

CHILDREN WHO HAVE SUFFERED ABUSE ARE ENCOURAGED TO TALK TO PEOPLE WHO CAN HELP THEM:

Tell a trusted adult

- Sharing with a trusted adult is an important first step in dealing with abuse.
- This could be a family member, teacher, relevant authorities or you can even call the Child Helpline 1412.

Acknowledge and accept what has happened

- Overcoming will be easier when the trauma of what has happened is acknowledged instead of minimizing it or denying it.
- Counseling offers helpful ways to accept and move forward and to let go of the bad memories.

Learn ways to cope and heal

- Recovering takes time – be patient, let go of negative feelings and replace them with good ones.
- Also important is praying, exercise and finding things to do that you love, such as a hobby or looking after a pet.

Know it's not your fault

- Understanding that the child is not to blame for what happened is essential.
- The abuser is responsible for the wrong doings and the child is not at fault or guilty in any way.

