



Olivia McNamara, Jonah Richardson, Beau Power, Bella McNamara and Elisha McNarmara check out My Underpants Rule at Newport. Picture: Jonathan Ng

News

# Children's book points out sexual abuse danger in lighter manner

MARIE HOGG, The Daily Telegraph

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IT'S a horrifying statistic — today, one in five Australian children are victims of sexual abuse.

But a new children's picture book is empowering young kids to fight back in the face of danger.

My Underpants RULE! is the brainchild of Sydney couple Kate and Rod Power and has been met with critical acclaim.

“When I had my three kids I thought I knew enough to be able to protect them, but a few

things happened in my very own community that made me realise my kids were vulnerable,” Mrs Power said.

The ex-police officer had seen her fair share of the seedy side of life and realised more proactive tools were needed to arm parents against sexual predators.

“It’s a tricky topic as a parent to teach kids about, because it’s personally confronting,” she said.

“How do you do it in a positive and non-threatening way?”



📷 Rod and Kate Power, authors of the book *My Underpants Rule*, face their youngest critics. Picture: Jonathan Ng

In the book kids are taught to protect their private parts using the power of rhyme and illustration.

“Kids really pick up on the rhyme so quickly and this helps them to recognise when they are in real trouble.

“When their underpants rule is broke, it triggers an action response so they can run, kick or scream and get themselves out of danger,” Mrs Power said.

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“Most of them laugh and giggle and it becomes one of their favourite books.”

Child sexual abuse is a major issue in Australia, with one in three girls and one in seven boys falling victim before they turn 18.

My Underpants RULE! is available at [myunderpantsrule.com](http://myunderpantsrule.com) for kids aged three to eight.