



Melinda Tankard Reist's guide to protecting your children



Act personally and politically.



Do not tolerate negative comments about sisters or women in general from sons. Fathers have a significant role to play in modelling healthy masculinity in the home.



Aim to commend daughters for attributes other than physical appearance/beauty.



Mothers, avoid comments critical of your own bodies. Research shows daughters take their cues from their mums. If mum doesn't like herself, it is likely her daughter won't either. Throw away the scales. These are a poor indicator of health. Enjoy food. Have healthy attitudes to food and eating as a family.



Get your daughters engaged in activities that make them feel good about themselves, e.g. child sponsorship with Compassion or World Vision, local volunteer work. If you can, enable them to spend time in a developing country. This helps them develop a global view and recognise that there is a world beyond them. Do all you can to build resilience and strength in your child. Establish a network of like-minded friends who will affirm your goals as a parent.





Have every possible filtering device on home computers. Have the computer in a public space in the home. Be at least as equally savvy with social media as your children are. Make sure children only have real friends on Facebook and privacy settings set to the maximum level.



Don't buy into the culture: don't support stores that sell sexualised clothing or petrol stations where the porn magazines are beside the counter next to the lollies, for example. Make a complaint directly to the store.



Ask your local MP/candidate what they are going to do to address the sexualisation of children.



Join Collective Shout. This grassroots movement makes it easy for you to understand the issues and make a complaint ("the standard you walk past is the standard you set").



collectiveshout.org

