

Prevention

What should I teach my child?

Body ownership/body knowledge

Building self-esteem

Training in self-protective skills and behaviours

To say no to unwanted touch

That secrets that frighten or hurt them do not have to be kept

To tell a trusted adult and to persist until someone believes and helps you

That they have the right to safety and protection

Reminders:

- The job of keeping children safe belongs to adults.
- It is never too early or too late to ask for help.
- You may be the only person that can help stop a child being abused.
- Children need all the help parents can get!!

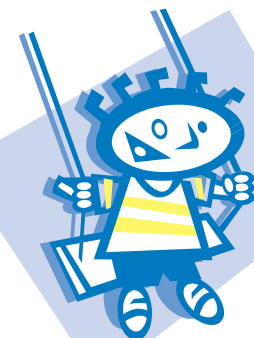
Contacts

Dept. of Child Safety	(07) 4786 2644
Bowen Police	(07) 4786 1333
Collinsville Police	(07) 4785 5377
Domestic Violence 24hr Helpline Free Call	1800 811 811
Whitsunday Sexual Assault Service	(07) 4946 2999
Sexual Assault 24hr Helpline Free Call	1800 010 120
Bowen Community Health	(07) 4786 1255
Bowen Neighbourhood Centre	(07) 4786 2111
Relationships Australia (Family Support Worker)	(07) 4786 4424
Centacare: (Family Support Worker)	(07) 4786 4158
Girudala: (Family Support Worker)	(07) 4786 1000
Collinsville Community Development Worker	(07) 4785 5965
Lifeline	13 11 14
Kid's Help Line	1800 551 800
Parent Line	1300 301 300
Bowen Hospital	(07) 4786 8222
Collinsville Hospital	(07) 4785 5344
Mensline Australia	1300 789 978
Mensline	1800 600 636

Sponsored by
Building Safer Communities Action Team Bowen

A Brochure for children, young people, families, services and community members.

Information on Child Protection in Bowen and Collinsville



What is Child Abuse?

Child Abuse is the misuse of power by a person who is older or bigger, that endangers or impairs a child's physical or emotional health and development.

Child abuse can occur through someone doing something hurtful or by someone not doing something to provide for or protect a child.

There are four types of child abuse:

- PHYSICAL ABUSE
- EMOTIONAL ABUSE
- NEGLECT
- SEXUAL ABUSE

**It's ok to tell and keep on telling until you get heard!
If you tell someone about being abused and they don't believe you or listen;
tell someone else.**

Emotional Abuse is behaviour towards a child, which damages self-esteem, confidence and a child's sense of worth. It includes constant criticism, excessive teasing, belittling, blaming, put-downs, withdrawal of affection and ignoring, exposure to domestic violence. A child can be left feeling worthless, unlovable and lacking self confidence.

Physical Abuse is when a child's body is injured. This can be through punching, slapping, burning, biting or any action that results in a child's body being harmed.

Neglect is the failure to provide a child with basic needs such as food, clothing, shelter, hygiene, education, adequate supervision, and medical and dental care.

Sexual Abuse involves a child in sexual activity. Sexual abuse includes sexual suggestions, exhibitionism, inappropriate touching in private parts of the body, indecent phone calls, involvement with pornography, oral sex, masturbation, and penetration of the genital or anal areas with an object, penis or any other body part.

Secrecy, misuse of power and the distortion of adult-child relationships are key factors in the sexual abuse of children.

How to respond when a child discloses

Believe them

Listen to what they have to say

Try to remain calm

Explain any action you may take

Be supportive and assure the child that it is not their fault

Let them know that you will try to stop this from happening

Assure them that they have done the right thing by telling someone

Do not make promises you can't keep (including keeping the information they have told you a secret)

YOU ARE NOT ALONE. BY THE AGE OF 18 YEARS, 1 IN 3-4 GIRLS AND 1 IN 8-9 BOYS HAVE BEEN SEXUALLY ASSAULTED.