



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.

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.

What is Incest?

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

PHYSICAL

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

RELATIONAL

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

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>

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

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

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



Trinidad & Tobago
Coalition Against
Domestic Violence

Funded by
unicef
unite for children



BTS NATIONAL
POSTER CAMPAIGN

HIV/AIDS Testing

Queen's Park Counseling Centre
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

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

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
Espinete Street, Laventille, Trinidad
623-6434
Opening hours: 8:00 am to 3:00 pm
Monday to Friday, except public holidays

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