



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.