

You deserve to be safe.

No one has the right to abuse you or someone you know.

No child or teen should be:

- Physically hurt by an adult.
- Bullied or called bad names by an adult.
- Scared by violence in their home.
- Forced to go without food in their home.
- Touched by an adult in areas normally covered by underwear except for the purposes of a medical exam by a medical professional.

It’s not your fault if you are being treated this way.
It is wrong if you are suffering this pain, fear or sadness.

Some people scare or threaten children so that they won’t tell.
If any of these have happened to you or a friend, you do not have to handle this alone.
There are people who care about you and want to help.
When you tell someone, you can get the help you need to stop the abuse or neglect.

Sometimes, but not always, these can be signs that abuse or neglect may be happening:



Physical Abuse

- hitting
- kicking
- choking
- shoving



Emotional Abuse

- ignoring
- mocking
- name-calling
- blaming



Sexual Abuse

- sexual acts between an adult and youth
- forced sexual acts by an older child
- adults touching a youth’s body in areas normally covered by underwear



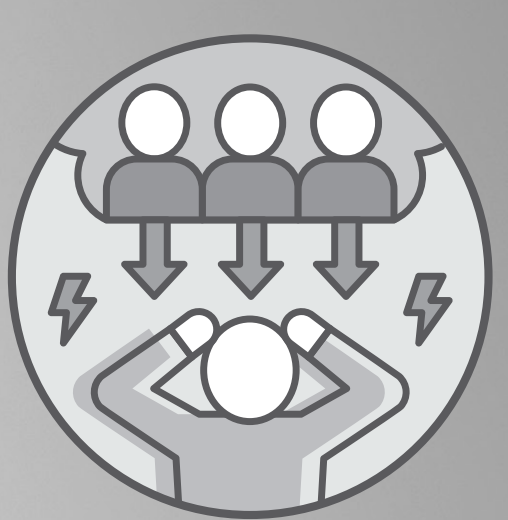
Child Neglect

- Parent/Caregiver does not provide care such as:**
- clothing, food, and drink
 - a safe place to stay
 - appropriate treatment for injuries and sickness
 - access to school/education



Bullying

- repeated, targeted, aggressive behavior
- use force, threats, or teasing to overpower
- being socially shut out of a group
- can hurt physically, emotionally, or both



Online Abuse

- uncomfortable or sexual conversations
- requests for sexual or revealing photos
- threatening messages
- cyberstalking

If you have concerns about these things in your home or the home of a friend, contact child protective services at:

Information received by child protective services is kept in the strictest confidence possible to maintain everyone’s safety.

In an emergency:
Call 911

To report other safety concerns:

