INSIDE CARD



What is Child Sexual Abuse?

Child Sexual Abuse is any interaction between a child and an older or more powerful person, in which the child is used for sexual stimulation. The offender is usually an adult, but could also be a more powerful child. It happens all around us, in rich homes and poor ones, affecting boys and girls alike. Most times we either don't notice or choose not to see this ugly truth.

What is Incest?

It has been estimated that about 12% of the general adult population in Trinidad and Tobago i.e. about one in every eight, have experienced child sexual abuse. Incest is an offense committed by having sexual relations with a person, knowing that the person is a relative. The person could be related by blood such as his or her parent, child, brother, sister, grandparent, grandchild, uncle, niece, aunt or nephew; or live in the same household; or be related by adoption or marriage.

Be aware of child sexual abuse because every child deserves to be safe.

Why is CSA kept a secret?

Fear is the underlying cause of secrecy. No one will believe me Fear of punishment Feelings of guilt and shame Fear that it may cause the family to break up

Helpful Hints

Be aware of your own personal reaction to victims, perpetrators, parents. Educate yourself on the topic. Engage the child not the problem. Believe the child.

How do I help my child?

Educate and teach them: proper names for body parts; the difference between a good and a bad touch; to talk out about inappropriate touch; that it is ok to say no and how to say no; family boundaries

What are some effects of CSA?

EMOTIONAL

Guilt Shame Fear Anxiety Self blame Powerlessness Inability to say no Emotional shut down Numbing Splitting

RELATIONAL

Idealizing Overvaluing or devaluing others/self Fear of commitment Difficulty trusting self and others with intimacy Giving or receiving abuse Criticizing relationships

PHYSICAL

Withdrawing Flinching Sleep disturbances High pain tolerance Eating disorders Suicidal thoughts and behaviors Denial of bodily needs Self imposed isolation

SEXUAL

Inability to differentiate sex, intimacy and affection Violent or sadomasochistic behaviors and fantasies Loss of sexual desire Genital numbness Sexualizing all relationships Pain during intercourse Alternating between sexual abstinence and compulsivity Sexual re-victimization

Join the cause on facebook: http://www.causes.com/causes/523954 -break-the-silence-end-child-sexual-abuse



Child Sexual Abuse . Incest . Implications for HIV/AIDS

Counseling Services FREE

Rape Crisis Society 622-7273

Coalition Against Domestic Violence 624-0402

Families in Action 622-6952 / 622-5365

National Family Services 624-8218

Probation Department 623-8348 / 623-8180

HIV/AIDS Testing

Queen's Park Counseling Centre Squeen's Park East, Port of Spain 5 Queen's Park East, Port of Spain 624-8663, 625-1643, 625-3944 Opening hours: 8:00 am to 1:00 pm Monday to Friday Except public holidays.

Scarborough Regional Hospital Scarborough, Tobago 639-2551-5 Service provided: **Pediatric Care** Opening hours: 24 hours

Speak to Someone 24-HOUR HOTLINES

Childline 8 a.m. to 12-midnight 800-4321

800-SAVE

Rape Crisis Society 622-7273

Life Line 645-6616 / 645-2800

Families in Action 628-2333

National AIDS Hotline 625-AIDS (2437) / 625 0646

Same Day Results

Tobago Health Promotion Clinic Scarborough, Tobago 660-7872 / 7717 Service provided: Adults / pregnant women Opening hours: 8:00 am to 4:00 pm Monday to Friday, except public holidays

Family Planning Association of Trinidad & Tobago 79 Oxford Street Port of Spain, Trinidad 623-4764, Fax. 625-2256 Email: fpattrep@ttfpa.org By Appointment - \$70

Call or Visit...

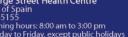
Mt. Hope Child Guidance Unit Eric Williams Medical Sciences Complex, Uriah Butler Highway Champs Fleurs 645-2640 ext. 2153 / 663-2700 645-2640 ext. 3907

Living Water Shelter for Abandoned Children C/O Living Waters Frederick St., Port of Spain 623-4677

George Street Health Centre Port of Spain 623-5155 Opening hours: 8:00 am to 3:00 pm Monday to Friday, except public holidays

Success/Laventille Health Centre Espinet Street, Laventille, Trinidad 623-6434

Arima Health Facility Queen Mary Avenue, Arima, Trinidad 667-0207



Opening hours: 8:00 am to 3:00 pm Monday to Friday, except public holidays

Opening hours: 9:00 am to 3:00 pm Monday to Friday, except public holidays.



Break the Silence is an action research project, on issues surrounding Child Sexual Abuse, of the Institute of Gender and Development Studies, the University of the West Indies, in collaboration with the Trinidad and Tobago Coalition Against Domestic Violence. It is funded by UNICEF and the United Nations Trust Fund to End Violence Against Women.





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