



What You Need To Know About Child Sexual Abuse

Jonny Martinsson

Introduction

Sex is a natural part of human life. In fact, it is necessary for life. Without it humans would go extinct. To make people want to multiply sex is designed to be enjoyable, giving physical as well as emotional satisfaction. Sex, then, is not something bad or shameful but a natural desire.

In some cultures, people speak freely about it, in others it is considered shameful to talk about and is very much considered a private thing. But we need to talk about sex, if for nothing else to help those who are suffering sexual abuse.

This booklet is meant for anyone that has, or works with, children. It will teach you what you need to know about child sexual abuse, what it is, why it is wrong, and how we can prevent it.

Jonny Martinsson

What is Child Sexual Abuse?

“Sexual abuse takes place any time a person is tricked, trapped, forced or bribed into sexual activity. It most often involves unwanted touching of the victim but can also involve a wide variety of sexually motivated activities.” ¹

Notice that sexual abuse does not need to involve violence, force or threats.

Sexual abuse takes place any time a person is unable to give consent — that is to agree to sexual activity, for example, if someone is sleeping or unconscious because of drugs or alcohol. Sexual abuse also takes place when someone is using his or her power to force or manipulate someone to sex. For example, the poor woman or girl working in a household or a factory, with no other means of income, might find it very difficult to say no to sexual advances from a superior even if she does not want it.

Child sexual abuse, then, is sexual abuse committed against children.

Why is Child Sexual Abuse Wrong?

Sexual abuse is wrong because it hurts people, and child sexual abuse hurts children.

There are none in our society as vulnerable as children. They are physically, emotionally, socially and intellectually unable to protect themselves from abuse at the hands of those with more power than themselves.

Neither their minds nor their bodies are ready for sex, especially not with an adult. And they lack the understanding and power to protect themselves. A child's body is his or hers alone, and the child has the right to decide *who* may or may not touch it, *when* it may be touched and *how*. Sexual abuse violates that right.

Those that engage in sexual abuse of children often tell themselves that the child likes it, that it is a fun game and that they are only initiating the child into the joy and pleasure of sex.

However, studies show that child sexual abuse results in much harm for the victimized child. That harm has the potential to last a lifetime.

What Are the Results of Child Sexual Abuse?

Some of the things children who are sexually abused suffer are: depression, anger, guilt, anxiety, shame, low self-esteem, self-hatred, sexual confusion, and post-traumatic stress disorder (a mental health condition including such things as flashbacks, nightmares, severe anxiety, memory loss, and uncontrollable thoughts about events experienced — this condition always requires treatment and counseling).

Other results of child sexual abuse are fear of and refraining from sex or engaging in risky behaviors such as alcohol and drug abuse and having many sexual partners. These are ways of trying to forget, self-medicate "ones" pain, or to hurt oneself as the victim's self-image might have been skewed, causing the victim to consider him or herself filthy and without value.

Because of these tendencies toward shame, self-hatred and self-harm, many victims are easy targets for further abuse through prostitution, trafficking, and destructive sexual relationships. Abuse often begins to seem normal for some victims, who then go on to accept more abuse as adults.

Additionally, it becomes very difficult for victims of childhood abuse to establish trust and intimacy with other people, especially romantic partners. Another problem is sexual performance issues, such as pain during sex, and difficulties with arousal, ejaculation and orgasm.

Child sexual abuse can also result in learning disabilities and suicide.

Action

If you have a child close to you that has experienced sexual abuse, please get in touch with a child rights organization, so that the child can get counseling and help with his or her feelings and emotional wounds, as well as with potentially destructive thoughts and behavioral patterns. At the end of this booklet is a list of child rights organizations that can help you.

Who Commits Child Sexual Abuse?

Eight out of ten children that experience sexual abuse are abused by someone they know and trust, most often an older family member or family friend. Child sexual abusers come from all kinds of backgrounds and can be men, women or children. Most child sexual abusers are males of varying ages.

On the outside, child sexual abusers might seem normal, but inside they are often suffering from psychological distress and feelings of isolation. They are also emotionally immature and often have problems relating to people their own age. Their views and thinking about sex are distorted, and they tend to have difficulty controlling their impulses and feelings.

Since children are easier to dominate than adults, it is tempting for child molesters to turn to children for companionship and sexual gratification.

Many child sexual abusers grew up in families where they did not experience love or care from their parents. Many were themselves the victims of sexual and physical abuse, and are now repeating what was done to them. (However, it should be noted that most people that have been the victims of child sexual abuse will never abuse anyone else.)

They also tend to be self-centered and to care more about satisfying their own needs than about the well-being of their victims.

Most child sexual abusers feel bad if they realize that they are hurting their victim, but this will not make them stop their sexual abuse. Often, they try to tell themselves that what they are doing is ok. Common “explanations” are: *The child is seducing me, I’m teaching the child about sex, I want the child to feel good, I need this, etc.*

Most sexual abusers of children will continue until they are stopped by an intervention from the outside.

Child Molesters

People who sexually abuse children in a nonviolent way are called child molesters. These can be divided into two categories: fixated child molesters and regressed child molesters.

Most adults are sexually attracted to adults of the opposite sex. Some people are instead sexually attracted to children, that have not yet developed the mental and physical capacities of an adult, cannot yet have children of their own, and haven’t developed the physical characteristics of men and women, such as larger breasts and hips in girls, and more masculine physical features in boys. These people are called pedophiles.

People sometimes use the word pedophile for someone that sexually abuses children. This can be incorrect. There are pedophiles that never act on their sexual urges, and there are many people who sexually abuse children, even if their main sexual attraction is to adults.

Some child molesters and/or pedophiles were victims themselves as children and are perpetuating learned behaviors. Additionally, some scientific studies suggest there might be something wrong in the pedophile’s brain, creating abnormal sexual desire for children, instead of the normal adult reaction of wanting to take care of and protect children.

Whatever the origin or cause, the pedophile is supremely responsible not to act on their sexual desire.

Pedophiles that choose to act on their sexual urges are called fixated child molesters (that is, their main sexual attraction is to children).

Then we have regressed child molesters. Regressed child molesters prefer adult sexual partners and are often married with families. They often feel powerless and without value, unable to live the lives they want to live, and bitter. A regressed child molestor is apt to sexually abuse during times of high stress, and often in an impulsive way, at least at first. The regressed child molester also often uses alcohol and other drugs before and during the abuse.

Alcohol and Drugs

It is common that child sexual molesters use alcohol and other drugs while abusing their victims. The influence of these substances contributes to some abusers doing things they would otherwise not do. Some abusers might also use alcohol and drugs to lower the voice of their conscience, making it easier to do things that they know are morally wrong, but that would bring them pleasure for the moment. Alcohol consumption is especially common in cases of incest.

Incest is sexual activity between family members or close relatives. Every human society has an incest taboo, forbidding such actions. However, it goes on in secret, especially by older family members sexually abusing children in the family.

Child Rapists

Most child sexual abuse is committed by child molesters, who abuse children through manipulation, but in a nonviolent way. Some abusers, however, use violence or the threat of violence. These are called child rapists. The motivation of a rapist is not only sexual satisfaction but relates mainly to anger, power or sadism. Rapists are often categorized according to these three motives:

The Anger Rapist

The Anger Rapist attacks children or adults to express feelings of anger and rage. Usually, he does not plan his attacks. He takes out his anger at others and on life at his victim, to whom he is often brutal.

The Power Rapist

The Power Rapist feels insecure and powerless. The goal of the rape is to gain control and power. He uses only as much violence as necessary to get what he wants and considers himself “winning” the victim and not raping.

The Sadistic Rapist

Sadistic Rapists are very rare, and with severe mental illness. Sexuality and aggression are mixed and sexual enjoyment is obtained only by tormenting and hurting the victim.

Other Kinds of Rapists

Other kind of rapists are gang rapists, who commit sexual abuse in group, often to get acceptance and to prove themselves to their friends.

The inmate rapist, being in prison or a similar institution, uses rape to claim dominance over another inmate — usually a person of the same sex. The main motive is not sexual satisfaction but to get respect.

Rape in war is also a common thing. Both national armies and guerrillas often commit rape on the civilian population. Motives for this can be sexual frustration as well as the desire to demonstrate power and anger.

Rape is also used as a weapon of war. By raping and maybe even impregnating the women of the “enemy” in front of their husbands and family members, or by forcing family members to commit incest, one destroys family and community relationships, as well as the mental health and stability of the victims: which is the aggressor’s goal.

Female Child Sexual Abusers

Our view of women’s sexuality has differed throughout the ages, and from society to society. Sometimes women have been considered much more sexual than men, and sometimes as possessing little or no sexual desire. For most of us it is difficult to consider women as potential child sexual abusers. However, women do abuse children. Some studies indicate that around 20% of child sexual abuse cases involve women.

Some females that sexually abuse children do it together with, and sometimes to please, their male partners. Some do it by themselves.

Women that sexually abuse children tend to be the children’s caretakers, such as mothers, stepmothers, older sisters, or babysitters. They also tend to have chaotic backgrounds, coming from dysfunctional families and environments that often involved physical, sexual, and substance abuse.

Female child molesters can abuse both boys and girls. They tend to abuse younger children than men, and more commonly commit incest. They might also abuse in more subtle ways than men, disguising the abuse as caretaking activities. Female child molesters are more often using drugs than male child molesters.

The fact that the female abuser is often the caretaker of her victim makes reporting of the abuse very rare. And even when the abuse is discovered it is rarely reported.

Female child sexual abusers are often single, have physically distant husbands or are in unhappy relationships. They are often immature, and possessive and protective of their victims. Some believe female child molesters try to satisfy emotional needs more than sexual ones.

Girls that sexually abuse children are often thought to have been victims of sexual abuse themselves and have often engaged in various disruptive behaviors.

Children Who Sexually Abuse Children

Just like with women, it is difficult for us to imagine children as sexual abusers, but it is far more common than one would like to think. Studies have shown that child sexual abusers often start abusing when they are teenagers or even younger. Some experts believe that as many as half of all child sexual abusers have committed their first abuse before the age of 18, and many at the age of eight or nine.

Experts have put up seven different categories of child sexual abusers. These are in short:

1. *The Naive Experimenter*

Usually a young child, age 11-14. Gets along well with other adolescents but is a bit naive. Engages in a one time or a few isolated acts of sexual exploration with a younger child. This is done without force or threats and the reason seems to be curiosity and wanting to explore newly developed sexual feelings.

2. *The Under-socialized Child Exploiter*

Is socially awkward around children his own age and prefers to play alone or with younger children that admire him. Often has an over-involved mother and cold or distant father. The abuse is a way of trying to achieve intimacy or to increase the sense of self-importance.

3. *The Pseudo-socialized Child Exploiter*

Often an intelligent child that gets along well with children his own age, and that has no history of trouble. May have been the victim of some kind of abuse or neglect himself. Considers the abuse as something the victim wants. Seem to be motivated by his own sexual pleasure.

4. *The Sexual Aggressive*

Often a sociable child that gets along well with others. Is a product of an abusive and disorganized family and tend to have a history of antisocial behavior, such as fighting, drugs and alcohol abuse. The abuse involves violence or threats of violence. Through forcing someone to have sex, the abuser feels powerful which is the motivation for the abuse as the desire is to express anger, dominate and humiliate.

5. *The Sexual Compulsive*

Engages in compulsive sexual behaviors such as window peeping. Feels anxiety if not committing abuse. Abuse is planned, committed alone, and with the purpose to release anxiety and tension. The abuser's parents tend to have difficulty showing love and emotions.

6. *The Disturbed Impulsive*

Has serious mental and emotional problems. The sexual abuse is impulsive and unpredictable and may involve strange acts towards the victim.

7. *The Group Influenced Sex Abuser*

Often a younger teen committing the abuse together with or influenced by others. The motivation is to get attention and approval from his friends.

Online Child Sexual Abuse

Children are spending more time online than ever before, and they start using the internet at an increasingly young age. This comes with benefits for learning, but also with great risks. All too often parents have little or no knowledge or control of what their children do and see online.

It is easy for child molesters to roam chat rooms, social media platforms, and game apps to meet children and gain their trust. Often, they use fake profiles, pretending to be the child's own age, and communication starts innocently. As the communication proceeds, the child molesters start to exchange sexual messages and trick the child to share naked pictures or videos, then using these pictures and videos to black mail the child to continue to share sex videos or even meeting up and have sex with the abuser. There are many examples of how children, even from healthy and stable families, in this way have been tricked and trapped into both child pornography and prostitution.

Many child molesters and rapists use the internet to share and exchange photos and videos of abuse. The victims come from both outside and within the abuser's own family. In some regions of the world, it is common that child molesters, often the victims' mothers or other female relatives, live stream sexual abuse through webcams. The viewers are men, often pedophiles, in wealthy countries, paying the women for their services.

It is also common that child molesters and rapists use the internet to give each other advice on how to find victims, how not to get caught etc.

Action

Talk carefully and honestly with your children and other children in your care about these dangers of the internet. Make them understand that they should under no circumstances share naked photos or videos of themselves. Not to anyone, ever! And that if they come across child molesters, bullying, etc., they should close the internet and talk to a trusted adult. Different social media platforms have ways of reporting abuse and abusers. Help the child do so.

If inappropriate photos or videos are already published online, there are ways to take them down. At the end of this booklet organizations that can help are listed. If needed, contact them.

However, prevention is better than cure. Keep track of your child's internet use. Don't allow your children to get apps that are not meant for their age groups and install internet filters and blockers to protect them from pornography and other harmful material and people.

Who is Likely to be a Victim of Child Sexual Abuse?

Child sexual abuse happens in every country and culture, among different ethnic and religious communities, and among both rich and poor. There are however some things that, if present, make it more likely that a child will be a victim of sexual abuse. (Notice though that abuse can and does also take place for children not fitting these categories.)

Special Risk Factors

Research shows that children who grow up without their biological father in the home are more likely to experience sexual abuse. This is especially true of girls. Having a mother that works outside the home, is disabled or is ill also creates a bigger risk for abuse. Conflict between the parents, a poor parent/child relationship, or living with a stepfather are also risks.

The factors mentioned result in less supervision of the child, and children who do not have parents knowing and keeping track of where they are and what they do is naturally more vulnerable to potential abusers.

Having a poor relationship with one's parents also results in unhappy and emotionally needy children. The children craving love and attention from an adult father or mother figure will more likely welcome friendship, gifts and promises from the molester, and lacking self-confidence will make them less able to resist the abuse.

The strongest factor for girls being sexually abused is having a stepfather. Shockingly, some statistics show that 50% of girls with a stepfather have experienced sexual abuse. This does not necessarily mean that the stepfather will abuse the child, although this does happen. The abuse might have taken place before the stepfather entered the scene, as the mother might have dated different men, or by a friend of the stepfather's, thinking it is not a serious affair as it is not his friend's real daughter.

Boys are more likely to be abused by individuals outside the family, and just like with girls, most boys that are sexually abused, are abused by men.

Boys experiencing sexual abuse are likely to come from poor families where there is also physical abuse. It is more common for boys than girls to experience physical and sexual abuse joined together. If a boy is sexually abused by a family member, it is likely that other children in the family are also abused, especially girls. Boys that are victimized alone are usually abused by someone outside the family and are usually younger than other child sexual victims.

Why Don't Child Victims Always Report Sexual Abuse?

A very young child might not realize that the abuser is doing something wrong. Children are taught to obey adults, and to believe that adults know best. With lack of knowledge about life many children believe what their abusers tell them—that what is happening is normal, and something every child goes through. The child might also keep quiet out of fear. The abuser being older, bigger, and more powerful is a natural reason for fear.

Many abuse victims are also afraid to be punished or blamed for what is happening. Often abusers tell their victims that this will happen, or the abuser may even threaten to hurt the child or someone close to the child if the victim tells anyone.

If the child is the victim of incest, the child might be afraid of the family being broken apart, or of the abuser going to prison if the truth comes out. In these cases, the victims might do everything in their power to keep the abuse a secret. Most victims of child sexual abuse feel ashamed and blame themselves for what is being done to them.

Keeping quiet becomes a way of protecting themselves, so that others do not find out how “bad” they are. Sadly, if trying to report what they are going through, many children are also blamed and shamed by their family members or community. But child sexual abuse is never the child's fault! It is always the abuser, and only the abuser that is responsible!

It is common, especially in cases of incest, that a child tries to report to family members what is going on, but not being believed or told to be quiet about it. This will make the child less likely to report abuse in the future, especially if they have tried telling a parent who did not believe them.

Another reason why children do not report sexual abuse is that they receive special attention, affection, and gifts from the abuser. In these cases, the victim might tolerate the abuse, afraid of losing the affection and rewards from the abuser.

Confusion

Our sexual organs are developed to experience sexual pleasure. Some children that experience sexual abuse go through confusion and feelings of shame as they might sometimes enjoy the touch or certain sexual stimulation. This is not strange, as sense of pleasure is the body's natural reaction to sexual stimulation. It does not mean that the child wants the abuse. Nor does it make the abuse okay. It hurts the child in numerous ways.

Confusion when it comes to child sexual abuse is especially common when it comes to boys. Many people acknowledge that a man can be forcibly penetrated but do not believe that a man or boy can be forced or manipulated to penetrate another person. This idea is based on lack of knowledge and often creates a lot of suffering for male victims.

The male sexual organ reacts to physical touch, and it is possible because of physical stimulation to get and keep an erection even if one doesn't really want to have sex. This is true also when a boy is abused by a man and in no way means that the victim is a homosexual.

Signs of Child Sexual Abuse

The strongest indicator of child sexual abuse is a strong sexualized behavior in the child. Dr Waln Brown lists the following things as potential signs of child sexual abuse.

Anger

Fear

Guilt

Shame

Aggressive and hostile behavior

BedwettingDepression

Eating problems

Fear of adults or a specific person

Nervous disorders

Nightmares and sleeping problems

Pain or itching around the genitals or anus

Poor relationships with other children

Regression to thumb sucking or other early childhood behaviors

Running away from home

School truancy

Self abusive behavior

Sexual acting out

Stomachaches

Suicide thoughts, gestures or attempts

Unusual knowledge of or interest in sex

Withdrawn behavior

Conditions for Child Sexual Abuse

If the following four factors are present, child sexual abuse will take place. If any one of them *IS NOT* present, child sexual abuse will not be able to take place.

Abuser Pre-Conditions

1. The potential abuser must have some motivation to have sex with the child
2. The potential abuser must overcome his or her own inhibitions against sexual activity with a child.
(This is often done using alcohol and other drugs. This is especially common among female child molesters and men that commit incest.)

Victim Pre-Conditions

3. The opportunity to engage in sexual activity with the child must arise. The potential abuser must have a chance to be with the potential victim, usually alone.
4. The resistance of the child to the sexual activity must be overcome. The potential abuser must find a way to get around whatever resistance the child presents.

Prevention

By working with all four of the pre-conditions for child sexual abuse we can help prevent it.

Condition 1. Motivation of potential abuser

Make information known in the society that child sexual abuse is a present reality and a problem. Make it clear *why* it is wrong and *how* it hurts the victims. Provide helplines and free counseling/treatment for people that are afraid that they will molest children. (This kind of contact must be secure, not betraying the trust of people reaching out for help.)

Condition 2. Abuser overcoming inhibition

Child sexual molesters often access child pornography on the internet and use alcohol and drugs to overcome their inhibitions against sexually molesting a child. By our societies, lawmakers and police fighting child pornography and other violent pornography, one way of overcoming inhibitions against abuse will go away. The same is true of fighting drug and alcohol abuse and easy access to alcohol and other drugs.

Condition 3. Opportunity to engage in sexual activity

This is most often done by the molester being alone with the victim. As parents we should only allow our children to be with people whose character we know well and trust.

In schools and other environments, we should not allow teachers and others to be alone with a child. We should especially not force a child to stay with a person whom they are not comfortable with or afraid of.

Condition 4. Overcoming the child's resistance to the abuse

By teaching both parents and children about good touch vs. bad touch, children's rights to their own bodies, and how to react if someone is trying to abuse them, child sexual molesters will not succeed in manipulating the child into sexual activity. The teaching of good and bad touch should be implemented in every school, church, and social organization, as well as by parents to their children. It is also important that we never force or demand a child to accept physical touch that they do not want from other children or adults. The child's body is their own, and they must be taught that they always have the right to say no to physical touch.

Differences between societies

Child sexual abuse exists everywhere, but some societies produce more abuse than others. Societies that are highly patriarchal — that is, hierarchical societies that consider men as having more value than women and girls and where children are considered having little value — have more child sexual abuse. In such societies people like parents, older relatives, bosses, teachers, etc. have absolute authority over children, and sometime consider them property, assuming the freedom to treat them as they like. At the same time the children have been taught to respect and obey authorities no matter what.

In societies where there is social inequality and discrimination based on gender, ethnicity or religious beliefs, people from the stigmatized groups will be easier to abuse, including the children.

In some cultures, there might be traditions and norms that support child sexual abuse, or the society have only weak sanctions against child sexual abusers.

If a society has weak laws that do not protect victims or punish abusers as it should, or if a corrupt and uninterested police force will not properly uphold the laws, this will also encourage child sexual abuse.

A belief that men need and have the right to sex, and the thought that "manhood" is gained by sexual conquests strongly influences the motivation of men to commit sexual violence against women and perhaps children. So does a society with much violence and acceptance of violence to resolve conflicts. Other factors that make child sexual abuse more common are armed conflicts, humanitarian crises, and poverty. These things lead to disorganized and dysfunctional communities that are unable to take care of their young or uphold order and safety.

Another issue is lack of sex education. If a child does not know about his or her body, what is good touch and bad touch, etc., how can they know when they are about to be abused? Or that they are being abused? As one study concludes:

"The girl whose mother has not spoken to her even about a basic issue like menstruation is unable to tell her mother about the uncle or neighbor who has made sexual advances towards her. This silence encourages the abuser so that he is emboldened to continue the abuse and to press his advantage to subject the child to more severe forms of sexual abuse." 2

Action

Governments, non-governmental organizations, and religious institutions have the capability to create better societies that are safer for children by addressing the above-mentioned issues. A society safer for our children will be created by:

- Working to change negative values and norms regarding women, children, and other marginalized groups, thereby making potential abusers understand that such individuals have equal human value.
- Making women, children and other marginalized groups understand their value and human rights.

- Helping women and other marginalized groups with social and economic development, thereby raising their status as well as giving them more power and means to stand up for themselves.
- Creating and upholding stricter laws protecting children with a properly functioning police force and judicial system.
- Working for democracy and peaceful, more harmonious societies.
- Educating the general population about sexuality, and one's rights to one's own body — this education being especially important for children.

There is hope

Child sexual abuse is an evil that comes out of brokenness and that creates more brokenness. But there is hope. If we fight the evils that make abuse possible, help potential abusers to get the help they need, and to teach our communities about these things, there will be a change. Also, although child sexual abuse hurts children, many victims of childhood sexual abuse have gone on living good, happy and fruitful lives. There is hope for victims of child sexual abuse. This is especially true if they have a supportive community around them and get the expert help that many government and child rights organizations provide.

Good Touch vs. Bad Touch

(The following is an example of how you can do a Good Touch vs. Bad Touch workshop with the children in your family, school or community.)

Dear little friends, you should know about all types of touches very well. Do you know some touches are good, and some are bad?

We must be safe from BAD touch. They are not good for us as they can cause serious issues both mentally and physically. But how do we differentiate between good and bad touch?

Today we will learn about good and bad touch in short.

First let's learn about our important body parts.

Now, can you name some of our private body parts?

All the parts with red color are our private body parts. And don't forget that it's your body; nobody can touch your body without your permission, including your parents. **DO NOT ALLOW ANYONE TO TOUCH YOUR PRIVATE BODY PARTS.**

What are GOOD TOUCH and BAD TOUCH?

Good touches are always good. But bad touches are unsafe, not okay. Here are some examples of good touch and bad touch.

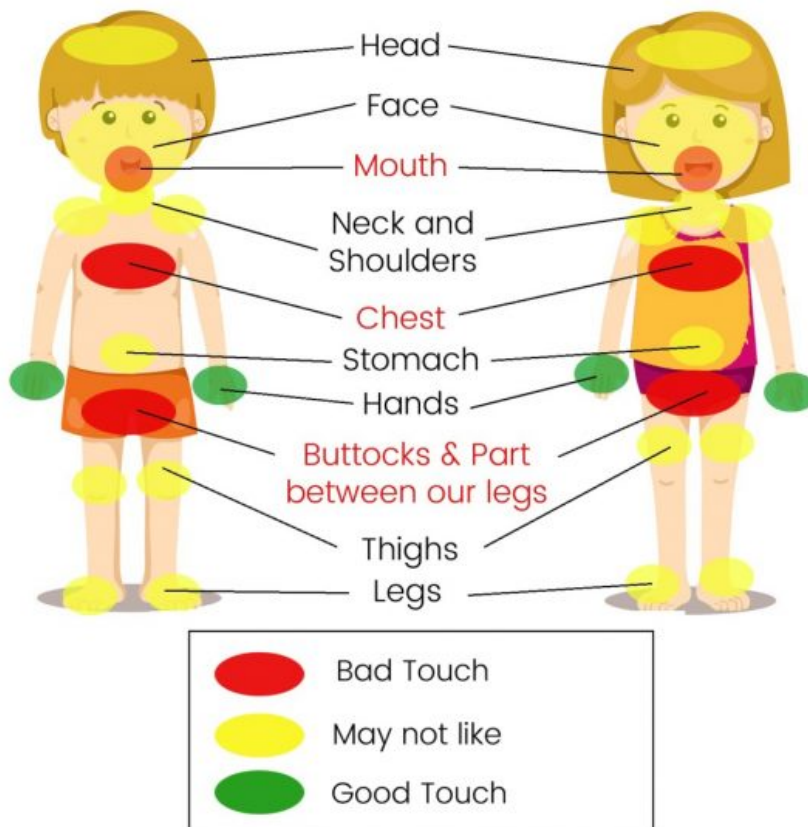
GOOD TOUCH

- A parent's hugs and kisses
- Grandparents' love
- Teacher patting your head to say "Good job!"
- Brief friendly hugs by family members
- Quick kiss on cheek or head
- Shaking hands or giving "high five"

BAD TOUCH

- Makes you feel scared/nervous/ashamed
- If it is forced or hurtful
- If you are told to keep it a *secret*
- Touching or patting areas covered by a swimsuit
- Kissing on mouth
- Touching the buttocks

These do not scare or make you feel bad!



Touching Safety Rules

1. It is not okay to touch someone else's private body parts.
2. It is not okay for someone to touch his or her own private body parts in front of you.
3. It is not okay for someone to ask you to touch his or her private body parts.
4. It is not okay for someone to ask you to take your clothes off unless they are a doctor helping to see if you are hurt or sick.
5. It is not okay for someone to take photos or videos of you with your clothes off.
6. It is not okay for someone to show you photos or videos of people without their clothes on.
7. You can decide who can touch you, who can kiss you, or who can give you a hug.
8. You have the right to say "No."

Things to do in case someone touches you the wrong way

Teach your children about the following very well. They should know what to do in such a situation.

1. Say no! Tell the person that you don't like it and you don't want to be touched.
2. Get away fast! Run away from the person whose touch you don't like. Never stay alone with that person ever again.
3. Call for help. You can scream.
4. Believe in yourself. You did nothing wrong.
5. If someone touches you in the wrong way, tell someone you trust what has happened. Don't let threats scare you into running away or keeping quiet. When a person touches you and asks you to keep it a secret between the two of you, ask yourself, "Does the secret bother me?"
6. Don't keep secrets that make you feel uncomfortable. Go to a person you trust, a parent, relative, a teacher, or your doctor. If the person you go to does not believe you, go to someone else you trust until someone believes you and helps you.
7. Do everything you can to stay away from the person who is touching you in the wrong way or making you feel uncomfortable. Don't stay alone with a person who touches you in a way that makes you uncomfortable or makes you feel unsafe.

Conclusion

Dear parents and teachers, it is our duty to tell our kids about the types of touches, their body parts, how to tackle emergency situations, and how not to keep any kind of harmful secret.

And most importantly, believe your kids and make them so comfortable that they can share things with you very easily, without any fear or hesitation.

Children are our responsibility. Love them, nurture them, and help them to stand for their rights. They are our future.

Training developed by: For a Better Chitwan

Contact info and numbers:

Government and child right organizations focusing on children's rights and helping child sexual abuse victims

Footnotes

1. Why and How Sex Offenders Abuse Child molesters, Child rapists & child sexual abuse, Dr Lynn Daugherty, Cleanan Press, Inc. Roswell, New Mexico USA Copyright Lynn Daugherty 2011
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