

What STAR Can Do for You and Your Community...

Standing Together Against Rape is located in Anchorage, Alaska and provides 24 hour crisis intervention services. Advocacy and Education are the focus of our mission and we strive to help victims throughout the state.

Call for more information about these available services
Crisis Line 1-800-478-8999 or 907-276-7273
Business Line 907-276-7279

Support Services available:

- 24-hour support and information for victims and families of sexual violence
- Explanation of reporting and healthcare options
- Hospital response and assistance filing police report
- 1-on-1 advocacy sessions by appointment or walk-in
- Support groups throughout the year on various topics
- Legal Advocacy and court accompaniment
- Information and referral for other support agencies and counselors throughout the state

Commonly Requested Presentations:

- Personal Safety for K-12
- Sexual Violence overview
- Prevention and Responding to Child Sexual Abuse
- Adult survivors of Child Sexual Abuse
- Safety awareness for children
- Sexual harassment
- Male sexual assault
- Gay, Lesbian, Bisexual, Transgender, Queer, Questioning, Asexual, Allies, Intersex
- Elder abuse
- Sexual Assault Against People with Disabilities
- The Role of a STAR Advocate
- Safety Planning and Sexual Violence within a relationship

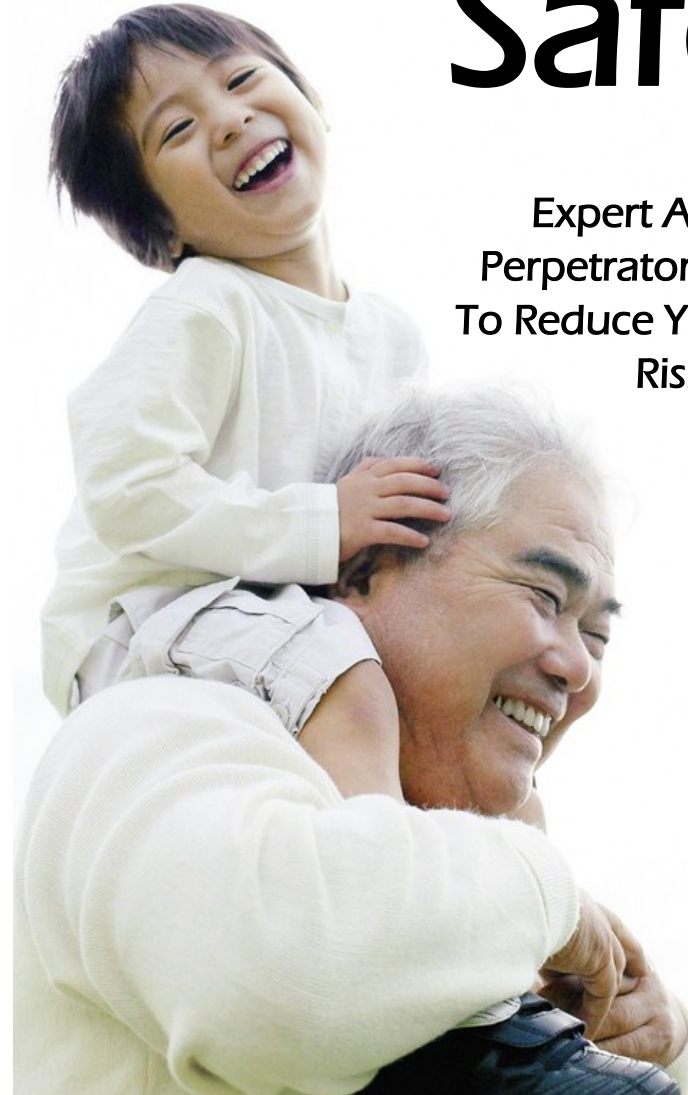
Rape is not a
punishment
it's a CRIME



Courtesy of Shell Exploration & Productions

This brochure is a compilation of sources with appropriate citing on each page.
Questions regarding this handout, please call Erin Patterson at STAR, 907-276-7279.
Updated August 2011

Grow Up Safely



Expert Advice and
Perpetrator Warnings
To Reduce Your Child's
Risk of Sexual
Violence



Standing Together Against Rape

24 Hour Assistance

1057 West Fireweed Lane, Suite 230 Anchorage, AK 99503

Business Line: (907) 276-7279 Crisis Line: (907) 276-7273

Crisis Line: 1-800-478-8999 TTDY Line: (907) 278-9988

www.staralaska.org

What is Child Sexual Abuse...

Statistically, **1 in 4 girls** and **1 in 6 boys** are sexually abused before their 18th birthday. Approximately **90%** of child sexual abuse is perpetrated by a relative or family friend.

There are many terms that are used in regards to sexual crimes against children. The simplest explanation identifies two types of child sexual abuse: **rape** and **molestation**.

Rape is defined as intercourse with a child. A child can never consent to sexual intercourse, any activity involving intercourse with a child is rape.

Molestation is every other kind of sexual touch with a child. This includes oral sex, digital penetration, fondling, and masturbatory acts.

Profilers have identified two types of child sexual offenders: **preferential** and **situational** offenders.

Preferential offenders are pedophiles and are obsessed with victimizing children. They will set up a situations to access children through work or relationships with the parent(s).

Situational offenders are not considered life-long pedophiles, but will take advantage of an opportunity to abuse a child.

Child sexual abuse isn't a cultural, ethnic, urban, rural, socioeconomic, or racial issue. Anyone who has, loves, or knows a child is responsible for keeping kids safe.

Alaskan Resources for Keeping Children Safe

Sexual & Domestic Violence Victim Advocacy Agencies

Anchorage

Standing Together Against Rape 1-800-478-8999
Abused Women's Aid In Crisis 907-272-0100

Barrow

Arctic Women In Crisis 1-800-478-0267

Bethel

Tundra Women's Coalition 1-800-478-7799

Cordova

Cordova Family Resource Center 1-866-790-4357

Dillingham

Safe and Fear Free Environments 1-800-478-2316

Emmonak

Emmonak Women's Shelter 907-949-1434

Fairbanks

Interiors Alaska Center for Non Violent Living 1-800-478-7273
Grandma's House

Homer

South Peninsula Haven House 1-800-478-7712

Juneau

Aiding Women in Abuse and Rape Emergency 1-800-478-1090

Kenai

Lee Shore Center 907-283-7257

Ketchikan

Women In Safe Home 907-225-9474

Kodiak

Kodiak Women Resource and Crisis Center 1-888-486-3625

Kotzebue

Maniilaq Family Center 1-888-478-3969

Nome

Bearing Sea Women's Group 1-800-570-5444

Sitka

Sitkans Against Family Violence 907-225-9474

Unalaska

Unalaskans Standing Against Sexual Assault & Family Violence
1-800-478-7238

Valdez

Advocates for Victims of Violence 907-835-2980

not calling, hurts everyone.

Alaskan Resources for Keeping Children Safe

CHILD ADVOCACY CENTERS:

Anchorage: Alaska CARES
907-561-8301 or 1-877-561-8301

Bethel: Tundra Women's Coalition/The Children's Center
907-543-3444

Dillingham: Bristol Bay Area Health Corporation CAC
907-842-1230

Fairbanks: Stevie's Place
907-456-2866

Juneau: Catholic Community Services/SAFE CAC
907-463-6151

Nome: Kawerak Inc. CAC
907-443-4376

Wasilla: The Children's Place
907-357-5157

STATE-WIDE RESOURCES & HOTLINES:

Local Law Enforcement
Emergency 911

Office of Children's Services
1-800-478-4444

Alaska Parents' Line
1-800-643-5437

NATIONAL RESOURCES & HOTLINES:

National Children's Alliance
1-800-239-9950

Darkness To Light Helpline
1-866-FOR-LIGHT

National Child Abuse Hotline
1-800-4-A-CHILD

National Center for Victims of Crime
1-800-FYI-CALL

Calling for information hurts no one....

What YOU Can Do to Keep Kids Safe...

- ✓ Learn the Facts
- ✓ Minimize Opportunity
- ✓ Talk About it
- ✓ Stay Alert
- ✓ Make a Plan
- ✓ Act on Suspicions
- ✓ Get Involved



Keep reading to
learn the steps
→

The Darkness to Light Campaign is a grassroots initiative promoting the safety of children. The Campaign works to educate family and communities on methods to reduce a child's risk and remains focused on one message: it is solely adult's responsibility to keep children safe from sexual violence. Children cannot be expected to be aware of these dangers, parents must be educated, prepared, and alert.

Review the 7 Steps to prevent, recognize, and react responsibly to child sexual abuse.



Information provided by the Darkness to Light Campaign www.darkness2light.org

7 STEPS to preventing, recognizing, and

STEP 1: Learn the facts

Learn the facts and understand the risk. Realities—not trust— should influence your decision regarding children.

It is highly likely that you know a child who has been or is being abused.

- Most child victims **never** report the abuse.
- The median age for reported sexual abuse is 9 years old.
- Nearly **50%** of all victims of forcible sodomy, sexual assault with an object, and forcible fondling are **under age 12**.
- **1 in 5** children are sexually solicited while on the **Internet**.
- Sexually abused children who keep it a secret or who “tell” and are not believed are at greater risk than the general population for **psychological, emotional, social, and physical** problems.
- Serial child molesters may victimize as many as **400 children** in their lifetime.
- Nearly 40% of child victims are abused by **older or larger children**.
- 70-80% of sexual abuse survivors report **excessive** drug and alcohol use.



STEP 2: Minimize Opportunity.

If you eliminate or reduce one-adult/one-child situations, you'll dramatically lower the risk of sexual abuse for children.

- Abusers often **become friendly** with potential victims and their families,
- **Choose group situations** when possible and carefully think through situations where your child will be alone with an adult.
- Drop in **unexpectedly** when the child is alone with an adult, even trusted family members.
- Ask the adult about specifics on the planned outing before the child leaves your care, notice the adult's **ability to be specific**.
- **Tell** other adults that **you are educated** about child sexual abuse.
- Talk with your child and **monitor moods** when the child returns.
- **Talk with school administrators** about the **supervision of older youth** who have access to or are responsible for the care of younger children.

What Childhood Victims Say...



- I **didn't know** I could say NO to an adult.
- I loved him. He was my **best friend**.
- I liked the **attention**, no one told me it shouldn't be happening.
- He told me that you **wouldn't believe** me.
- He told me you would be ashamed of what I did **with** him.
- I thought I would be **in trouble** by telling anyone.
- I **felt sorry** for him because he was lonely and no one understood him.
- I hated doing those things, but I didn't want **him** to get into trouble.
- **No one ever** asked me if anything like this had ever happened.
- I told you and **you didn't believe** me.
- I **lied** and said it never happened.
- I thought it was okay because sometimes he hugged and kissed me **right in front of you**.
- He was the only person I could talk to, **so I lied** when you asked me if something had ever happened.
- **You trusted** and loved him; I thought I should too.
- You always needed his help, I didn't want to **upset you**.
- He **threatened** to hurt you.
- **He would have done it to my little sister too** if I hadn't kept quiet.



Ask, listen, believe me

What Child Molesters Say...

- You know me and you **trust** me.
- You think you will recognize me, but I can be male or female, adult or child.
- You see me as reliable and stable, a **respected person** with the family or community.
- You wake up and think of ways to provide for your family. I wake up and think of ways **to victimize your child**.
- You think I only groom children, but **I charm you** as well.
- You look to me to **help you** with your child and think I really love him/her.
- You see me touch your child in a playful way, which **confuses** him/her because you are okay with it.
- You've heard me talk about child sexual abuse with **disgust**.
- You probably think that you know all your child's likes and dislikes, **but I know more**.
- You think your child would tell you if I've touched him/her, but none of the other children have ever told.
- You trust me so much, that you will **hesitate to believe** your child.
- You think there is a time and place to teach your child about sex, but **I have already**.
- You think that because I work around children all the time that I must be **trustworthy**.
- You think that I could never do this to **my own** children.

You think you know me, but you only see what I want you to see.



Information adapted from publication of Steve H. Jenson, Center for Behavioral Intervention, Beaverton OR

reacting responsibly to child sexual abuse.



STEP 3: Talk About It.

Children often keep abuse a secret, but barriers can be broken down by talking openly about it.

- The most vulnerable child is one who's parents were **too afraid** to talk.
- Understand why children are afraid to "tell" and know how to **counter those concerns**. Insure the child that you won't be angry or ashamed.
- Teach your children about **their bodies**, about what abuse is and -when age-appropriate- about sex.
- Teach them **words that help** them discuss sex comfortably with you.
- Teach children that the body parts covered by a swimsuit are **OKAY to say NO to adults** who touch them in those locations.
- **Start early and talk often** about personal safety. Use everyday opportunities to talk about safety and ask questions if your child's mood changes.
- Talk to other parents about it. You help **raise awareness** as well as put potential abusers on notice that **you are paying attention**.



STEP 4: Stay Alert.

Don't expect obvious sign when a child is being sexually abused. Signs are often there but you've got to spot them.

- Physical signs of sexual abuse are not common, although redness, rashes, or swelling in the genital area, urinary tract infections, or other such symptoms should be carefully investigated. Anxiety and stomach pain may occur.
- Sexual behavior and language that are not age-appropriate can be red flags.
- Emotional or behavioral signals are more common. These can run from "too perfect" behavior, withdrawal, depression, anger and rebellion.
- Be aware that in some children there are no signs whatsoever.
- If you find physical sign that you are suspect are sexual abuse, have the child physically examined immediately by a professional who specializes in child sexual abuse.
- The best way to stay alert is to **talk often** to your children about safety and **ask questions**.

Information provided by the Darkness to Light Campaign www.darkness2light.org

STEP 5: Make a Plan

Learn where to go, whom to call, and how to react.

- **Don't overreact.** Be mentally prepared for a disclosure just as you are for injury or accidents. Your reaction directly effect your child's behavior.

VERY few reported incidents are false.

- **Offer support.** **Believe** the child and make sure the child knows it.
- Thank the child for telling you and praise the child's courage.
- Encourage the child to talk, but don't ask leading questions about details. Use open ended statements like "what happened next?"
- Seek **immediate professional help** to get the story from the child. Professional guidance could be critical to the child's healing and to any criminal prosecution.
- Assure the child that it is your job to protect them and you will do all that you can.
- **Report it. Report it. Report it.**
- **Don't panic.** Sexually abused children who receive support and psychological help can and do heal.

STEP 6: Act on Suspicions

The future well being of a child is at stake.

By acting on suspicions of child sexual abuse, you will save not only one child, but perhaps countless other.

- You may be faced with a situation where you suspect abuse but don't have any proof. Suspicions are scary, but trust your instincts. Have the **courage** to report suspected abuse.



- **Know** where to go.
- **Call** police or child services.
- Contact a Child Advocacy Center, which in Anchorage is Alaska CARES.
- Talk to the child's parents (as long as they are not the abusers) and provide education materials, such as this flyer. If the parents seem indifferent or unlikely to **take action**, call one of the recommended sources.
- Learn if you are a mandated reporter. and take action.

Information provided by the Darkness to Light Campaign www.darkness2light.org

STEP 7: Get Involved

Volunteer and financially support organizations that fight the tragedy of child sexual abuse.

"What can I do to help children in my community?"

- **Get involved** by donating your time and resources to support organizations such as these:
 - Crisis/Prevention/Education Programs such as STAR and AWAIC
 - Children's Advocacy Centers like Alaska CARES
- **Use your voice** and your vote to make your community a safer place for children.
 - Ask that schools and organization in your community have child sexual abuse prevention policies.
 - Work with Advocacy agencies to increase prevention programs throughout the community.
 - Support legislation that protects children. Visit www.lightness2dark.org for legislative information.
 - Demand that the government put more resources into protecting children from sexual abuse and into responding to reports of sexual abuse.
 - Call or write your members of Congress and the local media.

There are 39 million survivors of child sexual abuse in America today.

Let the healing and the



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