

Resources

Reporting

- Contact your local law enforcement for emergencies.
- Call or text 1.800.4.A.CHILD (1.800.422.4453).
Professional crisis counselors are available 24 hours a day, 7 days a week, in over 170 languages. All calls are confidential. Offers crisis intervention, information, and referrals to emergency, social service, and support resources.
- Call your local Child Welfare agency
Visit arcticflowerpublishing.com/localagencies for a listing of phone numbers by state to call and report child abuse.
Redirects to childwelfare.gov.

Learning More

- **National Sexual Violence Resource Center (NSVRC)**
nsvrc.org
The leading nonprofit in providing information and tools to prevent and respond to sexual violence.
- **Darkness to Light**
d2l.org
Empowering adults to prevent, recognize, and react responsibly to child sexual abuse through awareness, education, and stigma reduction.
- **Parenting Safe Children**
parentingsafechildren.com
Educating parents and youth professionals on how to make their communities "off limits" to child sexual assault.
- **The Mama Bear Effect**
themamabeareffect.org
A nonprofit organization changing the way people think, talk, and respond to child sexual abuse. Provides accessible and engaging prevention material.
- **Sex Positive Families**
sexpositivefamilies.com
Provides education and resources that help families raise sexually healthy children.

Signs of Child Sexual Abuse

Behavioral Signs

Increased fear, anxiety, or depression; acting-out without a clear cause; changing eating habits; nightmares; behavioral regressions like thumb sucking or bed-wetting; refusing to visit particular people.

Sexual Signs

Sexualized play with dolls; advanced knowledge of sexual acts and language; sexualized play with other children; drawing sexual acts; excessive masturbation; and new words for genitals.

Physical Signs

Unexplained stomach aches and headaches; and evidence of self-harm; (less common) bruising, bleeding, redness, and bumps around the mouth, genitals, or anus; urinary tract infections; sexually transmitted diseases; and abnormal discharge.

Statistics

An estimated:

- 1 in 4 women and 1 in 6 men suffer sexual abuse before the age of 18. Of those, 1 in 3 suffers abuse before the age of 12.
- 3 in 10 perpetrators are family members, 6 in 10 are acquaintances, and just 1 in 10 are strangers.
- Only 4% to 8% of child sexual abuse reports are made-up, usually by adults in custody disputes.

Body Safety Rules

- I am the boss of my body. I don't have to give or receive hugs, kisses, tickles, or other touches if I don't want to.
- I know where private parts are on the body and their proper names. I know we don't touch, play, or look at each other's private parts.
- I don't keep secrets, not even fun ones like getting an extra cookie or staying up late. I especially don't keep secrets about touching or private parts.
- I get to have privacy when bathing, changing, or using the bathroom.
- If someone breaks a body safety rule, I have a Safety Circle of adults that I can tell who will believe me and act.

The only exceptions to my Body Safety Rules are health and safety—like getting sunscreen put on or a doctor examining me. But if anyone makes me feel uncomfortable, even if they tell me it's for health or safety, I will tell someone in my Safety Circle.

Signs of Grooming

A person grooming a child may

- Find ways to spend time alone with a child, like too-good-to-be-true offers to babysit.
- Be a child's friend and confidante by filling an emotional need, often excluding others.
- Regularly give gifts outside of usual gift-giving occasions.
- Ask the child to keep innocent-seeming secrets that may escalate over time.
- Touch the child excessively or touch the child's private parts accidentally, like during tickling or roughhousing.
- Normalize sexual behavior, like making sexual comments to or about a child or leaving sexual imagery out.

Some signs of grooming may look like behaviors of safe adults who care about a child. However, if you see a combination of these signs or have a gut feeling that something is not right, *act*.

Visit arcticflowerpublishing.com/csa-reference-sheet for sources.

