



TRUSTED ADULT GUIDE

**“A GUIDE FOR PARENTS AND TRUSTED
ADULTS TO PROTECT CHILDREN
AGAINST SEXUAL ABUSE.”**

**THIS GUIDE IS FOR ADULTS MY NOT
BE AGE APPROPRIATE FOR
CHILDREN.**



There are certain topics that are very hard to discuss. The one I will be presenting today is one of those topics. The sexualization and sexual abuse of our children.

I CAN STAND HERE AND GIVE STATISTICS OF HOW THE USA IS THE LARGEST CONSUMER FOR CHILD PORNOGRAPHY, AND HOW MEXICO IS THE LARGEST CREATORS OF THAT CONTENT. HOW IT IS MORE LUCRATIVE THAN THE DRUG TRADE. HOW THIS ISSUE SPANS FROM THE ELITE DOWN TO THE DARK ALLIES. HOW PREDATORS CAN SPAN FROM PARENTS TO COMPLETE STRANGERS. HOW SOME VICTIMS ARE AS YOUNG AS TWO YEARS OF AGE.

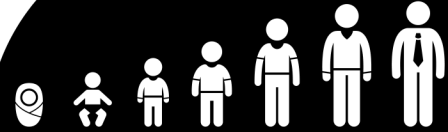
I CAN SAY THAT THE CDC RECOGNIZES CHILD SEXUAL ABUSE AS THE NUMBER ONE THREAT TO CHILDREN. 1 OUT OF EVERY 4 GIRLS AND 1 OUT OF EVERY 6 BOYS WILL BE SEXUALLY ABUSED BEFORE THE AGE OF 18.



93% of victimized children are abused by someone they know and trust.



73% of children don't tell anyone about the abuse for at least a year many never tell.



40% of abusers are older youth.



50% of sexually abused children suffer trauma that follows them into childhood.



They are 2X more likely to drop out of school.



They are 3 X more likely to abuse drugs or alcohol.

THE ECONOMIC IMPACT OF CHILD SEXUAL ABUSE IS STAGGERING COSTING THE USA \$35 BILLION ANNUALLY SECOND ONLY TO MURDER.

Your heart will break, and you will shake your fist. Some of you may cry because you, yourselves were victim's and others will stop reading because the topic is too difficult. Others will be motivated to do something, anything to help stop these atrocities.

But then you will have an overwhelming feeling of, what can I do? That problem just seems too big for me to make a difference. I'm not rich, I'm not famous, I'm not a politician. I'm just me.

What would you say if I had a solution?

I want to introduce you to what I believe can be a solution.



YOU!



1 trained adult will protect 10 children from the trauma of sexual abuse. Our goal is to educate as many parents and trusted adults as possible, so they can Prevent -Detect -help victims Heal from child sexual abuse. As well as empower children with the skills they need to protect themselves.



This handbook will teach you the signs of sexual abuse in a child and some actions to take to avoid them as well as explain the general process of reporting and recovery. Once you have read this book and registered on our website you will be eligible for 50% off our Certified Guardian training program.



The Certified Guardian program will provide a deep dive into how to combat child sexual abuse and how to become an advocate for your family and community through learning the tenets of : Prevent – Detect – Heal

SEXUAL ABUSE OF CHILDREN INCLUDES

- ☐ Non-contact abuse
- ☐ Making a child view a sex act
- ☐ Making a child view or show sex organs
- ☐ Inappropriate sexual talk
- ☐ Contact abuse
- ☐ Fondling and oral sex
- ☐ Penetration
- ☐ Making children perform a sex act
- ☐ Exploitation
- ☐ Child prostitution and child pornography.



PHYSICAL SIGNS OF SEXUAL ABUSE:

Difficulty sitting, walking, bowel problems

Torn, stained, bloody undergarments

Bleeding, bruises, pain, swelling, itching of
genital area

Frequent urinary tract infections or yeast
infections

Any sexually transmitted disease or related
symptoms.





BEHAVIORAL SIGNS OF SEXUAL ABUSE:

- ❗ **Doesn't want to change clothes (e.g., for P.E.)**
- ❗ **Withdrawn, depressed, anxious**
- ❗ **Aggression, poor peer relationships, delinquency**
- ❗ **Poor self-image, poor self-care, lack of confidence**
- ❗ **Sudden absenteeism, decline in school performance**
- ❗ **Substance abuse, running away, recklessness, suicide attempts**
- ❗ **Sleep disturbance, fear of bedtime, bed wetting, nightmares**
- ❗ **Sexual acting out, excessive masturbation**
- ❗ **Unusual or repetitive soothing behaviors (hand-washing, pacing, rocking, etc.)**
- ❗ **Sexual behavior or knowledge that is advanced or unusual**
- ❗ **Difficulty relating to specific group of people (example adult males if they were victimized an adult male)**





TIP: AVOID PUTTING YOUR CHILDREN IN UNNECESSARY DANGER.

Never leave your child unsupervised with strangers or anyone, including family who is known to have or perceived to have addictive substance abuse including alcohol, known to watch pornography, known to have anger issues is too young or too old or too immature to properly care for your child. Be aware of what your children are watching, listening to and whom they are communicating with on social media and on their game consoles. It is important that you know listening to inappropriate sexually explicit music is audio pornography and is a gate way to watching pornography. When a child becomes addicted to pornography, they develop maladaptive behaviors and psychopathology. Children under twelve years old who have viewed pornography are statistically more likely to sexually assault their peers. Remember if you're watching it or listening to it most likely they are as well.

BEWARE FOR THE WARNING SIGNS OF GROOMING.

GROOMING PRACTICES

Abusers may become friendly with potential victims and their family's enjoying family activities, earning trust, and gaining time alone with children. This is called grooming, and it presents opportunities for offenders to violate a child's boundaries. To minimize these opportunities, we need to truly understand grooming practices.

Grooming is a process by which an offender gradually draws a victim into a sexual relationship and maintains that relationship in secrecy. Often, the offender may also fill roles within the victim's family that make the offender a trusted and valued member.

WHAT DOES GROOMING LOOK LIKE?

- Gifts or money to child for no reason
 - Isolating a child from others
 - Filling the child's unmet needs
 - Filling the needs and roles within the family
 - Treating the child as if he or she was older.
 - Giving the child drugs or alcohol, showing pornography
 - Gradually crossing physical boundaries, becoming increasingly intimate/sexual
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- Using secrecy, blame, and threats to maintain control.
 - Confuse the child about what is right and wrong.

Out Cry.



Once a person speaks out and expresses that they have been sexually abused it is called an "Out Cry". You need to take the following steps.

To have a successful case against the perpetrator and help find healing for the child victims of sexual abuse. It is important that you consider the following.

Do not question the child more than needed to understand that he or she was abused. Use the diagrams above if needed to help the child express only enough for you to know that he or she has been abused, listen then report. Limit the number of people to one or two with at least one same sex trusted adult when child is expressing their "Out Cry"

Questioning the child could hinder the prosecution. And cause unnecessary stress to the child. There should be an interview done by the local CAC, CPS and judicial authorities once and recorded.

Do not show uncontrolled emotion in front of the child, anger, doubt, disappointment, even in your facial expressions could cause the child to change their statement so as not to cause you any stress or pain. There will be time for that when the child is not around.

Tell the child thank you for coming to you let them know you believe them and will help them.

Know what to do next?

If child is in immediate danger and perpetrator is present or child will be present with perpetrator within the next 24hrs, protect the child and call the authorities call 911 immediately do not let the victim leave with perpetrator in this case it is better to get creative to by time rather than aggressive.

If the child is not in immediate danger and the perpetrator is not present or in the household and if the household is not aware or supportive of the abuse call your states Abuse Hotline or local authorities.

- ① Call authorities to make report.
The investigators will interview the child. By working with the local CAC (Children's Advocacy Center) this is done in a way that the child doesn't need to repeat themselves, this reduces the trauma. As well as maintains the integrity of the child's testimony throughout the judicial process. This process may also include physical evaluations by medical professionals.
- ② The testimony is shared with prosecutors to help the trial case. During the trial case you may be called upon to give your testimony, write down what occurred immediately so you can maintain the integrity of the facts without allowing time and bad memory to distort your testimony.
- ③ CPS will be involved in the process to decide what is the safest way to better protect the child.
- ④ The local CAC (Child Advocacy Center) should remain involved and help with the healing process which includes counseling and the support of mental health professionals. For the child and non- offending family members. Its is important that you identify your local CAC.
- ⑤ Stay involved and be available to help the case and show support to child.

IMPORTANT

The laws that define child abuse in each state vary, so investigations look different in every state. If you are experiencing any type of abuse or have questions—please feel free to reach out to the Child help National Child Abuse Hotline by calling or texting 1-800-422-4453. Whatever you are feeling is valid and we want to help.

The above explains the process taken in the USA we encourage you to be aware of the equivalent process in your country.

Texas abuse hotline 1-800 252 5400