

Tips for Kids

What to do About Abuse or Neglect



Physical Abuse

If anyone is hurting you, it's okay to tell someone about it, like . . . a parent, a teacher, a friend's parent or a neighbour. So don't be afraid to ask for help.

Remember . . . you are a valuable person and you deserve to be treated that way.

You have a right to be safe. Other people don't have the right to hurt you, just like you don't have the right to hurt other people. Hitting doesn't solve problems, but talking about them can.

You are not alone. There's help out there for you.

Sexual Abuse

Your body belongs to you and you have the right to decide how and when anyone touches you!

If somebody tries to touch you in ways that don't feel good, or seem right, say NO! And be sure to tell somebody, too!

Don't forget . . . if the first person you tell doesn't believe you, keep telling until you find someone who does!

And remember, if this happens, it's not your fault!

Verbal Abuse

Sometimes people say, "sticks and stones may break my bones, but words can never hurt me!" But . . . it's not true . . . words CAN hurt us.

If your parents' words are hurting to you, try to find a time to talk it over with them. Write your parents a note. Or talk with someone you know and trust, like a teacher or a counsellor or a friend.

If something is happening in your family that hurts, it's okay to tell someone.

You deserve to be treated as the valuable person you are.

You have a right to be safe. Other people don't have a right to hurt you.

And remember, you are not alone. There are other children like you who have gotten help.

So reach out!!