Understand Child Sexual Abuse

There are two kinds of child sexual abuse, touching and non-touching.

- Both in Utah and nationally, 1 in 4 girls and 1 in 6 boys will be sexually abused before they are 18 years old.
- Anyone can abuse a child, including women.
- Perpetrators use a grooming process to help the child feel comfortable with them and normalize the abuse.

Watch for Symptoms

Watch for symptoms of child sexual abuse including:

- Anxiety
- Abnormal sexual behaviors
- Changes in personality or mood
- Behavior changes such as becoming withdrawn or depressed or exhibiting anger and rebellion
- Changes in beliefs or conversations

If a child exhibits some of these symptoms it does not necessarily mean they are being abused.

Respond Effectively

You can respond effectively by:

- Not showing shock or disgust
- Remaining calm and inquisitive
- Believing the child
- Reassuring the child that the abuse is not his/her fault and he/she is not to blame

If you suspect child abuse, call Utah Child Protective Services (CPS)
1-855-323-3237

Teach Personal Safety

Teaching children personal safety includes following these safety rules:

Recognize: Listen to Your ‘Uh-oh’ Feeling
Resist: Say “No”
Report: Go Tell

Prepare other adults to help protect your child and review your child’s school policy on sexual abuse.