



You Should Know

- No one has the right to abuse you.
- You don't deserve to be abused.
- If you are being abused, you are a victim.
- It's not your fault that you are being treated this way.
- It is wrong that you are suffering this pain, fear or sadness.
- You are not alone. Other kids suffer abuse, too.
- Sometimes abusers scare or threaten kids so they won't tell.
- There are people who care about you and want to help you.
- If you are being abused, please tell a safe person - that's someone you can trust like a teacher, counselor, school nurse, neighbor or parent.

What is Abuse? Is someone touching you in ways that aren't okay? If so, you may be a victim of physical or sexual abuse. **Do you get enough food to eat, and warm clothes to wear when it is really cold outside? Does someone give you medicine or take you to the doctor when you are sick or hurt?** If not, you may be a victim of neglect- a type of child abuse.

There are four kinds of Child Abuse-

Physical abuse: Spanking's not against the law but child abuse is. You're being abused if you're- hit (with a belt, hand, paddle, etc.) or pinched hard enough to leave a mark that doesn't go away right away

burned (for example with cigarettes, a lighter, an iron or the stovetop burner)

.bitten hard enough to leave a mark or break the skin

.pushed into walls or knocked to the floor, choked, kicked or punched.

Sexual abuse: Sexual abuse is when someone touches your private parts (the parts of your body that are covered by a bathing suit) in a way that hurts or makes you feel uncomfortable.

A quick check by your doctor or parent is usually okay.

If someone makes you touch their private parts—or asks you to do it—that is abuse.

If someone is showing you nude pictures of adults or children touching each other in this way you are being abused.





Sexual abuse, continued;

It is also abuse for someone to take a picture of you touching their private parts, your private parts, or the private parts of another person.

It may also be abuse for someone to take a picture of you without your clothes on.

Trust your feelings! If it feels uncomfortable, tell someone!

Neglect You are neglected if you are...

hungry a lot of the time and not given enough food or water.

not given medicine or taken to the doctor when you are really sick or hurt

not given warm enough clothes in winter, or cooler clothes in summer,

left home alone when you are too young to take care of yourself safely.

never given hugs, compliments or told that you matter.

locked in a room for hours or even days at a time.

Emotional abuse You are being emotionally abused if someone who takes care of you...

calls you names that are really mean.

tells you that you are worthless, stupid or "a mistake." makes fun of you until it hurts.

tells you that you are never good enough or you can't do anything right.

tells you they wish you had never been born.

