



## Talking With Your Child About Worries

**Supportive conversations that help keep children safe**

### **Why conversations matter**

Children are more likely to share concerns when adults listen calmly and without judgement. Conversations do not need to be perfect – they need to feel safe.

### **What helps**

Helpful approaches include:

- choosing a calm moment
- asking open questions
- listening more than talking
- reassuring without minimising

Things to avoid:

- reacting with anger or panic
- promising confidentiality
- pushing for details

### **When to seek support**

If worries continue:

- contact the school safeguarding team
- share what you have noticed
- continue to support your child at home
- Safeguarding works best when adults work together.



**Prevention and protection begin with adult awareness**

**Free resources support awareness. Training supports understanding and confidence.**