

Child sexual abuse includes touching and non-touching behaviors:

- ◆ Harmful touching behaviors include:
 1. Touching a child's genitals for sexual pleasure
 2. Making a child touch someone else's genitals, or playing sexual games
 3. Putting objects or body parts inside the vulva, mouth, or anus of a child for sexual pleasure
- ◆ Harmful non-touching behaviors include:
 1. Showing pornography to a child
 2. Exposing a person's genitals to a child
 3. Photographing a child in sexual poses
 4. Encouraging a child to watch or hear sexual acts either in person or through computer or video images
 5. Watching a child undress or using the bathroom without the child's knowledge

**Civil Legal Assistance
through IowaCASA**

If your child is a survivor of sexual abuse and they are:

- ◆ under the age of 18 (and you are the parent or guardian); and
- ◆ involved in a family court or juvenile court matter;

legal assistance may be available for you. IowaCASA provides civil legal assistance to child victims of sexual assault and their families. In addition to employing a staff attorney and a legal director, IowaCASA has established relationships with attorneys across the state who may offer legal services at no cost to survivors of sexual assault. Contact your local sexual assault crisis center or IowaCASA.

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**Break the Silence
About Child
Sexual Abuse:**



**A GUIDE FOR
PARENTS,
GUARDIANS AND
CAREGIVERS**

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IOWA SEXUAL ABUSE HOTLINE

1-800-284-7821

For assistance and local referrals



What is child sexual abuse?

- ◆ Child sexual abuse is sexual activity with a child by an adult, an adolescent, and in some cases by another child.
- ◆ When any adult engages in sexual activity with a child, that is child sexual abuse.

Child sexual abuse is a big problem.

- ◆ As many as one in three girls and one in seven boys will be sexually abused at some point in their childhood *(Briere, J., Eliot, D.M. Prevalence and*

Psychological Sequence of Self-Reported Childhood Physical and Sexual Abuse in General Population...: Child Abuse and Neglect, 2003, 27 10).

- ◆ More than 300,000 children are sexually abused each year *(Finkelhor, D., H. Hammer, and A.J. Sedlak, Sexually assaulted children: National estimates and characteristics, in Juvenile Justice Bulletin. In press, Office of Juvenile Justice and Delinquency Prevention: Washington, D.C.).*

What do I need to know about child sexual abuse and its perpetrators?

- ◆ In 9 out of 10 child sexual abuse cases, the child knows the perpetrator *(Bureau on Justice Statistics).*

Behaviors to watch for when adults are with children:

- ◆ Ignores the child's social, emotional or physical boundaries or limits;
- ◆ Insists on hugging, touching, kissing, or tickling a child even when the child does not want this physical contact;
- ◆ Frequently points out sexual images or tells dirty jokes with children present;
- ◆ Exposes a child to adult sexual interactions without apparent concern;
- ◆ Has secret interactions with children or spends excessive time texting, calling or emailing children;
- ◆ Is overly interested in the sexuality of a particular child;
- ◆ Frequently walks in on children in the bathroom;
- ◆ Insists on or manages to spend uninterrupted time with a child; and
- ◆ Seems too good to be true, i.e. frequently baby sits for free or takes children on special outings alone.

How can we keep children safe?

- ◆ Set and respect family boundaries;
- ◆ Watch for signs of sexually inappropriate behavior in adults, between adults and children, and in children;
- ◆ Demonstrate to children that it is okay to say NO when someone you know and care about does something you do not like;
- ◆ Be comfortable saying proper body parts names before teaching them to children;
- ◆ Teach children that secrets about touching are not okay; and
- ◆ Set up an easily remembered safety plan.



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IOWACASA'S MISSION IS TO UNITE PEOPLE AND ORGANIZATIONS TO PROMOTE A SOCIETY FREE FROM SEXUAL VIOLENCE AND TO MEET THE DIVERSE NEEDS OF SURVIVORS.