

AS A PARENT OR CAREGIVER

WHAT I NEED TO KNOW



Why This Matters

- More than 50% of women and almost one in three men have experienced sexual violence involving physical contact during their lifetimes (CDC).
- Every 9 minutes, a child is sexually assaulted in the U.S. (RAINN)
- 93% of child survivors knew the perpetrator.
- It touches every community, every school, every family.

Warning Signs

- Physical: Watch for unexplained bruises or swelling around the genitals, pain when walking or sitting, or frequent infections.
- Behavioral & Emotional: Be alert to sudden mood changes, new fears, sexual behaviors beyond their age, withdrawal from people or activities, or talk of self-harm.
- No single sign proves abuse but changes that don't feel right are worth paying attention to.



What You Can Do

- Preventing Abuse: Teach children the proper names for their body parts, that their bodies belong to them, and that it's okay to say "no." Talk openly about safe vs. unsafe touch, good and bad secrets, and help them identify trusted adults.
- If Abuse Is Suspected: Stay calm, believe the child and reassure them it's not their fault. Make sure they're safe, report concerns to authorities, and seek professional help and resources.

For additional resources and suggestions on how to start the conversation, visit www.BraveStep.org/Changemaker or click the QR code.



You're not alone. Brave Step is here to support you and your family.

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