WHAT CAN I DO TODAY TO KEEP KIDS SAFE?

Dream Big for Children

Child sexual abuse is a silent epidemic too many fail to recognize. **Statistics tell us that 1 in 10 children will be victimized by their 18th birthday.** We can change that, but first, we must acknowledge that it exists.

Talk to Your Child

**Start the conversation at a very young age.** Speak to your child in a way that is warm, open, and supportive. Important conversations like these should take place in the context of a supportive, trusting relationship.

**Discuss boundaries.**
Teach your child their body is their own. Teach your child the correct names for body parts.

**It’s okay to say “No” to an adult.**
Give your child permission to say NO to an adult. Explain if someone makes him/her feel uncomfortable, find a safe place to go and then tell a trusted adult what happened as soon as possible.

**Never keep secrets.**
Teach your child that secrets can be hurtful. Explain that an adult should never ask a child to keep a secret and if someone does, to tell you right away.
Reduce the Risk

80% of sexual abuse occurs during one-on-one situations. Protect your child by minimizing opportunity, making sure that multiple adults are present. You can set an example by personally avoiding one-on-one situations with children other than your own.

Be Alert

In Texas, 98% of children sexually abused are victimized by someone the family KNOWS and TRUSTS. Perpetrators can be found any place children gather; schools, churches, youth serving organizations, and sadly, sometimes even families.

Know the Signs

Trust your instincts.
Some signs of abuse are more obvious than others. Suspected abuse is enough of a reason to contact authorities. You do not need proof.

The Signs of Abuse

- Unexplained injuries
- Changes in behavior
- Returning to earlier behaviors such as thumb-sucking & bed-wetting
- Fear of certain places or people
- Changes in eating
- Changes in sleeping
- Changes in school performance & attendance
- Lack of personal care or hygiene
- Risk-taking behaviors
- Inappropriate sexual behaviors

What to do

Report It!
www.txabusehotline.org or call 1-800-252-5400.
Visit www.cactx.org for more information.

If we don’t protect our children, who will?