

The local partner for
Prevent Child Abuse Kentucky,
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1-800-CHILDREN
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Confidential helpline of support, encouragement,
information and local referrals for parents and caregivers.
Available 24 hours a day, 7 days a week.



Prevent Child Abuse
Kentucky

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CBCAP Funds Contract #PON2 736 1000001568

Preventing Child Sexual Abuse



 PREVENT CHILD ABUSE
KENTUCKY



Sexual abuse is any type of contact with a child for sexual gratification or pleasure.

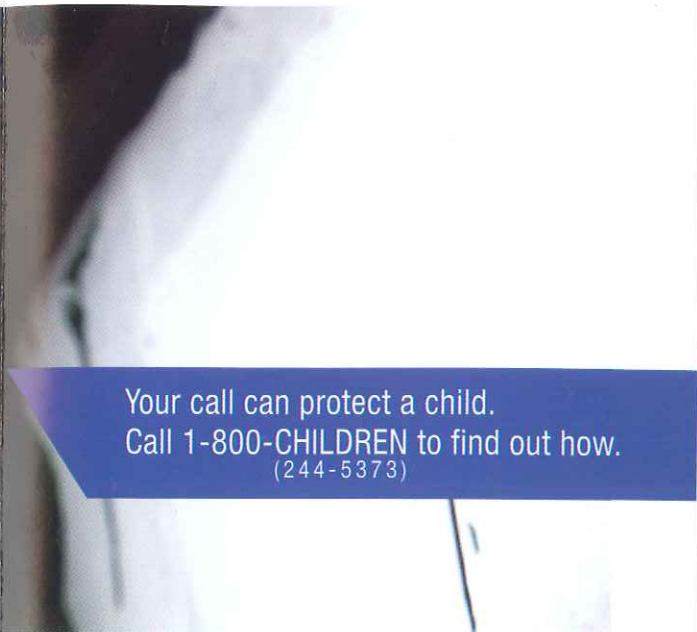
THE RESPONSIBILITY IS FROM CHILDREN.

race, profession, economic status. Generally what we think "or "perverted." one else. involves power s may be in the ecial privileges en), or threats. or female. r siblings, cousins, rents. They may s or volunteers en, such as teachers, group leaders.

Sexual abuse may include many behaviors such as showing a child pornographic pictures, or touching a child's or one's own private parts, or having sex with a child. Sometimes the abuse may begin by doing things that may seem harmless like tickling or game playing.

The contact may slowly become more serious and obvious. This process is called "grooming." Grooming is a process used by abusers to fool a child and help keep the abuse a secret.

Victims of abuse can be any age. They can be babies, toddlers, school-aged or teenaged. The abuser can be a parent, older sibling, teacher, daycare worker, coach or other family member. In most cases, the abuser is known and trusted by the child and their family. This trust makes it easier for the abuser to persuade and control the child.



Your call can protect a child.
Call 1-800-CHILDREN to find out how.
(244-5373)

- Abusers may use the internet as a tool to look for children or find out information about children.
- Abusers tell children lies to cause fear so they will not tell anyone about the abuse. Such lies may include:
“All families do this.”
“I’ll hurt your mom or dad if you tell.”
“If you tell anyone, the police will take you somewhere else to live.”

Sadly, sexual abuse is not rare. One in four girls and one in six boys will encounter sexual abuse during their childhood. Help Prevent Child Abuse Kentucky prevent the abuse and neglect of Kentucky’s children. Call 1-800-CHILDREN or visit www.pcaky.org for more information about preventing child sexual abuse.

REPORT THE ABUSE!

The law requires that you make a report if you believe abuse has occurred, even if you don’t have proof or are not sure.

Call the Abuse Hotline at 1-877-KY-SAFE1 (1-877-597-2331), your local Department for Community Based Services, or your local police department.



Keep your child safe

- Take time every day to listen to and observe your children.
- Give children affection, attention and love.
- Encourage your child to talk about all kinds of things. Be sure to listen to what they say. Make talking about hard things easy for them.
- Talk to your children about their feelings. If they are nervous, afraid or uncomfortable, they should tell someone they trust.
- Teach your children what parts of their bodies are private. Tell them the parts covered by their bathing suit are not for touching.
- Tell your children it is ok to say

Children who have been sexually abused

- May feel angry, afraid, sad or confused. Sexual abuse is much more than a physical assault on their young bodies. Sexual abuse is most often a violation of trust by someone they know. This may result in a wide range of feelings.
- Because the child may have known, liked and trusted the abuser, it may appear that the child may have “gone along” with or participated in the abuse. This may result in a great deal of grief and guilt.
- Children may be confused because of their own feelings. They may feel guilty about the trouble in the family and the penalty to the abuser.
- Because of the guilt felt by the child, and coercion by the perpetrator, children may talk about the abuse slowly. They may “test the waters” at first, and later talk about facts and details in steps.

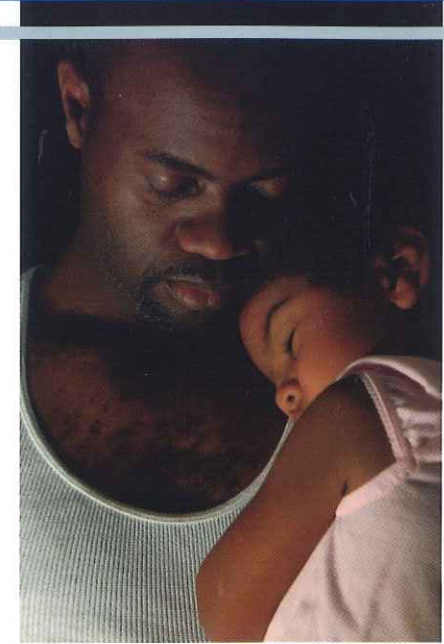
Indicators of child sexual abuse

There are some signs to look for that may indicate sexual abuse. Just because a child is not exhibiting any of the signs does not mean abuse is not happening. Some of the behaviors or physical signs you may see are:

Physical

Although the majority of child sexual abuse victims will show no physical evidence of trauma, some may have:

- Difficulty walking or sitting
- Bruises or bleeding from the genitals, or anus (private parts)
- Presence of semen
- Sexually transmitted diseases
- Torn, stained or bloody underwear
- Pain or itching in genital area (private parts)
- Pregnancy



What to do if you think a child has been sexually abused

- Respect the child by listening to them—not criticizing them—and being patient with what they are telling you.
- Be calm in what you say and how you act.
- Understand children may not know how to describe exactly what happened.
- Do not promise “not to tell” anyone but rather promise to try to help them.

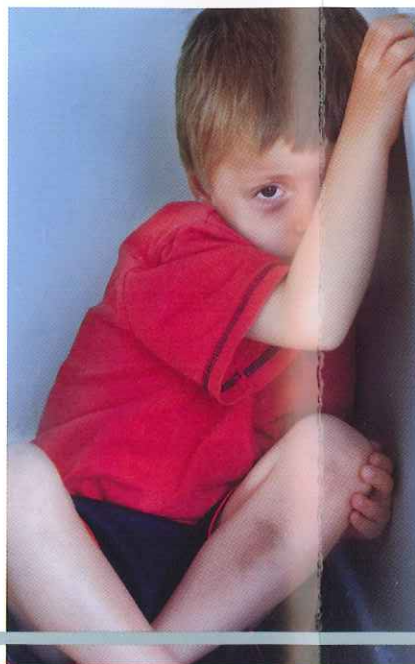
"No" if someone wants to touch them, even if it is someone who has authority over them like a teacher or babysitter. Nobody has permission to touch them in or on a private part of their body.

- Get as much information as you can about daycare centers, teachers, and other caregivers with whom your children come in contact. Make sure you have the option of dropping in unexpectedly at any time to visit them.
- Never leave your children with someone you do not know well or trust.
- Pay attention to the amount of time people are spending with your children, or if anyone takes a "special interest" in your child. Be involved and know what is going on with your children. Go with your child if they have been invited to do something with an adult.
- Use the internet safely and teach your child safe internet use. Be aware of how your activity and your child's activity may cause risk (for more information, visit www.pcaky.org to download the Internet Safety Toolkit).
- Learn more about child sexual abuse.
- Call 1-800-CHILDREN or your local Child Advocacy Center, or visit www.pcaky.org.

- If children become afraid or guilty, they may say the abuse did not really happen and take back the allegations in an effort to avoid the emotional turmoil to the family.
- The abuser may do things to "groom" the child like buy gifts, give special attention, etc. As a result, the child may have enjoyed the attention. These feelings can be very confusing to a child, and it can be difficult for a caretaker to understand.
- It is expected for a child to have hurt, angry or confused feelings. This is a normal response to the violation of trust and sexual assault to their young bodies. Children and families need help to deal with their feelings. It is proven that with support from professionals, children can overcome this trauma. For resources in your area, call 1-800-CHILDREN.

Behavioral

- Difficulty getting along with others
- Regression or acting younger than their age
- Sexual behaviors and/or play
- Knowledge of sexual behaviors inconsistent with child's development level
- Fighting or being out of control
- Prostitution, promiscuity or seductive behavior
- Runaway from home
- Drug usage
- Refusing to participate in recreational activities
- Frequently talks about body parts (self, parents or other children)



- Say to the child:
 - "I believe you."
 - "I love you." (if appropriate)
 - "You did the right thing by telling me."
 - "This is not your fault."
 - "You are not bad."
- Seek medical attention. Some children who have been sexually abused may have suffered physical injury. Children who have been abused may feel "damaged." A physical exam and an OK from the doctor can help reassure them. Remember, lack of physical evidence does not mean abuse did not occur.
- Seek counseling for the child from a counselor or trained professional in the area of sexual abuse of children.
- Get help for yourself. Express your feelings with a supportive adult or support group.
- Don't blame yourself. Sexual abuse is a sad fact in our society. Community and national awareness is needed before we can stop sexual abuse.