It is not only the perpetrator who is to blame, but also anyone who knows and does not react. A child who does not feel supported and helped sees no chance of rescue.

When you notice that a child is, among other things: depressed and fearful, isolated, having problems at school and low self-esteem, then: **talk, listen, believe and react**.

Our **First Report** shows that the most frequent victims of sexual abuse were:

49% children aged **13-15**

41% children aged **7-12**

76% At the time of perpetration, **76%** of harmed children were in their own home, under the care of their parents.

54% In **54%** of the cases, no one in the immediate environment (parents, teachers, relatives) noticed anything of concern - it was the child who revealed the information.

This problem may refer to **any child, do not be indifferent.**



PKDP

#TalkReact

You will not forgive yourself for not believing.
Help make others aware.

Helplines for children and young people:
800 12 12 12 **or** 116 111 **Chat:** czat.brpd.gov.pl
Helpline for parents and teachers about child safety:
800 100 100
Helpline for adults: 116 123 **Chat:** 116sos.pl
24-hour victim helpline: 222 309 900

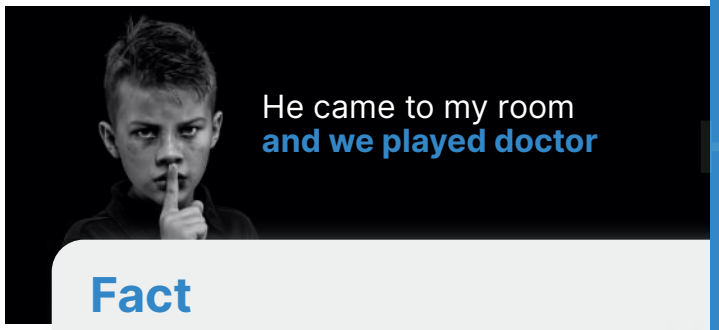
Helplines are anonymous and free of charge.

STOP SEXUAL ABUSE

Every year, thousands of children are victims of sexual abuse. The child victim feels **fear and shame.**

But it is not the children who are to blame

Państwowa Komisja ds. Przeciwdziałania Wykorzystaniu Seksualnemu Małoletnich Poniżej Lat 15
www.pkdp.gov.pl
ul. Twarda 18, 00-105 Warszawa



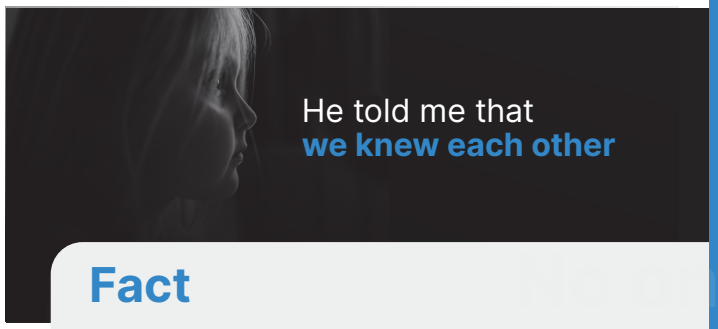
Fact

Children love to dream and tell unusual stories which develop their imagination. Therefore, what they say is often not taken seriously by adults. But never underestimate the words of children - listen to them - there is often a cruel truth hidden in such a story.

You will not forgive yourself for not believing.

Myth

“Children usually make things up, they fantasise”.



Fact

According to data from our First Report, perpetrators of child sexual abuse were largely people known to the child, e.g. neighbours, family friends, concubines, relatives. Sexual abuse inflicted by a close person involves trauma that is difficult to overcome for the entire life.

You will not forgive yourself for not talking.

Myth

“Perpetrators of sexual abuse are strangers”.

What to do?

PKDP

Talk

Do not underestimate what the child says. Give the child the opportunity to express his/her own feelings, but do not question him/her about details if the child is not ready to do so. Do not overwhelm the child with questions and your own doubts. Do not push.

Listen

The child needs your attention. The child needs to know that you will listen. Especially when something wrong is happening. Do not leave the child alone with his/her fears and questions. Give the child permission to reveal difficult feelings.

Believe

Allow yourself the thought that the child has been harmed and remember that the perpetrator is 100 per cent to blame. The child is never responsible for someone else's bad behaviour or intentions. Take the child’s side. It is now that the child needs you most.

React

If you see worrying behaviour in the child - react. Contact a specialist. Do not be afraid to ask for support. You can report a suspected crime of child sexual abuse to the Police, the Public Prosecutor’s Office or PKDP by telephone or in writing, details can be found on our website at **www.pkdp.gov.pl.**