

Be Alert! Stop Child Sexual Abuse



What you can do as a Parent?



Be alert for any signs of abuse like sudden mood swings, change in eating habits, has nightmares or seems distracted.



Explain to your child what 'abuse' means and encourage him/her to speak to you if anything happens.



Seek the help of a professional in the event of sexual abuse.



Report/take action in all cases of suspected abuse, both inside or outside family.

Nurture an environment in your family where child can discuss his/her feelings openly.



Be aware of who your child spends time with and monitor his/her internet use.



Call child helpline no **1098** for help.

