

Let's Talk About Sexual Abuse



Philadelphia Coordinated Health Care

What is Sexual Abuse?

When someone touches you or asks you to touch them in private areas and you do not want to.



REMEMBER

It is **not OK** for someone to touch your body without your permission.

You do not have to touch other people's bodies if you don't want to.

You should not touch other people's bodies unless they say it is OK.

Just say **“NO”**
Call for Help!

When it is OK for other people to touch you

Hugs are good if you know the person or you may want to **ask** before you give a hug.



You may need help doing things, like walking or dressing.

You might need help in the bathroom to take a bath or use the toilet.



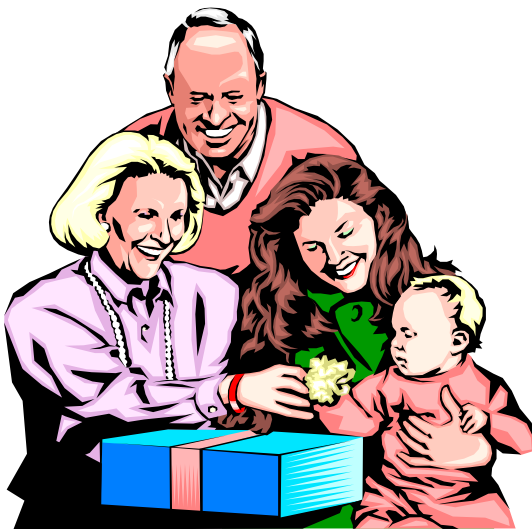
When you have a physical examination from a doctor.

Not everyone needs this help, so it is OK to say **No**

Tell Someone

If you think you

A Friend



A Family Member

Contact Your Local Hotline

Bucks County - Network of Victim Assistance 800-675-6900

Chester County - The Crimes Victim Center 610-692-7273

Delaware County - Women Against Rape 610-566-4342

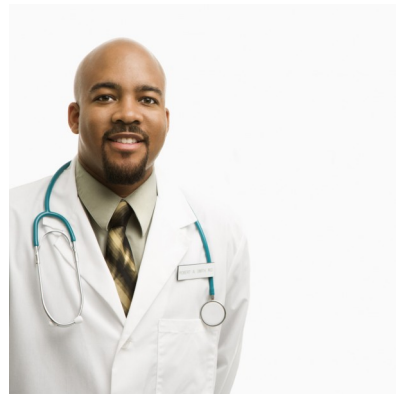
You Trust have been abused

A Staff Person



Policeman

Your Doctor



Contact Your Local Hotline

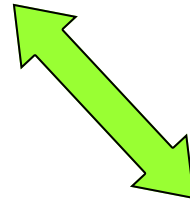
Montgomery County - Victim Services Center

610-277-5200

Philadelphia County - Women Organized Against Rape

215-985-3333

What is privacy?



Privacy is being able to have time by yourself.

Some people need extra help and it can be difficult to get privacy, but there are times when you can choose to be alone.

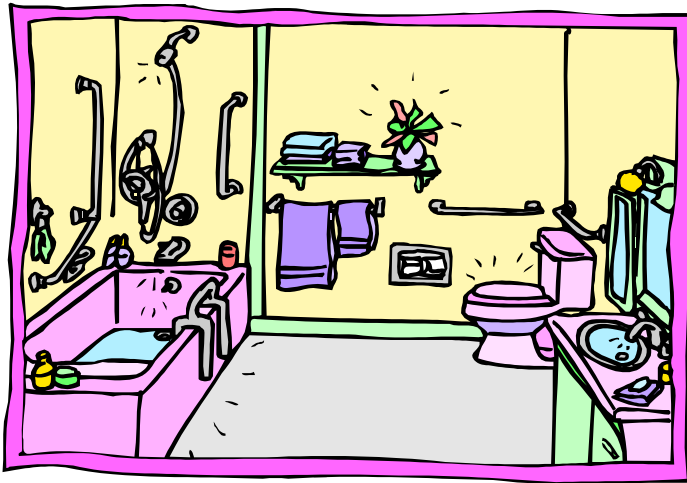


You may want to be in a room by yourself or even close the door.

It is your right to ask for privacy.



When would you ask for privacy?



When bathing or in the shower
(Unless you need help)

When using the toilet
(Unless you need help)

Sleeping



Changing your clothes
(Unless you need help)



Talking on the phone



Visiting family or friends



Remember to Contact Your Local Hot Line Number
If You Suspect Sexual Abuse

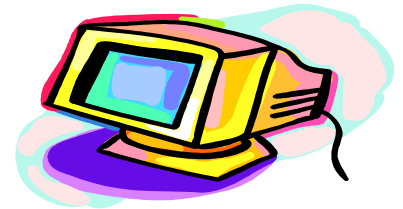
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