



READY RECKNONER ON CHILD SEXUAL ABUSE

Acknowledge it exists in India. THE FACTS:

- 53.22% children reported having faced one or more forms of sexual abuse
- 21.90% child respondents reported facing severe forms of sexual abuse and 50.76% other forms of sexual abuse. Out of the child respondents, 5.69% reported being sexually assaulted.
- 7. 50% abuses are persons known to the child or in a position of trust and responsibility.
- ***Most children did not report the matter to anyone. Most NGOs do not include these issues in their interventions. Most media do not report these ethically.***

{Extracts from a nation wide study undertaken by Ministry of Women and Child development 2007}

HOW TO PREPARE YOUR CHILD

- **Never scare a child about sexual abuse.** Panic will beget panic. Your child may get overcautious about people.
- **Your behaviour with your spouse can be a role model for the children.**
- **Teach them not to talk to or to take anything from strangers,** Certainly not to give out their name, address and telephone number to anyone. But do emphasize the importance of being polite without divulging extra information.

HOW TO EDUCATE CHILDREN ON 'GOOD TOUCH' AND 'BAD TOUCH'?

1. Let the child know thoroughly the difference between private and public parts of the body. The parts which can be publicly touched are public parts. Those which cannot be publicly displayed or touched are private parts. Teach your children the names of the different parts of the body. Take this step further by specifying the private parts. Tell the child that these parts should not be touched by anyone, not even close friends.

2. Just like you teach the body parts and their function, let them learn the names of their genitals and their functions too.

Eyes - to see; Nose - to smell; Penis - to urinate.

Also, tell the child to notify you, should anyone try to touch their private part. Be careful not to overemphasize or overreact on the consequences

3. Handle questions or information by telling them stories. Never overload them with direct information. It won't help and might backfire with dire results. Stories with the information subtly imbibed in them will do the trick. For example, "...there bad dinosaur touched the good dinosaur's private part. The good dinosaur immediately went to its mom and complained."

4. Most importantly spend as much time as possible with your children. There is no substitute to the unconditional love and support you give them. Your children must believe that they can confide anything in you. Practice positive talk. Say, "I will love you even more everyday..." instead of "I won't talk to you if you don't..."

5. It's not only little girls that are abused. Little boys should be adequately educated on this matter too.

WHAT TO DO IMMEDIATELY WHEN A CHILD DISCLOSES...

Many children do not tell their teachers, care givers or parents about their childhood sexual abuse until they are older, as teenagers or even as adults. The following is a guide to supporting your child:

- **REMAIN CALM** Most teachers, care givers and parents feel awful when they learn that their child has been abused. It is most important that you do not overreact. An overreaction will only scare and make your child feel more ashamed. Your child may say it didn't really happen in order to protect you!
- **BELIEVE YOUR CHILD** Children do not make up sexual abuse.
- **LISTEN** to your child. Be careful not to make comments and judgments about the offender. Usually, the child knows or loves the person who abused them. Making comments and judgments adds to the child's pain and discomfort.
- **REASSURE** your child he/she **did nothing wrong. Abuse is never a child's fault.**
- **MAKE SURE YOUR CHILD IS SAFE** from further abuse.
- **GET HELP** for both your child and yourself as soon as possible. There are many counselors who understand about child sexual abuse and can help. Make sure that the counselor you choose feels comfortable with the topic of sexual abuse. Many do not understand the issue and careful selection is important. Don't forget yourself and your own feelings. You will be best able to support your child if you are also being supported!

If you do not know where to find help, contact the Child **toll free helpline 1098** {24 hours} or INSA India 23536633; 23536299 and ask for the counselors {9am-5pm} or Email childatrisk@gmail.com {confidential}

**For more information contact INSA India
5/1 Benson Cross Road, Benson Town' Bangalore 560046**

