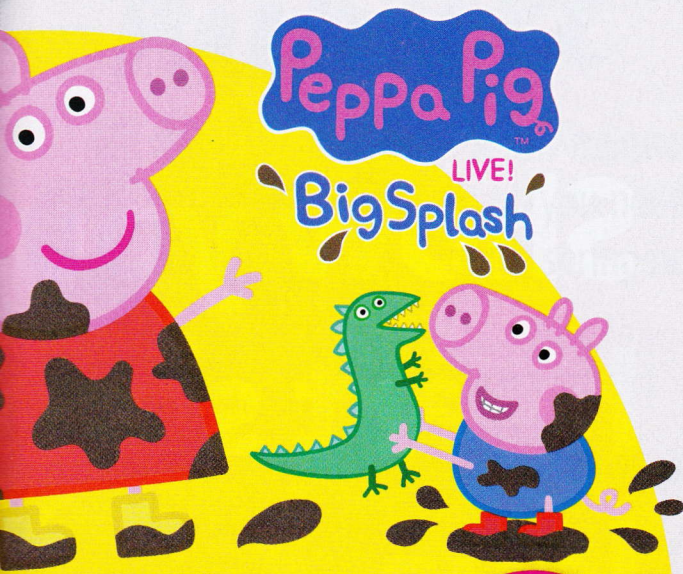


Mum-of-two and social commentator Angela Mollard guides you through the thrills and spills of parenthood



Peppa Pig  
LIVE!  
Big Splash

PLUS,  
MEET PEPPA  
AFTER THE  
SHOW!

WIN!

TICKETS TO SEE  
PEPPA PIG LIVE!

...s to Life Like Touring, you and your family could  
...kets to Peppa Pig Live! Big Splash.

...are 14 family passes up for grabs, two each in Sydney,  
...rne, Newcastle, Brisbane, Gold Coast, Adelaide and  
...Plus, each family will get to meet Peppa and her  
...s after the show.

...from London's West End, Peppa Pig returns live  
...ge with bigger puppets and brilliant singalongs  
...one will enjoy.

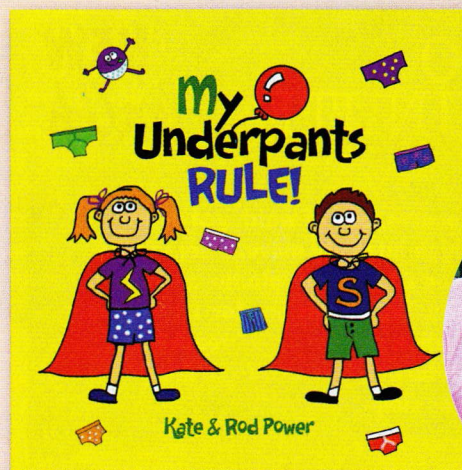
...v to enter

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## WHY WE NEED TO TALK ABOUT underpants

It's a subject none of us like talking about, but it's also arguably the most important conversation we can have with our kids: how they can stay safe from sexual abuse.

For generations it's been swept under the carpet, but as the Royal Commission hears heartbreaking stories of lives ruined due to insidious wrongs, we're seeing a new openness.

Coinciding with National Child Protection Week, former policewoman and mother-of-three Kate Power, together with her husband Rod (above, inset), are launching their book aimed at empowering kids to protect themselves against sexual abuse.

*My Underpants Rule!* takes a tricky topic and demystifies it. With engaging illustrations and a catchy rhyme, it teaches children that their bodies are their own and not for viewing or touching by others.

'What's under my pants belongs only to me,' the book says repeatedly, 'And others can't touch there or ask me to see.'

'We wanted to build trust and communication between kids and their parents and carers, and decrease the secrets around this topic,' explains Kate, who was disturbed by the abuse she witnessed as part of her job.

Using her experience and Rod's background

as a corporate educator, the couple guide children through possible scenarios and what they can do if they feel uncomfortable.

Kate says: 'We're trying to teach kids it's OK if you feel that something is wrong, but it's important to tell someone you trust. Kids know what's right or wrong at an intrinsic level.'

The book has already been endorsed by the National Society for the Prevention of Cruelty to Children (NSPCC), the UK's top child-protection agency. But with statistics in Australia showing that one in five children will fall victim to sexual abuse before they turn 18, they hope to turn the tide here.

'Our aim is to have at least a million children empowered by *My Underpants Rule!*,' Rod says. 'Less, and we're not going to have the effect we need.'

With history and statistics showing so many perpetrators have a close relationship with the abused child, it's imperative we show our kids the why, what and how of abuse. Victims of abuse often become abusers themselves so it's vital we stop the cycle.

Visit [myunderpantsrule.com](http://myunderpantsrule.com) to buy the book (\$15.99 paperback, \$19.99 hardback).

Children's charity Barnardos Australia will receive 10 per cent of proceeds from each sale.

