

# Abuse

## WHAT KIDS NEED TO KNOW

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### **Abuse is another word for hurting someone.**

It can affect kids, no matter where they live, how much money their families have, how old they are, or who they live with. A kid can be abused by a parent, a stepparent, another family member, a babysitter, teacher, coach, or another kid.

Abuse can happen anywhere — at home, school, childcare, at a friend's house, or even in a religious building.

### **Abuse is always wrong.**

#### **Tell Someone What is Happening Right Away**

Tell an adult you trust. You could tell your Supports Coordinator or someone at school, like a counselor, nurse, teacher, or coach. Or tell a friend's mom or dad.



You can do this in person, on the phone, write a note, or an email. This can be tough but it's important to keep telling until the abuse stops.

If you don't have a trusted adult to turn to, call:

- Office of Developmental Programs 1-888-565-9435,
- Childline 1-800-932-0313, or
- Police or 911

### **Physical Abuse**

Hurting a child's body is called physical abuse.

It can happen from hitting hard with a hand or an object like a belt. Shaking, pushing, choking, painful grabbing, and kicking also can be physical abuse.

Hurting kids is never OK. Tell a trusted adult if this is happening to you.

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## Sexual Abuse



Touching a kid's private body parts is called sexual abuse.

Your private parts are the parts covered by your bathing suit or underwear. If an adult or another kid touches your private parts or tells you to touch theirs, it is wrong.

Tell a trusted adult.

## Verbal or Emotional Abuse

Hurting a kid with mean words or lots of anger is verbal or emotional abuse.

This can happen if someone yells all the time, calls you mean names, or threatens you. It's normal for parents to get angry with you once in a while, but if there's yelling, punishing, and threatening too much of the time, it's not ok.

It's really important to tell a trusted adult this is happening.



## Neglect



Not giving kids the things they need to live is called neglect.

Neglect happens when the adults don't give the kids basic stuff that all kids need — like food, clean clothes, a way to get to school every day, and a bed to sleep in. When adults neglect kids, the kids may not get baths, sleep under warm blankets, or get checkups or medicine when they need them.

It can be hard to tell someone because adults sometimes have troubles such as losing a job, family problems, or problems with alcohol or drugs.

No matter why it happens, a kid needs to tell someone. Then, the kid can get the stuff they need, and the adults can get help too.



**Kids have the right to  
be safe!**