



Child Sexual Abuse

A help guide for children



This booklet provides information on what a child should do in case they are sexually abused including importance of seeking medical attention

What is child abuse?



Physical violence: Any act that causes physical harm to the child, includes hitting, biting, burning, caning and bullying etc.

Emotional violence: It includes rejection, teasing/bullying, yelling, criticism, witnessing of violence in the home.



Sexual violence: it includes touching a child in a sexual



manner, touching a child's private parts e.g vagina, penis breast, having sex with a child etc.

Emotional abuse: It includes rejection, teasing/bullying,

yelling, criticism, witnessing of violence in the home.



Neglect: Occurs when a child's basic needs like food, shelter, clothing, healthcare among others are not met.



Forms of child sexual abuse



Exposing a sexual body part to a child.



Touching a child's private parts (vagina, anus and penis, breasts, buttocks) in a way that makes him or her feel uncomfortable or frightened.



Touching a child in a sexual manner.



Penetrating the child's vagina or anus by penis, finger or any other object.



Showing pornographic materials (pictures, films, magazines) of naked people or people having sex or photographs to a child.



- 👤 Having a child pose or perform in a sexual manner.
- 👤 Forcing a child to watch a sexual act.
- 👤 Engaging a child in prostitution.

What does the law say about child sexual abuse?

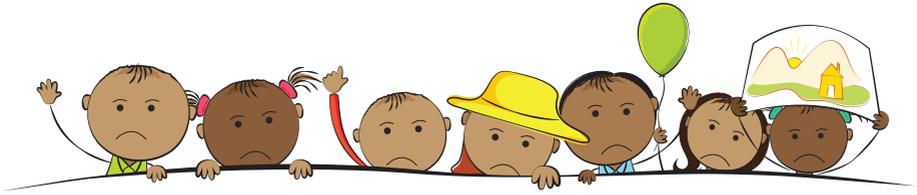
- 👤 Child sexual abuse is a crime, a violation of children rights and should be reported to persons in authority e.g. a parent/guardian, a teacher, a chief, police or hospital
- 👤 Any person who has sex with a child below the age of 11 years shall be jailed for life, 12-16 years shall be jailed for a minimum 20 years and 16-18 years shall be jailed for a minimum of 15 years.



What you need to know about child sexual abuse

- 👤 It can happen to a boy or a girl
- 👤 No one asks to be sexually abused no matter what they wear, where they are, what they have done, or whether they have been using drugs or alcohol.
- 👤 Nobody 'deserves' or 'asks' to be sexually abused. It is not your fault that it happened to you.
- 👤 A child can be sexually abused by a stranger or someone they know and trust.





Myths and facts about child sexual abuse

Myth: When it comes to sex girls say 'no' but they really mean 'yes'

Fact: "no" means no!

Myth: A person who has sex with a child is more likely to be a stranger

Fact: This is not true. Most children who are sexually abused know who attacked them. A child can be sexually abused by a guardian, a parent, an uncle, cousin, pastor, police and others.

Myth: Only girls in tight clothes or revealing clothes get sexually abused

Fact: People who sexually abuse children often choose to attack children who they think are easy to get at, not because of how they dress. You have a right to dress in a manner you are most comfortable with.

Myth: Boys cannot be sexually abused

Fact: Both boys and girls can be sexually abused

If sexually abused what should you do?

-  Do not shower. But in the event that you shower, it is important that you see the doctor.
-  Do not wash any clothes, including underwear.
-  Get away to a safe place from the attacker and report to a person you trust immediately.



👤 Wrap clothes worn at time of incident in a khaki envelope or clean sheet, avoid plastic bags and newspapers.



👤 Go immediately to the clinic or hospital; do not wait for more than 3 days



What to expect at the post-rape care centre/hospital

👤 Treatment of injuries and clinical evaluation

👤 Pregnancy testing and emergency contraception

👤 Prophylaxis to prevent sexually transmitted infections

👤 HIV diagnostic counselling and testing and post exposure prophylaxis

👤 Forensic examination and trauma counselling

👤 Hepatitis B and Tetanus vaccine

👤 You will get medicine to prevent you from acquiring HIV and sexually transmitted diseases and prevent pregnancy



Why do most children keep quiet after being sexually abused?

The following reasons can keep children from seeking help when they are sexually abused:

👤 Their attacker is someone they know and who has developed an interest in them over a period of time

👤 The attacker may threaten to harm them or their family members

👤 They are offered gift, money, etc in return for silence

👤 The attacker makes the child believe that she or he invited the abuse and it is their fault

👤 Feeling guilt and ashamed because of the abuse





Remember:

Child sexual abuse usually happens in secrecy but DO not fear to get help

what will you feel in case you are sexually abused?

You might:

-  Have thoughts or images of what happened in the mind
-  Feel as though the attack is happening all over again
-  Have nightmares or bad dreams
-  Become anxious, "jumpy" or suspicious of everyone around you
-  Constantly feel that you are in danger
-  Experience problems in sleeping due to the nightmares
-  Feel angry with friends and family members
-  Find it difficult to have healthy relationships family and friends
-  Feel self-blame and guilty for what happened
-  Experience feelings of shame or embarrassment
-  Feeling unhappy with life
-  Crying uncontrollably
-  Feel pain passing urine, walking

What you should do in case you feel any of the above

-  Tell someone you trust e.g doctor, nurse, guidance and counselling teacher



Why should you report to a health facility?

It is important that you get health care as quickly as possible. At the health facility, the health provider will

- 👤 Give you medication to protect you from getting:
 - HIV
 - Sexually Transmitted Infections
 - Pregnant
 - Hepatitis B
 - Tetanus
- 👤 Collect the medical and other physical evidence to support your case if you choose to report the incident to the police
- 👤 Document your complaint and treatment in the PRC and P3 form.
- 👤 Provide you with counselling



Remember:

- 👤 It is important for you to report to the nearest hospital as soon as possible within 72 hours.
- 👤 You are not to pay for any of the services
- 👤 Do not fear telling the health care provider anything about the attack, even if you feel embarrassed.
- 👤 You can ask a relative or a friend to accompany you to the hospital
- 👤 The doctor will talk to you with an aim of helping you cope with the fear, pain, shame and guilt associated with the abuse
- 👤 It is important for you to take all the medication as instructed by the health provider





Key message:

It is important not to blame yourself if you have been sexually abused as it can happen to anyone



Who else can help

There are lots of places you can get help apart from the hospital.

-  If you can't face anyone at the moment, you can call 1190, GBV Hotline 1195 child line 116 for free and you will be assisted on what to do next
-  You can also visit the youth hotline facebook page: Onetoone Ke where you will get advice on what to do or where to report

We would like to thank the following for their efforts in producing this brochure -
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