



## Step Up To Help End Child Sexual Abuse

Child sexual abuse is a serious problem — most often committed by people we know and trust.

Experts estimate that one in four girls and one in six boys are sexually abused before their 18th birthdays. While these numbers are troubling, there are steps *you can take* to reduce the risk to your children.

You are their first line of defense. Learn what you can do to keep them safe and how others (e.g., friends, family, child care providers, and teachers) can help.



# Keep Children Safe From Sexual Abuse

Go to **protectkids.vt.gov** to:

- Learn the facts (e.g., who sexually abuses children, how it happens, and what to look for).
- Get tips for talking about it— with your children and with other adults.
- Learn how to proactively plan for your children’s safety.
- Find out what to do and who to call if you notice inappropriate behavior or suspect abuse.
- Get connected to community, regional, and statewide resources such as helplines, hotlines, and services.
- Download a free guide to protecting children from sexual abuse.

*If you don't have internet access, dial 2-1-1 to connect to resources and to request a copy of the guide.*

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**To report suspected child sexual abuse, call Vermont’s Child Protection Line at 1-800-649-5285 — 24 hours a day.**