

Your Body, Your Rights

It might seem pretty easy to make sexual abuse stop, right? All you need to do is go tell an adult you know well and trust. But that doesn't happen all the time. Some people may feel embarrassed, some people may feel like it's their fault, they might not get that what's happening is abuse or wrong, or they might feel scared because the person said they'd hurt them or someone in their family if they told. But, no matter what, no one has a right to touch them in ways that feel uncomfortable or bad, and no one has a right to abuse or harass them sexually, whether at school, at home or anywhere else.

Talking about sexual abuse can be tough. Imagine a friend comes to you and tells you they're being sexually abused and they want it to stop. What are some things you can suggest they do if they're nervous about telling an adult? Who is one adult that you could talk to if this were happening to them or someone they know?

Activity A



Ways to tell an adult:

- Close your eyes or turn your back and tell
- Use a stuffed animal to do the telling
- Start by just talking about the feelings you are having before talking about why you're having them
- Tell it to your teacher in a class journal or assignment
- Draw a picture
- Text or email a parent or caregiver
- Write a note that says, "I need to talk" or "I need help"
- Write a note that tells the whole story
- If your parent/caregiver has a car, wait until you're in the car so you don't have to talk about it face-to-face
- **Call this hotline: 1-800-4ACHILD"**

Activity B



List the adults you feel comfortable speaking with if you or someone you know needs help:

- _____
- _____
- _____
- _____
- _____

