

What to do when my child tells...

When your child discloses sexual abuse, it might be helpful to follow these suggestions.

- You believe them.
- They did the right thing by telling you, they should not feel guilty or ashamed for telling.
- You are glad that they were able to talk to you.
- It was not their fault.
- You are sorry that it happened.
- You will do your best to protect them from any future abuse; you will try and stay especially close to them during this time.
- The abuser did a very bad thing, something an adult is not supposed to do to a child and something which is against the law.
- Do not suggest that the abuser is 'sick' or 'bad' as the child may have strong feelings for the abuser.
- Focus on the behaviour and that this must stop.
- You may need to take them to a doctor to make sure everything is alright.
- Other adults might need to know.
- You want them to see a person (like a doctor/counsellor) with whom they can talk to about the abusive event, the entire situation, and their feelings in a safe and private environment.
- Encourage them to ask questions if you can't answer them say you will find someone who can.
- They are not dirty, bad, weird or stupid for having been involved in the abuse.

Disclaimer

Mosac is unable to screen all these resources for professional soundness, effectiveness or suitability for individual cases. Therefore this information is provided as an aid to you, rather than a recommendation by us. We hope it is useful. We welcome any positive or negative feedback you may have. If you know of any other resources that may be of help please do let us know. Some resources may require a fee.