



Preventing Abuse
Ages 13+



MIRACLE
FOUNDATION



What is Abuse?

- Child abuse is when an adult hurts a child, and it is not an accident. Hitting, constant yelling, or unwanted touching can all be child abuse.
- Sexual Abuse is forced sexual contact, inappropriate sexual talk, showing private body parts, etc.
- Most of the people in your life are not abusers. Most adults you know are helping you grow up well!
- You do not need to be afraid of abusers, but we want you to be aware and prepared for how to respond.



Types of Abuse

- Physical Abuse
- Emotional Abuse
- Neglect
- Sexual Abuse





Physical Abuse

- Physical abuse is when an adult or another child hurts your body.
- Physical abuse can leave things like bruises, broken bones, and scratches.
- Physical abuse is when someone, an adult or another child, does something **ON PURPOSE** to **HURT** you.

Examples:

- *Slapping*
- *Hitting*
- *Punching*
- *Kicking*
- *Grabbing too hard*
- *Scratching*
- *Pulling Hair*
- *Twisting an arm or leg*

Anything that causes you pain or leaves a mark could be abuse



Emotional Abuse

- This kind of abuse can happen without touching.
- Emotional abuse is when an adult hurts a child by yelling at the child, threatening to leave, or saying mean things.
- It is common for adults to get angry every once in a while, but if there's yelling, punishing, and threatening too much of the time, a child can start feeling really bad about him or herself.

Examples:

- *Name Calling*
- *Shaming or humiliating you*
- *Frequent yelling*
- *Constant threatening*
- *Bullying*
- *Telling you that you are “worthless” or “no good”*
- *Ignoring or rejecting you as punishment*
- *Exposing you to violence*

Anything that makes you feel alone or not cared for could be emotional abuse.



Neglect

- Neglect happens when children live in a home where the adults don't give them basic things that all children need like food, clean clothes, and a bed to sleep in.
- When parents or caretakers neglect children, the children may not get baths, blankets, or medicine when they need it.
- It can be hard for a child to tell someone that he or she is not getting these important things. A parent or caregiver might have troubles such as losing a job, having family problems, or using drugs and alcohol.
- But no matter why it is happening, the child needs to tell someone. Then, the child can start getting the things he or she needs and the parent or caregiver can get help too.



Sexual Abuse

- Sexual abuse is any sort of non-consensual sexual contact
- Even consensual sexual contact with minor (below 18 years) or a mentally challenged person is considered Sexual Abuse
- Sexual abuse can happen to men or women of any age

Examples:

- *Inappropriate sexual talk*
- *Asking you to show your private body parts*
- *Photographing you with no clothes*
- *Forced hugs, kisses, or holding*
- *Someone showing you their body parts*
- *Someone showing you pornographic movies or photos*
- *Someone watching you change clothes or take a shower*



Anyone who does any of these things we have talked about
is called a

SEXUAL ABUSER

Another name for this is perpetrator or pedophile.

**A sexual abuser is someone who uses you for their own
sexual pleasure.**



Sexual Abuse Facts

- A multi-country study by the World Health Organization (WHO) showed that up to 21% of women and up to 10% of men reported to have been sexually abused before the age of 15, in most cases by family members other than father/stepfather.
- Internationally, the rate of sexual abuse is 1.5 – 3 times higher among girls than boys
- WHO estimates that worldwide 150 million girls and 73 million boys under the age of 18 experienced sexual abuse in 2002



Who are the Abusers?

- Often these are people known or non-strangers. It is often someone you see on a regular basis. Perhaps someone you love and trust.
- It is confusing when someone you know and trust is the abuser.

Examples:

- *Boyfriends/girlfriends*
- *Relatives*
- *Family friends*
- *Tutors*
- *Someone you just met*
- *Someone in the neighborhood*



How do Sexual Abusers Act?

- The sexual abuser usually works to gain your trust before any abuse happens. This can take weeks, months, or years.
- Sexual abusers try to gain your trust by making you feel special, giving you gifts, or doing favors. They may tell you to keep the special attention a secret from other people.
- Sometimes they use threats.



Why do they Abuse?

- Most adults care about children and never hurt them.
- It can be hard to believe that someone you love or someone who is nice can hurt you or other children, but some adults lose their tempers or can't control the way they act.
- Drinking alcohol or using drugs can also make it hard for some people to control how they act.
- An adult who hurts or sexually abuses children has a problem and needs to get help to stop.



Is it my Fault?

NO!

- No matter what, abuse is never your fault and you don't deserve it.
- It's normal to feel upset, angry, and confused when someone hurts you. But don't blame yourself or worry that others will be angry with you.
- Even if you think you've done something wrong, that does not make it okay for someone to hurt you.
- All kids deserve to have adults in their lives who love and support them as they grow up.



How can I stop it?

- If you think that you are being abused, the bravest and most important thing you can do is tell an adult you trust.
- Never keep it a secret, even if the person hurting you tells you that something bad will happen if you tell.
- Trusting someone after you've been hurt can be hard to do

Speak up. Speak out.



Why don't kids tell?

Many children who are abused may not want to tell someone because of:

- Fear
- Confusion
- Guilty feelings
- Sadness
- Embarrassment



Abuse Hurts



- When someone uses you as an object for their own gratification you will get hurt.
- Sexual abuse can hurt physically if the touching is forced or painful.
- It will always hurt you emotionally and spiritually.





Important to tell an Adult

- Once again, if someone hurts you, it is important to tell an adult you trust right away.
- This is important even if you are afraid or confused.
- Adults will believe what you say and work to help you.

