You deserve to be safe.

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

Child abuse is when someone, whether through action or failing to act, causes injury, death, emotional harm, or risk of serious harm to a child.
There are different types of abuse.

- Physical abuse is when a parent or caregiver injures or hurts a child, and it was not an accident.
- Sexual abuse occurs when an adult uses a child for sexual purposes or involves a child in sexual acts. It also includes when a child who is older or more powerful uses another child for sexual acts. You should never be touched by an adult in areas normally covered by underwear except for the purposes of a medical exam by a medical professional.
- When a parent or caregiver causes harm to a child's mental or emotional wellbeing, it is considered emotional abuse. While a single incident may be abuse, most often emotional abuse happens often enough to cause emotional harm and fear over time.
- Child neglect is when a parent or caregiver does not provide the care, supervision, affection and support needed for a child's health, safety and well-being.

It's not your fault.

It is wrong that you are suffering this pain, fear or sadness. You may also want to talk to a trusted adult like a parent, teacher, counselor, social worker, nurse or other school staff.

North Carolina Department of
PUBLIC INSTRUCTION

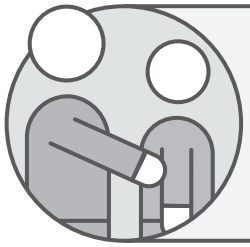
If you see any of the these signs, have been abused, or know someone you think is being abused, please get help right away.

Physical Abuse

- hitting
- kicking
- choking
- shoving

Emotional Abuse

- ignoring
- mocking
- name-calling
- blaming



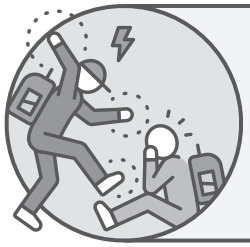
Sexual Abuse

- 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

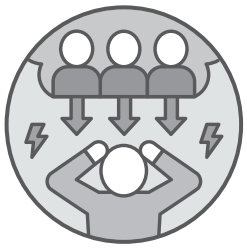
Parent/Caregiver does not provide care such as:

- 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

The identity of the person making the report, and all information obtained during the report, will be held in the strictest confidence possible to maintain everyone's safety.

In an emergency:

Call 911

To report abuse: