



What is Sexual Abuse and How Do I Stay Safe?

WHAT IS SEXUAL ABUSE?

- Someone looks at my private parts (parts covered by a bathing suit)
- Someone wants me to look at their private parts
- Someone wants to take pictures or videos of me without my clothes on
- Someone wants to touch or kiss me on my private parts
- Someone wants me to touch or kiss them on their private parts

When people do these things, they may tell me that what happened is a secret. It's not a secret, it's sexual abuse. My body belongs to me. My private parts are private.

HOW OFTEN DOES SEXUAL ABUSE HAPPEN?

Sexual abuse happens to many children. About **1 in 10 children** will be sexually abused. If you have been abused, it's important to know you're not alone.

Even if it is hard to communicate, always find a way to tell a trusted adult if you are being sexually abused.

WHO SEXUALLY ABUSES CHILDREN?

Most times, people who sexually abuse children are males but females will sometimes also sexually abuse children.



Sometimes, children are abused by strangers but most children are abused by someone they know and trust. This may be:

- Your mom or dad
- Your brother or sister
- Other family members (aunt, uncle, grandparent, cousin)
- Neighbors
- Older kids you know
- Someone who takes care of you
- Someone who works or volunteers in a place that you visit
- A friend of the family



WHY DO PEOPLE SEXUALLY ABUSE CHILDREN?

They have trouble making friends with people their own age

They don't like themselves very much

They think touching private parts is a way to show they care about a child

They think sexual abuse doesn't harm children

They don't understand rules about private parts being private

HOW DO I STAY SAFE?

Your body belongs to you and no one has the right to touch you without your permission. If someone gives you gifts or allows you to do special things and then tells you to keep it a secret, **TELL AN ADULT.**

Make sure your parents or caregivers always know where you are and what you are doing.

If someone touches you in a way you don't like, **TELL THE PERSON TO STOP.**

If someone touches you in a way you don't like, **TELL AN ADULT.**

www.paautism.org/BeSafe