

If you experience any of the following, please contact Help & Shelter for help

- * You feel lonely and isolated with no one to turn to
- * You feel nervous and unable to cope
- * You feel you have no control
- * You feel that you are not a good parent
- * You are depressed
- * Your problems seem overwhelming
- * You're afraid of what you might do your child
- * You sometimes hurt your child
- * You experience sexual feelings towards your child
- * You suspect that your child or another child may be experiencing abuse

**SERVICES OFFERED BY
HELP & SHELTER**

- ♣ Counselling for all forms of abuse
- ♣ Support through the court experience for victims of rape and child sexual abuse
- ♣ Consciousness raising for the community
- ♣ Training new volunteers
- ♣ School talks to educate young people about violence

Hotline: 227-3454

When can you call: **24 hours/day; 7 days/week**

Who will talk with you: **A trained counsellor**

♣ All Information is confidential



HELP & SHELTER

Next to Ministry of Housing
Bottom Flat
Homestretch Avenue
D'Urban Park
Georgetown

Phone: 225-4731

Fax: 227-8353

Hotline: 227-3454

Email: hands@networksgy.com

Website: <http://www.hands.org.gy>

Acknowledgements:

CIDA/Gender Equality Fund

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Help & Shelter

FOR PARENTS



**What you need to know
about child sexual abuse**

Symptoms of Child Sexual Abuse

- ✂ Unexplained bleeding or discharge from the genital or anal areas
- ✂ Sexually transmitted diseases
- ✂ Loss of appetite
- ✂ Unexplained vomiting or gagging
- ✂ Nightmares
- ✂ Low self-esteem and self confidence
- ✂ Feelings of guilt or shame
- ✂ Depression
- ✂ Loneliness and/or isolation
- ✂ Difficulty forming healthy, trusting relationships
- ✂ Long-term emotional problems
- ✂ Destructive coping methods including drug/alcohol abuse and suicide
- ✂ Promiscuity



If you suspect child sexual abuse, call your nearest Probation & Welfare Department, or call Help & Shelter at **227-3454**

What is Child Sexual Abuse?

Child sexual abuse is the involvement of a child in any sexual activity with an adult or older child. This includes fondling, sexual touching, making suggestions of a sexual nature, and penetration (anal, oral or vaginal).

The perpetrator may be a stranger, or someone the child trusts. It can be a parent, grandparent, sibling, relative, teacher, friend or ac-

What If A Child Tells You That S/he Is Being Sexually Abused?

- Make sure that the child is safe from the abuser
- Believe the child –children rarely, if ever, make-up stories about abuse.
- Reassure the child that s/he is not at fault
- Tell the child that s/he did the right thing by coming to you
- Make sure that the child knows you will help and protect her/him
- Take your/the child to a doctor
- Keep photocopies of all records
- If the assault has occurred, do not bathe the child or dispose of the child's clothes. Doing so may destroy evidence needed if charges are laid.
- Call Help & Shelter for information and counselling on **227-3454**

How To Protect Your Child/Children Against Sexual Abuse

- ✂ Teach your children at a young age about good and bad touching.
- ✂ Teach them to be assertive, to say: **“No”, “leave me alone”, “mommy told me not to do that”, “Stop!”, “I don’t like it”.**
- ✂ Encourage your child/children to share their concerns with you. If they know you will be supportive they will be more likely to tell you what is happening to them.
- ✂ Discuss and action plan so that if someone approaches or touches them in any way that makes them feel uncomfortable they will know where to go for help.
- ✂ Develop clear rules for safety in and out of the house—how to answer the phone doors, how to get to and from school, etc.
- ✂ Help your young children to memorise their full name, address, telephone number, parent's name and number, and another person they can call in an emergency.



Sometimes parents do not want to believe that their child has been molested.

PLEASE, BELIEVE YOUR CHILD!!

Believing your child will help her/him deal with the trauma of being abused.