

Information For Parents - Jeremy Indika's visit



About Jeremy Indika

I am a speaker, educator and the founder of Something to Say.

As a former McLaren design engineer who left my career in 2018 to dedicate my life to helping prevent the harm, abuse and exploitation of children that happens in person and when they're on devices.

Drawing on lived experience and a decade of focused work in this area, I work with children, teenagers, teachers and parents across schools in the UK.

The aim of my visit

My sessions are fun, engaging, interactive and memorable.

They're centred around how keeping a secret can become heavier over time.

How speaking to a trusted adult can make you feel nervous or worried at first, but once it's done, there are feelings of bravery and strength on the other side and trusted adults are there to help and support.

We know that children are reluctant to come forward and speak to us if something is going on with them, whether that's in person or when they're on their devices.

These sessions are designed to change that.

A little on my story

When I was eight years old, I was being sexually abused by a 35-year-old man who was a friend of my father's. I did not tell anyone until I was 27 years old.

To be clear, I will not be sharing this in any detail with your children.

Instead, I will explain that I am someone for whom the body safety rules were broken and that I did not know how to speak about it at the time.

Together, we will explore what I could have done differently and how trusted adults could have helped me, which brings to life the education children have already had in schools by hearing from someone who has lived it.

If you would like to see the session in full, I have recently recorded one at a primary school I visited. It's available to watch, or listen using the links below.

To watch: <https://youtu.be/pjEMiE72210>

To listen:

<https://shows.acast.com/the-something-to-say-podcast/people-think-10-year-olds-are-too-young-for-this-conversatio>

Working together with parents

This work is most effective when we approach it together.

When your child returns home, be curious. Ask questions about the session and explore what they learned together.

This is a valuable opportunity for connection and to reinforce that you are there to support them if there is anything they're worried about.

More information

If you would like more information about my work, you can visit my website www.jeremyindika.com

Thank you for being part of this important work.

Together we can help ensure the safety of your children.

Jeremy Indika