There are many different ways that a child your age may be abused. Child abuse means that an older child, teenager, or adult is hurting you. It may be one of your parents or someone else that you care about in your family, or even a family friend. It may even be a friend or someone that you know around your age.

**Here are some things that could be child abuse or neglect:**

- An adult/teenager/ or another child is hitting you, biting you, or giving you burns.
- Someone is touching you in your private areas, such as your penis (where boys pee from), rectum (where you poop from), breasts, or urethra/vagina (where girls pee from).
- If they touch you over your clothes or under your clothes, it is not okay.
- It is not okay to touch you in any of your private places with their fingers, any parts of their body, or any kind of object.
- Someone shows you their private parts or asks you to touch them or shows you movies with people that have their clothes off.
- Your parent/guardians do not send you to school.
- There is no heat in your house.
- There is not enough food in your house.
- You do not have enough clothes to keep you warm.
- Your parents/guardians do not bring you to the doctor when you are sick or hurt.
Here are some things that you can do if someone is hurting you or touching you in a way that doesn’t seem right:

• You can say “NO” very loudly when that person tries to touch you, and then tell an adult whom you trust.

• Tell someone whom you trust what is happening. Some ideas are teachers, school nurses, police, your doctor or nurse practitioner, other family members, or the other parent that isn’t hurting you.

• If someone tells you to keep a secret about hurting or touching, that would be important to tell an adult whom you trust.

• Never get into anyone’s car that you don’t know very well. If someone tries to force you, yell very loudly and try to run away.

• If you get lost when you are out in public, go to a salesperson or checkout counter or security person and tell them you are lost – don’t tell just anyone that you see.

• Never go out alone, and make sure a trusted adult knows where you are at all times.

• Learn your address and phone number.

Remember that if someone is doing something to hurt you or make you feel bad in any way, you need to TELL!!!

IT IS NEVER YOUR FAULT.

Your body is your private area; NOBODY has the right to touch it.