



DIOCESE OF FORT WORTH



**Keeping Children & Youth Safe**  
Safe Environment Program

***Educational Program  
for Pre-Teen Volunteers  
Age 11 & 12 years old***

*A Guide to talking with your child  
about sexual abuse*

PRAESIDIUM RELIGIOUS SERVICES

*Our Passion. Your Protection*



## What actually happens when someone is sexually abused?

It could be any sexual activity,

- Hugging or kissing in a romantic or sexual way.
- Taking nude or almost nude pictures.
- Showing pornography.
- Showing or touching genitals.
- Sexual intercourse.



## What if all this is happening to my friend, not me?

You probably told your friend that you would not tell anyone about the abuse.

But your friend needs you to be strong now and take action to help.

You can encourage your friend to speak up, tell someone, or to try to stay away from the person so that the abuse can't happen again.

If your friend will not take action, you may have to

## Wait a minute, what are boundaries?

Boundaries are the lines you draw for yourself about what you will and will not do.

Boundaries can be physical, emotional or behavioral.



## But what if I have already been sexually abused?

If you have experienced sexual abuse already, you need to know that it was not your fault.

You also need to know that God loves you and would never have wanted sexual abuse to happen to you.

If you are still being abused, now is the time to talk with someone who can help keep you safe.

Sometimes it helps kids feel better to talk with someone, even if the abuse has ended.

## Physical Boundary Violations

1. Touching too much.
2. “Accidentally” touching in private areas.
3. Wrestling or tickling too much.
4. Holding you, an older kid, on the lap.
5. Hugging too much or with too much body contact.



## But what's the big deal if someone violates my boundaries?

It's possible that when an adult or older youth violates your boundaries that it could lead to sexual abuse.

Once someone has violated your boundaries you may feel like you have to have sexual contact with them even if you don't want to.

You may feel like you owe them something. You may think you would get in just as much trouble as they would if you told.

But it's not true. It's not your fault and there are adults who want to help you.

## Emotional Boundary Violations

1. Ridiculing the beliefs of your family.
2. Calling or Emailing too much.
3. Giving too many gifts or secret gifts.
4. Acting too possessive.



## Behavioral Boundaries

Behavioral boundaries are where you draw the lines about,

- What you will or won't do,
- What set of rules you follow.

## Behavioral Boundary Violations

1. Talking about sexual activities.
2. Showing you pornography.
3. Giving you alcohol or drugs.
4. Getting you to lie or keep secrets.



## Emotional Boundaries

Emotional boundaries are where you draw the lines about,

- Who you share personal information with,
- Who you talk to about your feelings, and
- Who you spend time with.

### Okay, so what do I do if someone violates my boundaries?

1. Avoid the person.
2. Tell the person you're not allowed to do what they want you to do.
3. Tell the person you don't like what they're doing.
4. Tell your parents, a trusted adult or a friend what has happened.



## Physical Boundaries

Physical boundaries are where you draw the lines about,

- Who can touch you,
- How much they can touch you, and
- Where they can touch you.

## The truth is, I feel like I went along with the person. What now?

First, you need to know that child molesters are very clever at making kids think it was their fault.

Second, just because you may have done some things you are ashamed of or wished you hadn't... doesn't mean the abuse was your fault.





## But how can an older kid be sexually abused?

Usually, sexual abuse of an adolescent or a teenager starts with boundary violations.

An adult or older kid can push boundaries before the sexual activities even start.

## Who can I talk to if I have been abused or my friend has been abused?

1. One or both of your parents
2. A trusted adult at school
3. A trusted adult at church
4. A trusted family member
5. A family friend you trust
6. Your friend's parents
7. The police
8. Child protective services



## What is sexual abuse?

Sexual abuse is when someone older or more powerful involves a child or adolescent in sexual activity.

Older kids, even teenagers, can be sexually abused.

Plus - It's against the law.

