



Tips For Kids

What to do About Abuse or Neglect
Most child abuse occurs in the family home

Physical Abuse

If anyone is hurting you, it's okay to tell someone about it, like...a parent, a teacher, a friend's parent, or a neighbor. So don't be afraid to ask for help.

Remember, you are a valuable person and you deserve to be treated that way. You have a right to be safe. Other people don't have the right to hurt you, just like you don't have the right to hurt other people. Hitting doesn't solve problems but talking about them can. You're not alone. There's help out there for you.

Sexual Abuse

Your body belongs to you, and you have a right to decide how and when anyone touches you! If someone tries to touch you in ways that don't feel good or seem right, say "NO!" like you mean it, get away from that person, and tell an adult about it.

Don't forget, if the first grown-up you tell doesn't believe you, keep telling until you find an adult who does! And remember, if this happens to you, it is never your fault!

Emotional Abuse

Sometimes people want to make you feel badly about who or what you are and say and do hurtful things to or about you.

If your parents' or anyone else's words or how they treat you are hurting your feelings, try to find a time to talk it over with them or write them a note to communicate how their actions make you feel and that you want what they are doing to stop. Or you can talk with an adult you know and trust, like a teacher, a guidance counselor, or a friend's parent.

Neglect

Is the failure to meet a child's basic needs by providing them proper and appropriate food, clothing, shelter, health care, education, supervision, tender loving care, etc.

If something is happening in your home, or anywhere else, that hurts you, is uncomfortable or unsafe to you, it's okay to tell a grownup about it. You deserve to be treated as the valuable person you are. You have a right to be safe. Other people don't have the right to hurt you, threaten you, or make you feel scared, uncomfortable, and unsafe. And know that you're not alone. There are other children like you who have gotten help. It is never a child's fault if they are abused or neglected and it would never be too late to tell. So reach out! Talk to an adult.

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LISTENS. IT IS NEVER A CHILD'S FAULT AND IT IS NEVER TOO LATE TO TELL.

DECIDE WHAT HAPPENS TO IT! USE WORDS THAT MEAN NO AND SAY IT LIKE

YOU MEAN IT! GET AWAY AND TELL A GROWN UP UNTIL ONE



Consejos para Niños

Que hacer sobre Abuso o Abandono
La mayoría del abuso infantil sucede en la casa.

Abuso físico

Si alguien te esta maltrato, esta bien dearle a al guien, como ... un padre, una maestra, el padre de un amigo o un vecino. Así no tenga miedo de pedir ayuda. Recuerde, es una persona valiosa y mereces que to traten asi.

Tiene un derecho de estar seguro. Otras personas no tienen derecho a maltratarte, como tuno tienes el derecho de maltratar otras personas. No está solo. Hay ayuda disponible para ti.

Abuso sexual

Su cuerpo pertenece a usted, y tienes derecho a decidir cómo y cuándo alguien to toca. Si alguien trata de tocarte de maneras que no se sienten bien o parecen correctas digas, “¡NO!” Alejate, y digale a un adulto.

No se te olvide, si el primer adulto al que le cuentas, no te cree, sigue diciendole a un adulto hasta que alguien te crea. ¡Y recuerde, si esto te pasa a ti, nunca es tu culpa!

Abuso emocional

A veces la gente quiere hacerte sentir mal acerca de quién eres, o lo quedices y hacen cosas hirientes a ti o sobre ti. Si la palabras de tus padres o cualquier otra persona o como lastima los sentimientos, trata de buscar tiempo para hablar o con ellos o escriba les uno nota para comunicarle como te hace sentir y que te quieres que paren.

O puedes hablar con un adulto que conozcas y en quien confíes, como una maestra, consejero o un amigo de tu padre.

Negligencia

El abandon es la falta de proveer las necesidades básicas del niño en dandoles una alimentacion balanceada y adecuada, ropa, refugio, atención médica, educación, supervision, tierno, cariño, y amor, etc.

Si algo está pasando en hogar, o en cualquier lugar, que te lastima, es incómodo o inseguro para ti, está bien contarselo a un adulto. Mereces ser tratdo como la persona valiosa que eres. Tienes derecho a sentirte seguro. Otras personas no tienen derecho a maltratarte, amenazarte o hacerte sentir incomodo o inseguro. Y sabes que no estás solo. Hay otros niños como tú que han conseguido ayuda. Nunca es culpa del niño si estan sido abusado o abandonados. Siempre recuerde, que nunca es muy tarde para contar. ¡Asi que busca ayuda! Dile a un adulto.

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ESCUCHEN. NUNCA ES LA CULPA DEL NIÑO Y NUNCA ES DEMASIADO TARDE PARA DECIRLO.

!DECIDIR LO QUE LE SUCEDE! USA PALABRAS QUE SIGNIFICAN "¡NO!" Y DILAS