

WHAT TO DO IF A CHILD DISCLOSES THEY HAVE BEEN SEXUALLY ABUSED

Stay Calm

Learning a child has been sexually abused is distressing. It is important to regulate your own feelings to ensure that the child feels safe, supported and able to talk about their experience without fear of upsetting you



Don't Push or Investigate

Do not press for more details than the child is comfortable with sharing. It is normal for a child to not be ready to talk about everything they may have experienced. Let them lead the conversation and listen.

Believe Them

Children rarely lie about sexual abuse. It is important to let the child know that you believe them and will help them get the help they need.

Contact the proper authorities

Reach out to your local Child Advocacy Center (CAC), Child Protective Services (CPS), or the police to make a report.

Find a local Child Advocacy Center near you at nationalchildrensalliance.org or call 1-800-239-9950



Disclosures often contain inconsistencies, this is a characteristic of traumatic memory, not a sign that the child is not telling the truth. It is not your responsibility to verify the facts, it is your job to listen.



University
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**Safe &
Strong**