

Explaining Sexual Abuse to Kids



Parents or Caregivers

This pamphlet includes important information about sexual abuse for all children and explains what to do if they are ever approached or abused.

You may be uncomfortable with the wording, however, for children to know

about sexual abuse they need to know exactly what it involves.

Children need to know they are not in trouble or bad if abuse happens but they must tell you as soon as possible. Most commonly, sexual abuse occurs with a relative; someone who lives in the household, or someone the child knows. The average age a child is sexually abused is six years old.

Children should know that abusers can be anyone, a step parent, sibling, grandparent, babysitter, mom's boyfriend, babysitter, coach, minister, a doctor or a parent. And that it's seldom a stranger. It is usually someone they know and trust. No matter who it is, children need to know to tell you or a trusted adult immediately and that you will believe them and stop the sexual abuse.

Children should be taught about sexual abuse at a young age. They should be told about privacy and taught the proper names of their private parts; (penis, vagina, breast, and buttock.)

Remind them their private parts are where they go pee and poop. Children need to know private parts are to remain clothed and private and no one else should see or touch their private parts

except a doctor or an adult when they need help in that area.

Children need to know there are adults and even other children who may want to see or touch private parts, or say they want to play games that involve their private parts. If that happens they should say no in a loud voice and go tell you immediately.

They also need to know if this does happen, they aren't in trouble or any less loveable but they should tell you as soon as possible.

There are many reason why children won't tell. Children often feel shame and will keep sexual abuse a secret. They may love the abuser and don't want to get them in trouble. They may have been threatened not to tell, told it was their little secret or will hurt their pet or a loved one if they tell.

Children need to know they are wonderful and loveable and sexual abuse does not make them any less special.

If your child has been sexually abused, remind them how loved they are often, and seek out a counselor to reinforce their specialness and innocence.

Occasionally, bring up the sexual abuse to give them opportunities to talk about any fears or questions they may have.

The average age a child is abused is six years old. The more we talk about sexual abuse the safer our children will be.

Sexual abuse happens frequently to kids of all ages and nationalities. It's a serious trauma that can cause significantly self-worth and relational issues as well as learning difficulties. That's why it's important for kids to know about sexual abuse and what to do if it happens to them.

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Talking about sexual abuse should include the following information:

Sexual abuse is when an adult or another kid wants to see, touch or penetrate your private areas.

Your private parts are where you go pee and poop and include your vagina, breast, buttocks, and penis.

Some people may want you to touch their private parts or put your mouth on their private parts. They may also show you videos or pictures of people without clothes on.

This is all called sexual abuse and it's wrong and against the law to do these things to children.

If sexual abuse has happened in the past or is happening now tell a trusted adult now.

Tell until you are believed and the sexual abuse stops.

Tell if this is happening to a friend.

Tell even if you were threatened or told not to tell, or, feel ashamed.

Sexual abuse is not your fault. You did not cause it, nor is it a secret to keep.

Be brave and tell so it will stop.

No one needs to see or touch your private parts except you unless you are hurt or need help in that area. Then it is appropriate for a caregiver or doctor to see your private parts.

If sexual abuse happens, it is not your fault and you are not bad or in

trouble. You are just as special as always but you must tell an adult.

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It's the adult's responsibility to tell children about all possible dangers including sexual abuse and to do all they can to protect them.

Kids have rights and deserve to know about sexual abuse and should be believed and protected.

Provided by
Healing Private Wounds

A non-profit organization protecting children from sexual abuse and helping victims heal since 2006

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