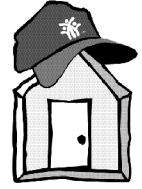


# Tips for Kids

## What to do About Abuse or Neglect

Teaming up to keep kids...



Safe at Home™

### Physical Abuse

**I**f 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

**Y**our body belongs to you, and you have a right to decide how and when anyone touches you!

If somebody tries to touch you in ways that don't feel good or seem right, say no! And be sure to tell somebody, too!

Don't forget, if the first person you tell doesn't believe you, keep telling until you find someone who does!

And remember, if this happens, it's not your fault!

Adapted from "Spider-man" comic books on Physical Abuse, Sexual Abuse and Emotional Abuse. ©1993 Marvel Comics. ©1994 Prevent Child Abuse America

### Verbal Abuse

**S**ometimes people say, "sticks and stones may break my bones, but words can never hurt me!" But, it's not true. Words **can** hurt us.

If your parents' words are hurting you, try to find a time to talk it over with them. Write your parents a note. Or talk with someone you know and trust, like a teacher or a counselor or a friend.

If something is happening in your family that hurts, it's okay to tell someone.

You deserve to be treated as the valuable person you are.

You have a right to be safe. Other people don't have a right to hurt you.

And remember, you're not alone. There are other children like you who have gotten help.

So reach out!

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