her draw round her own hand.
- 2 Let her choose. Help her think of people in different places: at home, at school, in the wider family and beyond it. At least one should be someone outside the family, such as a teacher or a friend's mum or dad. Don't fill in names for her, and don't ask her to explain why someone isn't there. If a name is new to you, such as someone she knows only online, or a grown-up you haven't met, ask about them another day, calmly and with interest.
- 3 Talk about the box on her page. Tell her that no grown-up should ever ask her to keep a secret from you, or from any of her people, unless it's a surprise that gets told in the end, and that she will never be in trouble for telling.
- 4 If you are comfortable doing so, use the correct names for her body, including her genitals, alongside any family words, as you would for her elbow or her knee. It gives her the words to tell someone clearly if she ever needs to.
- 5 Let her choose where to keep it: somewhere that is hers, such as her room, not the fridge or anywhere visitors can read it. Look at it together again each term, or when something changes, such as a new school or a new club.
- 6 If she can't think of anyone, help her with ideas, and if she seems upset, stop and come back to it another day. If she can't name any grown-up she feels safe with, or names someone who frightens her, listen to what she says in her own words, and don't press her with questions. If something she says worries you, read the box below.

IF SHE TELLS YOU SOMETHING

If she tells you that someone has touched her, hurt her or asked her to keep a secret about her body, stay calm, thank her for telling you, tell her she has done the right thing and that it is not her fault, and don't promise to keep it secret: tell her you will need to tell someone whose job is to keep children safe.

Listen, and don't question her further or confront the person. Don't ask her to show you where she was touched, or to repeat it to others; write down what she said, in her words.

Act that day: contact children's social care or the police, or get advice from the NSPCC, using the routes at theparentbook.com/urgent-help. If the person lives in your home or her other home, go straight to children's social care or the police, and if she is in immediate danger, use those routes at once. Act that day too if you are worried for any other reason that someone is harming her. If what she tells you is about the adults at home, for example that someone is hurting you, the routes at theparentbook.com/urgent-help include help for that too.

If you or your child is in immediate danger: Call 999, or go to your nearest A&E. 24/7.