



**CAN PARENTS PROTECT THEIR CHILDREN FROM ABUSE?  
OVER 90% OF ABUSE IS PREVENTABLE BY  
LEARNING ABUSE SIGNS & CREATING  
A FAMILY SAFETY PLAN**

Children don't talk about sexual abuse, so we have to. Over 90% of abuse is carried out by someone you know or known to the family. If you're worried about someone's behaviour with a child, or secretive use of chat rooms, social media platforms or illegal websites, the sooner you act the sooner you can prevent abuse from happening. If you suspect that someone you know may be sexually abusing a child, you must contact the police or speak confidentially to someone on the NSPCC Helpline. To learn more about child sexual abuse, and prevention education visit our NNECA website.

**#CHILDABUSEHELP**  
CHILD ABUSE RESOURCES  
[WWW.CHILDABUSEHELP.ORG.UK](http://WWW.CHILDABUSEHELP.ORG.UK)

NSPCC HELPLINE  
**0800 800 5000**

 **NNECA**  
NATIONAL NETWORK TO END CHILD ABUSE  
[WWW.NNECA.ORG.UK](http://WWW.NNECA.ORG.UK)

