

What can we do if we suspect we have detected a case of abuse?

According to the current regulations, when we suspect a situation of violence against children, **we have the duty to report it to the competent authorities.**

The communication can be done before:

- Corresponding Territorial Direction of the Conselleria d'Igualtat i Polítiques Inclusives (in Valencia: ☎ 681 193 883)
- National Police (in person at a police station, online or by phone ☎ 091)
- Judicial Authority or the Public Prosecutor's Office (in person)

If it is an emergency situation in which the integrity of the minor is at risk, it is necessary to call:

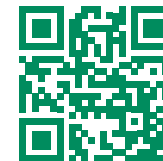
- Security Forces and Police [*Policia Nacional* ☎ 091 / *Guàrdia Civil* ☎ 062]
- Emergency telephone (☎ 112)

If you have any doubts about how to act in case of detection, you can ask for guidance through:

- Children's helpline: ☎ 116111
- Office for Victims of Crime: in Valencia ☎ 900 505 550 (available 24hrs)

We raise awareness as *family members* against child sexual abuse

Child sexual abuse is a serious human rights problem with serious and multiple health consequences and a high prevalence. It is estimated that between 10 and 20% of the population in Europe has been sexually abused during childhood. Its eradication requires action by society as a whole. Particularly, prevention actions in their closest and most usual environments: such as education and family.

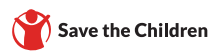


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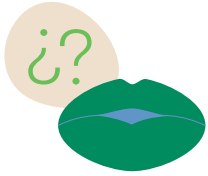


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What is child sexual abuse?

Child sexual abuse is any sexual conduct with a minor under 16 years of age by another person who is in a position of power or authority over the minor. This can involve different forms of violence (physical or emotional), coercion (manipulation or deception) and/or age asymmetry between the victim (minor) and the abuser (adult).



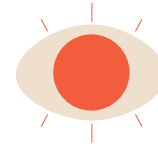
What can we do as family members?

Adults are **the only responsables for ensuring that children have a life free of violence, for protecting them when they experience it and for repairing the damage.** Prevention must provide resources for boys and girls to deal with possible abuse.

It is essential to raise awareness and provide children with useful tools to detect risk situations and to know how and who to ask for help. It is also necessary to generate a safe and protective environment for children, favorable to the disclosure of situations of violence or discomfort.

The prevention of sexual abuse includes a minimum set of contents that can be worked on with children:

- ① Children's rights
- ② Gender equality
- ③ Affective-sexual education
- ④ Understanding of child sexual abuse
- ⑤ Personal safety tools and support network



How can we identify or detect child sexual abuse?

There is no single pattern of indicators to detect child sexual abuse, but the areas in which they most often appear are the following:

- a. **Emotional and social:** sadness, anxiety, low self-esteem, isolation, self-harm, suicidal ideation or behavior.
- b. **Cognitive:** attention problems, cognitive functioning and decreased academic performance.
- c. **Functional:** problems with sleep, sphincter control or eating, psychosomatic problems and regressive behaviors.
- d. **Behavioral:** sexualized behaviors, constant search for approval, hyperactivity and aggression, or fear.



The signs vary according to the severity, frequency and duration of the abuse, the relationship with the abuser, the characteristics of the victim and/or the victim's environment.

This implies that the indicators can manifest themselves in different ways or even not be visible at all. Therefore, they have to be assessed in a joint and accurate way.