

# Personal Safety Skills Information Sheet for Children

## **Who sexually abuses children?**

Most of the people who sexually abuse children are men, but there are women who sexually abuse children, too. Sometimes children are sexually abused by older children or teenagers. Most of the time children are sexually abused by someone they know, such as a family member, friend, or even a parent. People who sexually abuse children have a serious problem and need to get help.

## **What should I do if someone tries to touch me or asks me to touch them in a way that makes me feel uncomfortable?**

You have the right to decide whether something makes you feel uncomfortable. If someone tries to touch you or asks you to touch them in a way that makes you feel uncomfortable, it is important to tell another adult immediately. For instance, you can use the Yell-Go-Tell skill. First yell “No!” really loudly, then run away from the situation and find a grown-up you can trust. Lastly, tell the grown-up what happened. If it is unsafe to use the Yell-Go-Tell skill, it is important to get away from the situation as soon as it is possible. Once you have gotten away, find and tell an adult right way who will help you.

## **What should I do if someone older than me offers to give me something in exchange for doing something that makes me feel uncomfortable?**

If you are ever asked to do something uncomfortable or if you are unsure of why someone is offering to give you something, you should immediately tell another adult that you trust. This other adult can help you decide whether it is okay or not okay.

## **What if someone makes me feel uncomfortable and tells me to “keep it a secret?”**

If someone makes you feel uncomfortable and tells you to “keep it a secret,” it is important for you to tell an adult you trust immediately. There is a difference between surprises and secrets. A surprise is about something happy, that many people know about, and is only kept for a short period of time. A secret is about something that only a few people know about, is to be kept forever, and that you may feel uncomfortable and/or scared to tell. It is okay to keep surprises until the surprise happens; it is always important to tell about secrets right away.

## **What if someone makes me feel uncomfortable and threatens to hurt me or someone else if I tell about it?**

People who abuse kids often threaten to hurt them or get them in trouble if they tell about the abuse. It is important to tell a grown-up you trust anyway so that you can get help.

## **What if I tell a grown-up about sexual abuse and they don’t believe me or help me?**

If you tell a grown-up and they do not believe you or help you, find another grown-up to tell. Keep telling until someone believes and helps you.

## **Should I feel afraid that abusers are everywhere and I am in constant danger?**

Sexual abuse happens to a lot of kids and can happen by people you know well and trust, but most grown-ups do not abuse children and want to keep children safe. We learn about staying safe so that we can be prepared for risky situations if they ever happen.

**How can I be safe on the Internet, using a cell phone, or watching television?**

Always talk to adults about what websites are safe to visit. Never share personal information on the web or on a cell phone without adult permission. This includes sending pictures of yourself and/or others and sending messages using bad language. Don't communicate with anyone you do not know. If someone that you don't know contacts you, you let a trusted adult know immediately. If you ever see anything online, on your cell phone, or on television that makes you feel uncomfortable, talk to an adult about it immediately.

**When and why should I ask for help?**

It is important to ask for help from a trusted adult when you are unsure about something, have difficulty completing something on your own, or if you feel unsafe. Asking for help is a good thing. Everyone needs help from time to time, and asking for help from a trustworthy adult is a sign of mature and responsible behavior.