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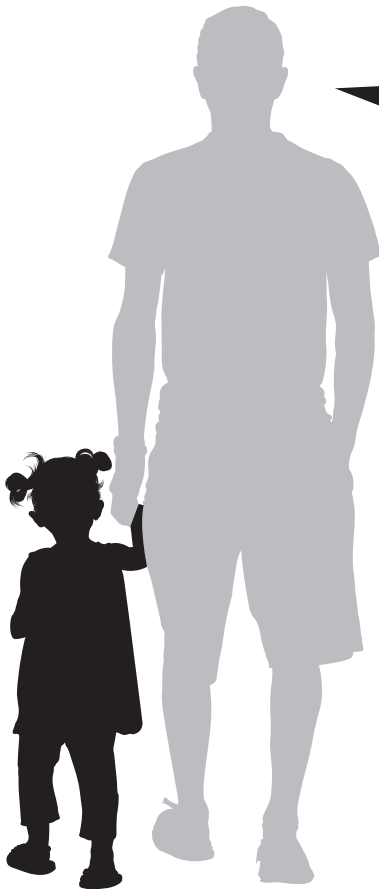
# ABUSE HARMS CHILDREN.

**WE ALL WANT OUR  
CHILDREN  
TO DO WELL AND  
BE THE BEST  
THAT THEY CAN BE**

But there are many things that stand in the way. One of these things is sexual abuse. Children are sexually abused by other children and by adults. Sexual abuse hurts children. It is very bad for their health, happiness and well-being. It is a huge barrier that stands in the way of their doing well and being successful at school and in life. Parents have a very important role in keeping children safe and helping them to reach their dreams.



# HELP CHILDREN TO GROW STRONG AND SUCCESSFUL. BE A GOOD PARENT!



**HELP PROTECT OUR  
CHILDREN  
FROM ABUSE!**

**AS PARENTS, THERE  
ARE MANY THINGS YOU  
CAN DO TO SUPPORT  
YOUR CHILDREN SO THAT  
THEY CAN GROW STRONG  
AND SUCCESSFUL.**

- Know the facts about sexual harassment and abuse.
- Build a strong relationship with your children.
- Protect children and keep them safe.
- Teach children about abuse.

# SEXUAL HARASSMENT AND ABUSE. KNOW THE FACTS.

## WHAT IS SEXUAL ABUSE?

It is when a person has sex with a child. It is also when a person shows a child their genitals, touches a child's genitals, or asks a child to touch their genitals.

## WHAT IS SEXUAL HARASSMENT?

It can be if someone:

- Sends sexual notes, SMSs or pictures that a person does not want.
- Wants sex in return for cash, cell phones or other gifts or favours.
- Makes sexual jokes or comments that make a person feel uncomfortable.
- Touches a person's body when they don't want to be touched.

## WHAT IS RAPE?

Rape is a form of sexual assault. It is when someone forces a penis or an object into

someone's vagina, anus or mouth. Rape can happen to a girl, boy, man or woman.

## EVERY PERSON HAS THE RIGHT TO SAY NO.

When a person says no to any sexual ideas, the other person should stop. It doesn't matter who the person is or how long they've been in a relationship. It doesn't matter if they've already had sex. They can change their mind and say no.

**SEXUAL VIOLENCE  
INCREASES  
THE SPREAD OF HIV**

**NO  
MEANS NO**

**IF A PERSON SAYS NO  
AND SOMEONE FORCES SEX,  
IT IS RAPE.**

It is rape even if they know the person, or are in a relationship with them.

It is rape even if they have had sex with the person before.

It is rape even if they have been getting heated up and are both sexually aroused.

It is rape even if the person has given gifts, clothes or anything else.

**IT'S NEVER THE FAULT  
OF THE PERSON  
WHO WAS RAPED.**

When a girl has been raped, people often ask her what she was wearing. They try to say if she looked sexy then she was asking for it because men can't control themselves. That is not true! A girl has the right to dress as she chooses. Men can choose to control themselves.

**KNOW THE LAW**

Sex with a child who is younger than 16 is a crime.

Sex between a teacher and a learner is always illegal.

Adults have a legal duty to report suspected abuse of a child.



# BUILD A STRONG RELATIONSHIP WITH YOUR CHILDREN.

A good relationship with your children will help them to be strong and successful.

## LISTEN AND TALK TO CHILDREN.

It is important to talk and listen to children because:

- It makes them feel valued and builds their confidence.
- It builds trust between you.
- It helps you to find out about your children and what they are doing. For example, you can find out who their friends are and what they do when you are not together.

- It allows you to know about their problems and to help solve them. If you have a strong relationship with your children, they will feel more comfortable talking to you about their problems.

**Children are all different. Choose a time to talk that suits your child. Develop your listening skills by:**

- Encouraging your child to talk to you.
- Paying attention to what they say.
- Giving them time to talk and not interrupting them.
- Asking questions.
- Believing what they tell you and taking it seriously.
- Not judging them and what they say.
- Respecting them and their opinions.

**LISTEN AND TALK TO  
CHILDREN**





**ALWAYS ACT  
IN THE BEST INTEREST OF  
THE CHILD**

## **BUILD CONFIDENCE IN CHILDREN.**

Successful people are confident people who feel good about themselves. Focusing on the things that children do wrong makes them feel bad about themselves. Build your child's confidence to make them feel good and believe that they can be successful:

- Respect them and their opinions.
- Be involved in their life and spend time with them to show that you care. Do things that they enjoy like playing games, telling stories, listening to music or watching their sport matches.
- Talk about the things they do well and encourage them.
- Praise good behaviour to encourage good behaviour.
- Respect the privacy of growing children.

# PROTECT CHILDREN. KEEP THEM SAFE.

**You can't always stop abuse. But you can take action to keep children as safe as possible and to defend and support them when abuse happens.**

- Report cases of suspected abuse to the local social workers and the police no matter who the abuser is.
- Take action with other members of your community to protect children from abuse.
- Get involved in your child's school and make sure that the school takes up safety issues. For example:
  - teachers teaching children about protecting themselves from sexual abuse.
  - schools working with the police to deal with taverns in the area and enforcing underage-drinking laws.
  - schools making and enforcing safety policies, such as teachers not having sexual relationships with children.
  - organizing after-school care that is safe and secure.
- Teach children about unsafe situations, how to protect themselves and what to do if abuse ever happens.

## TEACH CHILDREN ABOUT ABUSE.

Even though it can be difficult to talk about abuse, it is important that children are informed so that they know how to stay safe and what to do if they have a problem.



**REPORT AND SUPPORT!**



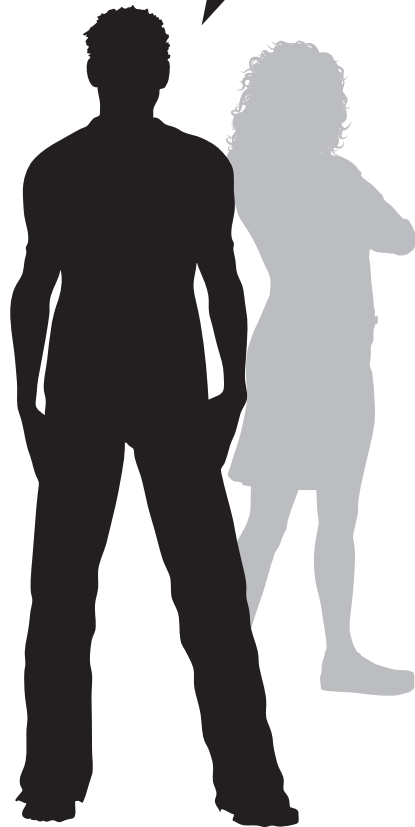


**AVOID AREAS  
WHERE THERE ARE  
FEW PEOPLE**

## TOP SAFETY TIPS.

Teach children these top safety tips:

- Always be alert to your environment and be aware of how it makes you feel. If you feel that you may be in danger, listen to the warning feelings and get help.
- Always walk to and from school with a friend or in a group.
- Avoid areas where there are few people.
- Never accept a lift from someone you don't know or trust.
- Behave appropriately with people. Give respect and demand respect.
- Never flirt with someone if you don't want sexual attention from them.





**NEVER KEEP IT A SECRET IF YOU  
EXPERIENCE ABUSE**

**GET HELP  
FROM A TRUSTED  
ADULT**

- Never give your phone number to someone you don't want to call you.
- Never give out a friend's contact details without their permission.
- Avoid being around bullies. If they harass you, get help from a trusted adult.
- Don't walk alone, especially at night.
- Never open the door to a stranger.
- Always tell a trusted adult where you are going when you go out.
- Never accept drinks, gifts or promises that could lead to a person expecting a sexual favour.
- Never keep it a secret if you experience abuse.
- Form a club so that you can protect each other and stand together.



## TEACH CHILDREN WHAT TO DO.

Teach your children what to do if they are raped or sexually assaulted so that they know what to do if it ever happens to them or someone they know. Teach them the following:

### **1. GO TO A SAFE PLACE AS SOON AS POSSIBLE.**

### **2. TELL SOMEONE YOU TRUST WHAT HAPPENED.**

Tell someone as soon as possible. This may be difficult but it is very important because this person can support your story and back you up in court. If the person is a stranger, ask for their name and telephone number, write it down and keep it.

### **3. DO NOT THROW AWAY YOUR CLOTHES OR WASH YOURSELF.**

Don't wash even if you want to. This is because there may be hair, blood or semen from the rapist on you or your clothes. If you decide to report the rape, this will be important evidence.

### **4. PUT THE CLOTHES YOU WERE WEARING INTO A PAPER BAG OR WRAP THEM IN NEWSPAPER.**

Do NOT put them into a plastic packet because it can destroy the evidence.

### **5. IF YOU ARE HURT, GO STRAIGHT TO A HOSPITAL OR DOCTOR.**

Ask the hospital to call the police if you want to report it. The sooner a doctor examines you the better. There is more chance of finding proof like blood or semen on your clothes. It is better not to drink any alcohol or take any medicine before a doctor examines you. If you do take something, you must tell the doctor.

**KNOW THIS:  
IT IS NOT  
YOUR FAULT!**



## **6. IT IS A GOOD IDEA TO REPORT THE RAPE.**

Go to the police station nearest to where the rape took place. Do this as soon as you can. This gives a stronger chance of finding proof of the attack and of catching the rapist. Ask someone to go with you for support. Keep your police case number and the name and contact number of the police officer in charge of your case. Ask for a copy of the statement you make to the police.

## **7. IF YOU FEAR THREATS FROM THE RAPIST, TELL THE POLICE AND ASK THAT THE RAPIST IS REFUSED BAIL.**

If you were drunk at the time of the rape, you can still report the rape and get medical treatment. Being drunk is not a crime, but rape is a crime.

## **8. GET TREATMENT AND MEDICATION WITHIN 72 HOURS TO PREVENT PREGNANCY, HIV OR OTHER SEXUALLY TRANSMITTED INFECTIONS.**

Make sure you get treatment from the doctor even if you don't lay a charge.

- Get antibiotics to prevent other sexually transmitted infections (STIs).
- Get the Morning After Pill (MAP) to prevent you falling pregnant if you are a woman.
- Get an HIV test and get anti-retroviral (ARV) treatment to prevent you getting HIV infection.

Disclose your HIV status to make sure you get the right treatment. If you were HIV-positive at the time of the rape, a full 28-day course of anti-retrovirals can be bad because it can allow the