

## Tips for Parents

- \* *Abusers are usually someone the child knows. Know who your child is spending time with.*
- \* *Keep an open line of communication with your child. Reassure them that there is nothing you cannot handle together.*
- \* *Monitor your child's technology use. Know who they are communicating with, which apps they are using and what games they are playing.*
- \* *Give your child permission to own his or her own body. Help them set respectful boundaries. Teach them that no one has the right to touch them without their permission!*
- \* *If a child discloses abuse, remain calm. Praise the child for telling. Listen to the child and believe him or her. Report the abuse. Seek counseling.*

*Mutual Ground offers free, confidential counseling for victims of sexual abuse of all ages and genders. For more information, please call (630) 897-0084*

*For more information on the Prevention Program call Rhonda Annala at 630-897-0084 ext 107*

# MUTUAL GROUND

Where the Healing Begins

## Services Provided by Mutual Ground:

- (All counseling and advocacy services are free and confidential)*
- Counseling for sexual abuse victims of all ages
- Counseling for victims of domestic violence and their children
- Group Counseling
- 24/7 Crisis Intervention at Hospitals
- Legal Advocacy
- Prevention presentations for school and community groups on a fee for service basis

**Mutual Ground, Inc.**  
**418 Oak Avenue**  
**Aurora, IL 60506**

**Domestic Violence Hotline:**  
**630-897-0080**  
**Sexual Assault Hotline:**  
**630-897-8383**

*Hotlines are anonymous and available 24/7*



## Child Sexual Abuse: What parents need to know

*The discussion of sexual abuse can be a tough but important conversation for parents and their children.*

Parents can help reduce the ir child's risk of being abused by learning the facts about child sexual abuse.

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## Why is it important to talk to my child about sexual abuse?

- According to the Centers for Disease Control and Prevention, 1 in 4 girls and 1 in 6 boys will be a victim of child sexual abuse by age 18
- Children of every gender, age, race, ethnicity, background and socioeconomic status are at risk
- Sexual abusers are usually not strangers— over 80% of the time the abuser is someone the child knows, according to the U.S. Department of Justice
- Abusers take time in choosing and grooming victims. Grooming means preparing a child for abuse.
- Parents can help reduce the risk of their child becoming a victim by talking to them about sexual abuse and teaching them that secrets about touching are never OK



## How can I start the conversation?

- Start with teaching your child this simple safety rule:

*No one should touch your private parts except to keep you clean and healthy.*

- Tell your child that if anyone tries to break this rule they should Yell NO! Get to a safe place, and tell an adult right away.
- Encourage your child to talk to you or another trusted adult if anyone makes them feel unsafe or uncomfortable



- Teach your child the difference between safe and unsafe secrets and reinforce that there is no topic your child can't discuss with you.
- Remind your child that you will always listen to them and believe them!

## Tricks abusers use

*Abusers use tricks to gain a child's trust and to get them to keep the abuse a secret. Some of those tricks include:*

- Blaming the child for the abuse
- Convincing the child that no one will believe him or her
- Telling the child he or she will get in trouble
- Bribing the child by buying presents or being a fake friend
- Threatening the child if they tell or do not comply
- Encouraging the child to break their parents' rules and to keep secrets from their parents
  - Using drugs and alcohol
- Confusing the child by telling him or her that what the offender is doing is normal or OK

Mutual Ground is located at  
418 Oak Avenue  
Aurora, Illinois