One in five girls and one in seven boys are being sexually abused before age 18.¹

Our lawmakers have tried to control this “silent epidemic”¹ by making sure that convicted sex abusers register with the police.

But most sexual abusers (88%) are never reported.² So the police and the courts can’t tell you about these sex abusers because they don’t know who the abusers are.
Why Do We Need To Know About Sexual Abusers?

We need to know about sexual abusers because sexual abuse of children is all around us in American homes and communities. Five hundred thousand children are sexually abused each year. What that huge number means is that one in five girls and one in seven boys will be sexually abused before age 18.6

We’ve only begun to see how much child abuse there is and how much it hurts children. Our lawmakers have tried to control this “silent epidemic” (AMA, 1995) by making sure that the sex abusers we’ve come to know about have to register with the police, and by telling people about the convicted sex abusers in their neighborhoods.

This may help in some situations. But most sexual abusers (85%) are never reported. So the police and the courts can’t tell you about these sex abusers because they don’t know who the abusers are.

To keep our communities safe, we need to learn what to do about people who are sexually abusing children and have not been caught. Kids shouldn’t have to try to stop sexual abuse all by themselves. We adults have to learn to see when people are acting strange around our kids. And we have to learn what to do when we think a person is harming a child in a sexual way. It’s a lot like what you do when you see someone who is drinking and planning to drive: you try to get them help so they don’t hurt someone. There are warning signs that can help us figure out whether someone we know might be sexually interested in children.

This booklet contains a lot of the information we need to protect and help children we know. We can learn what to look for and how to talk about sexual abuse with other adults and with children. We can figure out what to do when we see something, even though we think, “Well, maybe I’m just over-reacting.” The most important piece of information we can use to protect our kids is knowing who to call for advice, for help, or to report a case of abuse.

What Exactly Is Child Sexual Abuse?

If you’re not sure exactly what child sexual abuse is, you’re not alone. Only half of the people called in a recent survey could define it.

Child sexual abuse is sexual activity with a child by an adult, an adolescent, or an older child. When any adult engages in sexual activity with a child, that is child sexual abuse. It is a crime in all 50 states. When sexual activity involves another child or an adolescent, it is not always so clear. Some kinds of sexual behavior among children might be innocent explorations rather than abuse. Check the section called What About Children Who Sexually Abuse Other Children? later in this booklet for help in figuring out whether what you’re seeing between children is abuse.

Who Sexually Abuses Children?

Sexual abusers are likely to be people we know, and could even be people we care about. It would be easy to figure out who the sexual abusers are if they were like the ones we see on TV — those strangers in trench coats hanging around the edges of playgrounds, or the “monsters” who kill and mutilate children. But they’re hardly ever like that.

In 90 percent of child sexual abuse cases, the child knows and trusts the person who commits the abuse.6

Most sexual abusers — the ones we know about and the ones we don’t — are fathers, mothers, step-parents, grandparents, and other family members (uncles, aunts, cousins). They’re neighbors, babysitters, ministers, teachers, coaches, or anyone else who has close contact with our children.

We can’t tell who they are by the way they look. What they have in common is that they thought about sex with children and then acted on those thoughts by sexually abusing a child. We know that child sexual abuse is happening all the time everywhere in the country. This means that adults and teenagers who have sexually abused a child live in the same neighborhoods, shop in the same stores, and use the same laundromats we do. We may know them personally as part of our family or extended family, or in our circle of friends and neighbors. But we may not know about their sexual activities around kids.

It’s hard to face the fact that someone we know — and even like — might be a sexual abuser. But because it’s true, we all need to know what to look for and how to protect our families and our children.
Behavioral Warning Signs A Child May Have Been Abused

Some of these behavioral signs can show up at other stressful times in a child’s life such as divorce, the death of a family member, friend or pet, or when there are problems in school, as well as when abuse is involved. Any one sign doesn’t mean the child was abused, but several of them mean that you should begin asking questions. Do you notice some of the following behaviors in children you know well?

- Nightmares, trouble sleeping, fear of the dark, or other sleeping problems.
- Extreme fear of “monsters.”
- “Spacing out” at odd times.
- Loss of appetite, or trouble eating or swallowing.
- Sudden mood swings: rage, fear, anger, or withdrawal.
- Fear of certain people or places (e.g., a certain person).
- New words for private body parts.
- An older child behaving like a younger child, such as bed-wetting or thumb-sucking.
- Sexual activities with toys or other children, such as simulating sex with dolls or asking other children/siblings to behave sexually.
- Refusing to talk about a “secret” he/she has with an adult or older child.
- Talking about a new older friend.
- Suddenly having money.
- Cutting or burning herself or himself as an adolescent.

If you have any questions about these or other signs and symptoms, please call the Stop It Now! Toll-Free Helpline at 1-888-PREVENT.

Why Do People Sexually Abuse?

Some people are physically attracted to children. Some of them never act on their feelings. Abusers do.

Some people may have sex with other adults, but may sexually approach children when they are under a lot of stress, like losing a job or getting a divorce.

Some sexual abusers were victims of abuse or neglect as children. It’s not an excuse, just a fact. But many victims of sexual abuse live their lives without ever becoming sexual perpetrators themselves.

Some people sexually abuse children so they can feel the power and control they don’t feel in their relationships with other adults.

These are just some of the reasons why someone may choose to sexually abuse a child. None of these reasons excuse or justify sex between an adult and a child. No matter what the reason for the abuse, the effects on children are severe and can last a lifetime.

Can People Who Sexually Abuse Children Stop It?

Yes! In order to stop, people who sexually abuse children must want to change, and must be able to get specialized treatment. Adults, adolescents, and children with sexual behavior problems can change their abusing behavior. They can learn to live healthy, productive lives in which they no longer harm innocent children.

You’ve probably heard or read the misinformation that all sexual abusers will abuse again. With all those stories on TV and in the papers, it’s not easy to remember that child molesters with hundreds of victims are only a few really extreme cases. Most people who sexually abuse children are not like the abusers you see on television.

Treatment helps. Many people who abuse will learn to control themselves around children if they are offered specialized treatment. When people with sexual behavior problems have the support and “tough love” of their friends and families, they are more likely to complete their treatment programs and live productive, abuse-free lives. Again, when we confront these behaviors at the earliest stages - especially with children and teens - they are most likely to change and not abuse again.

“I turned myself in two and a half years ago. I pled guilty because I am a pedophile and I want help to stop molesting children.”

Words of a man in prison for sexual abuse

“I turned myself in two and a half years ago. I pled guilty because I am a pedophile and I want help to stop molesting children.”

Words of a recovering sexual abuser

Physical Warning Signs A Child May Have Been Abused

Does a child close to you have:

- Unexplained bruises, redness, or bleeding of the child’s genitals, anus, or mouth?
- Pain at the genitals, anus, or mouth?
- Genital sores or Milky fluids in the genital area?

If you said “yes” to any of these examples bring your child to a doctor. Your doctor can help you understand what may be happening, and test for sexually transmitted diseases. If you have any questions about these or other signs and symptoms, please call the Stop It Now! Toll-Free Helpline at 1-888-PREVENT.

“I turned myself in two and a half years ago. I pled guilty because I am a pedophile and I want help to stop molesting children.”

Words of a recovering sexual abuser

“I turned myself in two and a half years ago. I pled guilty because I am a pedophile and I want help to stop molesting children.”

Words of a recovering sexual abuser
What About Children Who Sexually Abuse Other Children?

Children and teenagers sexually abuse children, too, though sometimes it’s hard to tell whether it’s abuse or innocent play. Some sexual activities are normal for children at certain ages. But there are warning signs that should send up red flags if you see them when children are involved in sexual play. Here are some things to watch out for.:

- **Size:** Is one of the children/teens involved much larger than the other?
- **Age:** Is one of the children/teens more than 3 years older than the other?
- **Status:** Does one of the children/teens have more power in the relationship — for example, a babysitter, a club leader, the bully on the block?
- **Ability:** Does one of the children/teens have greater mental, emotional, or physical ability than the other? Is the possible victim disabled or developmentally slow?
- **Power:** Is one of the children/teens using threats, bribes, or physical force?

If you answered “yes” to any of these questions, the sexual activity may be abuse. If you have any questions about what you are seeing, or if you need support, please call 1-888-PREVENT, the toll-free helpline of Stop It Now!, an organization working to end the sexual abuse of children. Call your local office of child protective services to report the situation that is making you uncomfortable. Remember, you do not need to be sure that it is abuse to call. By calling, you learn how to get help for all of the children involved — both the abuser and the abused.

What Can You Do?

**We All Need To Speak Up**

When we don’t take the keys from a drunk friend who’s about to drive, we’re risking the friend’s and other people’s lives on the road. When we don’t question sexual behaviors, we’re risking the safety of our children and others the abuser might harm. Abusers count on us to be confused, to keep quiet, and to not call for help. Adults — all of us — need to talk about sexual abuse and to learn what to do to keep our children safe.

“**My brother-in-law Harry was touching his eleven-year-old daughter. She was clearly uncomfortable with his attention. ’Don’t worry about it,’ I told her. ’Your dad doesn’t mean anything by it.’**

I wish I had told Harry, in front of my niece, ’I see Janice is uncomfortable. You should stop touching her like that.’ This would let my niece know that it is okay to say ‘no’ to him. It would let Harry know that someone is watching and noticing and not afraid to speak up. I would also ask my niece some other gentle and more direct questions in private to let her know she has someone to talk with.”

Aunt of an abused child

Most families whose kids were sexually abused wish that they had been able to talk beforehand with their children about what could happen when adults try to get them involved in sex, and about how it can be prevented. We need to do more than wishing after the fact. This means getting comfortable using words like “penis,” “vagina,” or “penetration” so we can as adults feel comfortable with these words and can teach our sons and daughters how to talk about it when they are made uncomfortable. When adults and kids have the right words, it’s easier for them to tell us when they are sexually approached or harmed. Our shyness or embarrassment with each other about sexual behaviors also keeps us from talking with adults who may be sexually abusing a child.

What To Watch For When Adults Are Around Children

Have you ever seen someone playing with a child and felt uncomfortable? Maybe you thought, “I’m just over-reacting,” or “He/She doesn’t really mean that.” Don’t ignore comments or behaviors, learn to talk about them or ask more questions about what you have seen. The checklist below offers some warning signs.

- Refuses to let a child or teenager set any of his or her own limits?
- Insists on hugging, touching, kissing, tickling, wrestling with, or holding a child even when the child does not want this affection?
- Is overly interested in the sexuality of a particular child or teen?
- Manages to get time alone or insists on uninterrupted time alone with a child?
- Regularly offers to babysit many different children for free, or takes children on overnight outings alone?
- Buys children expensive gifts or offers them money for no apparent reason?
- Offers alcohol or drugs to teenagers or children when other adults are not around?
- Frequently walks in on children/teens in the bathroom?
- Allows children or teens to consistently get away with inappropriate behaviors?

Any one of these behaviors does not mean that a child is in danger. But if you answered “yes” to more than one of these questions, begin to ask your own questions and get help. Trust your gut. For information and advice on how to talk to someone, or for resources, please call the Stop It Now! Toll-Free Helpline at 1-888-PREVENT.
Develop A Safety Action Plan For Your Family

It is important to teach children about safety. It is just as important to teach ourselves what we need to know in order to keep our children and communities safe. Here are some things that you and your family can do to prevent the sexual abuse of your children. Adults need to:

Take Responsibility

- **Adults must watch for signs of abuse** because many children, especially young ones, are not able to protect themselves sexually.
- **Show in your own life how to say “no.”** Teach your children that their “no” will be respected, whether it’s in playing or tickling or hugging and kissing. If your child does not want to give Grandpa a kiss, let the child shake hands instead.
- **Set and respect family boundaries.** All members of the family have rights to privacy in dressing, bathing, sleeping, and other personal activities. If anyone does not respect these rights, an adult should clearly tell them the family rules.
- **Speak up when you see “warning sign” behaviors.** Interrupt behaviors and talk with the adult in the situation about what is making you uncomfortable. They may need help to stop these behaviors.
- **Report anything you know or suspect is sexual abuse.** Without help, the abuse will not stop.

Learn, Teach, and Practice

- **Practice talking with other adults about the difficult topics, say the words out loud, so that you become more comfortable with using the words, asking questions, confronting behaviors.**
- **Practice talking with both the adults and children in your life about their difficult issues to get them in the habit of talking with you.** Show them that you will listen to anything they have to say, even if they talk about something embarrassing or something they’ve done wrong.

Teach children the **proper names of body parts.** Just as you teach your children that a nose is a nose, they need to know what to call their genitals. This knowledge gives children correct language for understanding their bodies, for asking questions that need to be asked, and for telling about sexual abuse.

Teach children the **difference between ok touch and touch that is not ok.** For younger children, teach more concrete rules such as “talk with me if anyone — family, friend, or anyone else — touches your private parts.” Also teach them that it is not ok to try to touch or control someone else’s body.

Teach children that **secrets about touching are not okay.** If someone touches your child’s body and asks them to keep it a secret, they need to tell you about what happened. If others do not respect their wishes or do not respond to them saying “no” to an activity or a touch, teach them to talk with you about these situations.

Make a Plan

- **Set up a family action plan that is easy to remember.** Make sure that as adults, you know how to challenge each other when you see risky behaviors. List who to talk with when you see something you are unsure about and who to call to report sexual abuse. Teach the children about what to do and who to talk with if they are sexually threatened or molested by someone.
- **List for yourself who to call for advice, information, and help.** (Check the resources at the end of this booklet.) Even if you do not have children of your own, get information about how to report and how to get help for the person abusing. If you know that a child has been sexually abused, be sure to get help for the child quickly, so the harm can be healed.

Abusers count on us to be confused, to keep quiet, and to not call for help.
What Is Community Notification?
Community notification requires that the public be notified about certain sex offenders living in their communities. Community notification is often referred to as “Megan’s Law.” Registration requires sex offenders to register their address and other important information with their local police department when they are placed on probation or released from prison. To learn more about how registration and community notification are handled in your state, contact your local police department.

If you have learned that a convicted sexual abuser is living in your community, you might feel angry, scared, and unsafe. It may help you to find out more about this abuser, and to share what is helpful with your family.

Some Things You Can Do If You Are Notified That A Sex Offender Is Living In Your Community:

■ **Review your family’s safety plan.** (See pages 8-9.) Your children and your family need to know what to do if anyone — family, friend, acquaintance, neighbor, or stranger — is approaching a child sexually. Remember, abuse is most likely to happen with someone you already know. If you’re not sure about how to set up a safety plan, check our resource list (inside back cover) for organizations to call.

■ **Look for more information.** Ask the contact person on the notice for more information. There may be a public meeting, local resources, or other materials that would help you and your family.

■ **Find out if the sex offender is being supervised.** Ask the person or organization who has notified you whether this sex offender is being supervised by a probation or parole officer. You should be able to get the name and telephone number of the abuser’s probation or parole officer. This officer may be able to answer more complex questions about the risk this person may pose to your family.

■ **Consider talking to the person who has sexually abused.** Remember, you may already know him or her or know their family and friends. Even if this person is new in your community, he or she is a part of it now. If the abuser is open and honest about the past, he or she may really be trying to change and live a different life. You can show your support of the abuser’s willingness to live a different life that keeps children safe. Your support and watchfulness can help in his or her recovery. It is also a chance to let the abuser know that you are aware of the past and are watching his or her actions today.

■ **Notify the police if you see this person in a suspicious situation.** No matter how you feel about a sexual abuser, if you see him or her in a suspicious or dangerous situation (such as talking to a child alone on a deserted side street), call the police or probation/parole officer. Many sexual abusers go on to live productive, abuse-free lives. But not all sexual abusers will make the needed changes in their lives. Your watchfulness may help the abuser keep himself under control. On the other hand, making threats or taking revenge only pushes the abuser into hiding, where normal life is almost impossible and it’s easier to go back to old abusive ways.

Don’t Wait To Be Notified
Since most abusers are never caught, we don’t know yet how useful community notification will be for protecting children. There are already sexual abusers in our communities, whether we know about them or not. Don’t wait to be notified about the known sexual abusers — talk to your family now about the sexual safety of children in your community.

■ **Remember:** 88% of sexual abusers are never reported. Authorities can’t notify you about most abusers because they’ve never been caught. Your safety action plan for your family is the same whether or not you’ve been notified about a known sexual abuser in your community. Be aware of possible sexual abusers in the same way that you are aware of possible speeding cars, children in the streets, or drug dealers near your child’s school. If you know what to look for and how to take action, people who sexually abuse children will not have access to them. Their abusive behavior can be stopped when we are all aware. They can get help to prevent any further abuse.

“Yet one more tragedy is that his kids are going to have to suffer for his actions with community notification following them everywhere he goes. They are going to unfairly bear the brunt.”

Grandmother of children of a convicted sex offender

“Unless there is help available, why would abusers admit their crimes? None of us wants to expose our darkness, especially when there is no light to shine down and heal it.”

Words from a survivor of child sexual abuse
A Call To Action

Abusers count on our silence to give them access to sexually abuse children. We can all help prevent or stop the sexual abuse of children by learning simple action steps.

If you know that a child has been sexually abused, you need to report it. You can call your local police department or your state child protective services office. You can also bring the child directly to a therapist or a doctor, both of whom are required to report the abuse.

If you do not know where to go OR you are unsure of what you are seeing, you can call the Stop It Now! Toll-Free Helpline at 1-888-PREVENT for confidential information and support.

The Stop It Now! helpline is staffed from 9:00 AM- 6:00 PM (EST) by professionals who know about the issue. You can call this non-profit organization to simply talk about your situation. Again, the calls are confidential — YOU make the decision on next steps. The helpline organization to simply talk about your situation. Again, the calls are confidential — YOU make the decision on next steps. The helpline

A Happiness Worth Defending

Kids are terrific — happy, innocent, and free. They can remind us of what is best about ourselves. When they’ve been sexually abused, that happiness is dimmed, sometimes for life. With your help, more kids will get to grow up full of light and life.

Thank you for doing what you can to help our children grow up free from sexual abuse.

If you have general questions about child sexual abuse:
Stop It Now!
351 Pilgrim Avenue, Suite 8391, Northampton, MA 01060
Office: (413) 587-3500 Fax: (413) 587-3505
Helpline: 1-888-PREVENT (1-888-773-8388)
Email: info@stopitnow.org
Website: www.stopitnow.org
A national nonprofit with a ground-breaking public health approach to prevent the perpetration of child sexual abuse. Programs protect children by emphasizing adult and community responsibility. Stop It Now!’s confidential helpline is available for individuals and families who are concerned about inappropriate sexualized thoughts or behavior in themselves or in another adult, teenager, or child.

National Clearinghouse on Child Abuse and Neglect (NCCAN)
300 C St S.W., Washington, DC 20477
Office: (703) 385-7965 Fax: (703) 385-3206
Toll free: 1-800-888-3388 (1-800-894-3388)
Email: nccann@calib.com Website: nccann.acf.hhs.gov
A resource and clearinghouse that collects, stores, organizes and disseminates information on all aspects of child maltreatment.

American Humane Association, Children’s Division (AHA)
63 Inverness Drive East, Englewood, CO 80112-5117
Office: (303) 792-9900 Fax: (303) 792-5333
Toll free: 1-800-227-4645 Website: www.amerhumane.org
A resource for professionals and concerned citizens providing the facts, resources, and referrals they need to help children and families in crisis and to prevent child abuse in their own neighborhoods.

Prevent Child Abuse America (PCAA)
200 South Michigan Ave., 17th Floor, Chicago, IL 60604-2404
Office: (312) 663-3500 Fax: (312) 939-8962
Website: www.preventchilddubase.org
A volunteer-based organization committed to preventing child abuse in all its forms through research, public education, programs, and advocacy. Write for a catalogue of publications.

If you have questions about a child who may have been sexually abused:
National Center for Missing and Exploited Children (NCMEC)
Charles B. Wang International Children Building, 699 Prince Street, Alexandria, VA 22314-3175
Office: (703) 274-3900 Fax: (703) 274-2220
Website: www.ncmec.org
A clearinghouse for information on missing children and the prevention of child victimization. NCMEC’s website brings images and information about missing children and a wealth of child protection information to a global audience. The CyberTipline, 1-800-THE-LOST (1-800-843-5678) is a toll free line to report any information pertaining to the sexual exploitation of children on the web, or in any industry that makes use of child pornography. (Report online at www.cybertipline.com.)

If you have questions about sex offenders or sexually abusive behaviors:
The Association for the Treatment of Sexual Abusers (ATSA)
4900 S.W. Griffith Drive, Suite 274, Beaverton, OR 97005
Office: (503) 643-1022 Fax: (503) 643-5084
Email: info@atsa.com Website: www.atsa.com
A national organization working to develop and disseminate information, best practices, and research. We provide training and other support and resources to other providers and members of the general public related to the area of sex offender research, evaluation, and treatment. Call for a referral to a local treatment provider.

Center for Sex Offender Management (CSOM)
Center for Effective Public Policy, 8430 Celoseville Road, Suite 720, Silver Spring, MD 20910
Office: (301) 589-9380 Fax: (301) 589-3565
Website: www.csom.org
Provides ready access to most of the current knowledge and effective practices in the field of sex offender research, evaluation, and treatment. Call for a referral to a local treatment provider.

The Safer Society Foundation, Inc. (SSFI)
PO Box 340, Brandon, VT 05733
Office: (802) 247-3132 Fax: (802) 247-4233
Website: www.safersociety.org
Provides a network of support for abusers who are currently in treatment, a newsletter on current issues for adult offenders, their families, survivors and mandated reporters. Call for a free catalogue. Call for a referral to a local treatment provider (M-F, 9AM-4:30PM EST).

Sex Abuse Treatment Alliance (SATA)
PO Box 1191, Okemos, MI 48865-1191
Office: (517) 482-2085 or (517) 372-8207
Email: help@satasort.org Website: www.satasort.org
Provides a network of support for abusers who are currently in treatment, a newsletter on current issues for sexual abusers, and answers general questions about sex offender treatment.

Citations

Contact Stop It Now! for full citations.