

**For Teachers,  
Care Givers,  
and Adults  
Working with  
Children**



**STAR**

**SEXUAL TRAUMA PREVENTION & RESPONSE**

**Confidential 24/7 Crisis Help Line  
(907) 276-7273  
or (800) 478-8999**

**We are here to help.**

**If you or someone you know has  
experienced sexual assault,  
we are here 24/7/365, and our  
services are free and  
confidential.**

**[www.staralaska.com](http://www.staralaska.com)**



**@staralaska**

# **Child sexual abuse is ANY sexual contact between a child (under age 18) and an adult or an older child.**

**Signs of child sexual abuse vary by age, but some common indicators include:**

## **Physical Signs**

- Any injuries to the genital or anal area
- Painful urination or bowel movement
- Sore throats or trouble swallowing
- Difficulty walking or sitting
- Feeding and bowel problems
- Urinary and/or bowel accidents
- Frequent urinary or yeast infections
- Chronic or recurrent abdominal or pelvic pain

## **Behavioral Signs**

- Exhibits adult-like sexual knowledge, behavior or language
- Engages in inappropriate sex play (for example act out sexual behavior on stuffed animals or other toys) Feeling shameful or guilty
- Excessive or public masturbation
- Reenacts sexual abuse or tries to initiate behavior with siblings or other children
- Shows great worry for siblings or assumes caretaking role
- Exhibits violent behavior towards siblings and other children (biting, hitting, kicking)
- Trouble making friends
- Writes, draws, plays, or dreams of sexual or frightening images
- Regressive behavior such as thumb-sucking or bedwetting
- Feels threatened by physical contact
- Has nightmares or trouble sleeping
- Develops phobias
- Cruelty to animals

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## Types of Disclosures

- **Direct:** A child may approach a trusted adult in private and speak directly and specifically about the abuse. Unfortunately, this is one of the least common ways a child discloses. Example: "grandpa touches me."
- **Indirect Hints:** A child may talk in these terms because s/he hasn't learned more specific vocabulary, feels ashamed, or is embarrassed to talk more directly. The child may have promised not to tell. Example: "my brother wouldn't let me sleep last night."
- **Disguised Disclosure:** The child might talk to you about a friend or a sibling, but the abuse is actually happening to him/her. Example: "I know someone who is being touched in a secret way."
- **Disclosure with Strings Attached:** Children are often afraid that some negative consequence will result if they break the secret of abuse; often the offender uses threats. Example: "I have a problem, but you have to promise not to tell anyone else."

**Disclosing sexual abuse at ANY age is very scary. Understand that the person being harmed needs support, encouragement and validation.**

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## **Definition & Examples of Abuse**

### **Source: State of Alaska Department of Health & Social Services**

Sexual abuse is defined by the Child Abuse Prevention and Treatment Act as “the employment, use, persuasion, inducement, enticement, or coercion of any child to engage in, or assist any other person to engage in, any sexually explicit conduct or simulation of such conduct for the purpose of producing a visual depiction of such conduct; or the rape, and in cases of caretaker or intra-familial relationships, statutory rape, molestation, prostitution, or other form of sexual exploitation of children, or incest with children.” All sexual activity between an adult and a child is sexual abuse, even if it doesn’t involve penetration, force, pain, or touching.

Sexual touching between children can also be sexual abuse if there is a significant age difference between the children or the children are very different developmentally or in size.

#### **Examples of touching sexual acts:**

- Touching a child’s genitals, breasts, or buttocks
- Making a child touch another person’s sexual organs
- Any penetration of a child’s vagina, anus, or mouth by a penis or any other object for no valid medical reason

#### **Examples of non-touching sexual acts**

- Indecent exposure or being naked in public
- Showing children pornographic material
- Masturbating or engaging in other sexual behavior in the presence of a child
- Making sexual comments to a child
- Harassing, encouraging, pressuring, or bargaining with a child to perform sexually
- Achieving sexual arousal by watching a child who is undressing or unclothed

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# Responding to Disclosures for Mandatory Reporters

## How should I respond to a disclosure of abuse?

- Children need to know that they are believed and that they did nothing wrong.
- Be certain to evaluate the immediate safety needs of the child. If that child is in immediate danger, contact police.
- File a report of harm within 24 hours (follow state guidelines as well as your school/agency procedures).

## When responding...

- Don't interrogate a child. However, collect enough information for an OCS report.
- Be attentive.
- Get on their level, sit eye to eye with them.
- Show them support and respect their physical boundaries.
- Let them know it was brave of them to tell you.
- Don't overreact; it may scare or create distrust in a child.
- Don't tell children you will keep a secret. You must report.
- Write down the necessary information to make the report.
- You have 24 hours to make the report.
- Ask if the child has any intentions on hurting themselves or is thinking of hurting the abuser.

**To report child abuse in  
Alaska, call  
1 (800) 478-4444**



## What the Office of Children's Services Wants to Know

- Name, age, date of birth, gender, race and current address of the child being harmed
- Present location of the child
- Names, addresses and phone numbers of parents and siblings, and/or other relatives if applicable
- If the child is Alaska Native and their Tribal Affiliation
- Nature and extent of the abuse
- Incident or situation precipitating the report
- Present condition of the child
- Names, addresses and phone number(s) of person(s) responsible for the abuse
- Any action taken by reporter or others
- Name, address and phone number of the person making the report
- Whether the reporter witnessed the abuse or neglect, the dates of the occurrence, and the names, addresses and phone numbers of others who have knowledge of the incident or situation
- Is the child or any children unsafe in their current home?
- Whether the reporter has informed the family of plans to file this report
- Whether the reporter is willing to have their name released

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# OUR SERVICES

- 24/7 Free & Confidential Crisis Line  
(907) 276-7273 or (800) 478-8999
- Crisis Intervention & Response
- Advocacy
- Information & Referrals
- Counseling
- Ongoing Support
- Prevention & Education Programs

## OUR MISSION

STAR's mission is to prevent sexual trauma and provide comprehensive, collaborative crisis intervention, advocacy and support to victims/survivors, their families, and our communities.

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