

Be Ready to Respond and Act

- If your child tells you about abuse, give attention and listen carefully.
- Never tell them to ignore or keep it a secret. Remember this will harm your child more.
- Tell them that you are with them and it is not their fault.
- Take charge and protect the child from further abuse by speaking about it & making sure that the child is never alone.
- Discuss it with your doctor/paediatrician.
- Report to Police or Sindh Child Protection Authority.
- Important phone numbers:
 1. AKUH Child Protection Service:
+92 301 101 2934
 2. Police: 15
 3. Sindh Child Protection Authority: 1121.

Child **Abuse** and Its **Prevention**



Sexual abuse is when an adult or an older child forces sexual contact on a child - This includes genital contact, showing their genitals to the child or showing naked (pornographic) pictures or making these videos of the child.

Know the Facts

Child Sexual abuse is a common problem in Pakistan.

An estimate by Sahil.org shows that 8 kids are abused each day across Pakistan. There are many more cases which are not reported.

%90 of the time, the offender is known to the child and often is a close relative.

It can happen anywhere. At home, at the school / madrassah, playground, shopping malls etc.

It can happen to boys or girls.

Know the Signs

Notice the sudden changes in your child's behaviour and mood. For example:

- Becoming clingy or irritable
- Refusing to go to school
- A new fear of a person or a place
- Unexpected behaviour like wetting of bed after fully potty trained
- Changes in sleep habits
- Unusual touching of genitals or doing sexual acts
- Talking about sexual activity beyond developmental age
- Any changes or signs in the private areas which is unlikely due to a disease
- All of a sudden becomes aloof, non-social or sad.

Talk About It

Teach your child which parts of the body are private and their proper names. Let them know that their body belongs to them.

Your child must know that they need to shout 'NO' or 'STOP' when someone threatens them sexually.

Listen to them when they are trying to tell you something. Build their trust by letting them know it is ok to share and that you are there to support them.

Know the adults and children your child is spending time with and never let your child go to market or school alone. If an adult cannot accompany them, make sure they go in groups.