

➤ **Break the Culture of Silence**

Speaking up can help stop abuse and protect others. You are not alone, and support is available.

🗣️ **Breaking the Silence, Protecting Our Future!**

For more information, visit [The HealedShop Website] or follow us on social media.

#StaySafe #YouAreNotAlone

#BreakTheSilence



**Contact**

[contactus@thehealedshop.org](mailto:contactus@thehealedshop.org)

[www.thehealedshop.org](http://www.thehealedshop.org)



**CHILD SEXUAL ABUSE**

Protecting Yourself & Others:  
Understanding Child Sexual Abuse



## What is Child Sexual Abuse

Child sexual abuse happens when someone touches, talks to, or exposes a child to sexual activities in a way that is not appropriate. It can include:

- Touching private parts or asking a child to do so.
- Speaking in a way that makes a child uncomfortable about their body.
- Showing inappropriate images or videos.
- Asking a child to keep secrets about touching or sexual behavior.

Important Things to Know:

- ✓ It is never your fault. No matter what someone says, you are not to blame.
- ✓ It can happen to anyone, anywhere. No child should have to go through this.
- ✓ The person responsible can be anyone.

## How to Recognise Unsafe Situations

### ▶ Warning Signs of Abuse

- Someone touches you in a way that feels wrong or makes you uncomfortable.
- Someone tells you to keep secrets about touching or relationships.
- Someone gives you gifts, money, or extra attention but wants something in return.
- Someone says things about your body that make you feel bad or uncomfortable.
- You feel scared, confused, or nervous around them.

### 🚫 It's NOT OK If:

- ✗ Someone forces, pressures, or tricks you into doing sexual things.
- ✗ An adult or older person sends you inappropriate messages or asks for private pictures.
- ✗ You feel uncomfortable, but the person tells you it's "normal" or a "game."
- ✗ Someone threatens you to keep quiet about what they are doing.

## How to Stay Safe

- 🛑 Say NO – You have the right to refuse anything that makes you uncomfortable.
- 🚶 Get Away – If something doesn't feel right, leave the situation.
- 🗣️ Tell Someone You Trust – A teacher, school counselor, parent, or a trusted adult.
- ☎️ Seek Help – Report to authorities if you or someone you know is in danger.

### Who to Talk To

If you or a friend needs help, talk to:

- 👩‍🏫 A trusted teacher or school counselor
- 👨‍👩‍👧 A parent, guardian, or older family member