

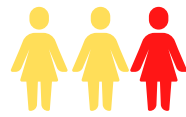


HOW CAN I KEEP MY CHILD SAFE FROM SEXUAL ABUSE?

Brought to you by Rescue One More,

>> KNOW THE FACTS:

- More than 1 in 3 girls experience sexual violence



- 1 in 6 boys experiences sexual violence



>> TALK TO YOUR CHILD



>> Start the conversation at a young age, or now. Be sure to discuss the matter in a warm, open, and supportive manner.

>> **Discuss Boundaries.** Teach your child their body is their own. Teach your child the correct names for body parts.



>> It's okay to say "No" to an adult. Give your child permission to say NO. If someone makes them feel uncomfortable, tell them to find a safe place and then tell a trusted adult immediately.

>> **Never keep secrets.** Explain that an adult should never ask a child to keep a secret and if someone does, to tell you right away.



>> REDUCE THE RISKS

>> **80% of sexual abuse occurs during 1-on-1 situations.** Protect your child by making sure multiple adults are always present.



>> **Be alert! More than 90% of children sexually abused are victims of someone the family KNOWS and TRUSTS.**

Abusers can be at schools, churches, youth-serving organizations, and sadly, sometimes even families.

>> KNOW THE SIGNS

Trust your instincts!
Signs of abuse may include:

- Unexplained injuries
- Changes in behavior
- Returning to thumb-sucking or bed-wetting
- Fear of certain places or people
- Risk-taking behaviors



- Changes in eating
- Changes in sleeping
- Changes in school performance & attendance
- Lack of personal care or hygiene
- Inappropriate sexual behaviors

>> WHAT TO DO

Report it immediately by calling 116 or taking your child to the police. Don't wait!