

POWER OF PREVENTION GUIDE BOOK



RAACE has built our mission on the promise that together, we can prevent child sexual abuse before it begins. By using our Power of Prevention Guide Book, you'll learn how to keep your family safe.

The Road to Prevention Starts With U!



RAACE



The Race Against Abuse of Children Everywhere

www.raace.org



A MESSAGE FROM OUR FOUNDER

“My fight to end child sexual abuse began over 18 years ago after visiting “Illuminations” at St. Vincent’s Children’s Center. It was this program and the disturbing statistics that would bring me to my knees. Although I began RAACE on my own, our mission to prevent child sexual abuse requires a team effort. Please join our RAACE today.”

★ RAACE ★ Race Against Abuse of Children Everywhere

Kenneth Smith
RAACE Founder

Until every child is safe from sexual abuse, our race has no finish line.

As a 501(c)(3) non-profit organization, our mission is to raise public awareness and provide tools to help adults protect children — in their family, in their community, and all over the world! RAACE was created in response to the knowledge that child sexual abuse is tragically destructive, far too common, and totally preventable. Child sexual abuse is a silent epidemic — a subject that remains taboo and therefore thrives in the shadows of society. RAACE is dedicated to changing that, because we believe that preventing abuse starts with awareness, and generating awareness starts with “U”.

U Have the Power to Prevent Abuse!





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RAACE has three GOALS:

1 Expose

We expose the hidden fact that child sexual abuse exists at epidemic levels and is far more common than people think - 1 in 3 girls and 1 in 7 boys are sexually abused by age 18. The average age is 7 to 9 years old. Furthermore, over 90% of offenders are someone the child knows and trusts.

2 Educate

We educate you about the nature of the problem, how it happens, and where it happens - within your circle of trust - those who have regular contact with your child. We also provide the Power of Prevention Guide book that will be the #1 defensive tool to protect children from becoming a victim of abuse.

3 Inspire

We inspire everyone to join our mission by becoming a RAACE Fan, RAACE Superfan, RAACE Hero, RAACE Superhero, RAACE Partner, RAACE Volunteer or RAACE Prayer Warrior. These 7 different yet complimentary programs enable individuals, businesses, organizations, teams, churches, and communities at large, to use their power of prevention to fight the war against child sexual abuse. To learn more about our programs, please log onto www.raace.org.

Goal 1: Expose the Epidemic


Child sexual abuse can be difficult to define. There are many behaviors that can be classified as abuse. However, a full understanding of the nature of child sexual abuse must include accepting that children cannot consent to any sexual act. Child sexual abuse always involves an inequality of power. **But...U Have the Power to Prevent Abuse!**

WHAT IS AN EPIDEMIC?

The Miriam-Webster Dictionary defines epidemic as:

Affecting or tending to affect a disproportionately large number of individuals within a population, community, or region at the same time; excessively prevalent or characterized by very widespread growth or extent.

See below how Child Sexual Abuse compares to other epidemics that affect children:



EPIDEMIC	OUTCOME
Leukemia	1 in 29,000 children
Duchenne Muscular Dystrophy (DMD)	1 in 3500 children
Type 1 Diabetes	1 in 400 children
Autism	1 in 54 children
Child Sexual Abuse	1 in 3 girls & 1 in 7 boys

At RAACE, we believe that information and education are the first steps to inspire individuals and communities to stop the ongoing victimization of children everywhere. The statistics are heartbreaking, but we know these statistics are not just numbers. The numbers represent real children — including children we already know.

DEFINITION

Child sexual abuse is defined as sexual activities involving a child and an ‘abusive condition.’ Coercion or a large age gap between the participants indicates a lack of consensuality.¹ That makes it abuse.

EXAMPLES OF SEXUAL ABUSE:

- Lewd behavior toward a child
- Sexual innuendos or suggestive speech
- Exposing a child to pornography
- Touch or manipulating a child’s genitals in a sexual manner
- Adult rubbing against a child (masturbating)
- Having children engage in sexual acts with other children
- Performing oral sex on a child
- Adult having a child perform oral sex on them
- Engaging in vaginal or anal intercourse with a child

A SILENT EPIDEMIC

- 42% of women and 33% of men never disclose their experience to anyone¹
- Nearly 80% of victims will initially deny the abuse or be hesitant about disclosing²

- Approximately 75% of known cases are disclosed accidentally by the abused child²

CLOSE TO HOME

- 30-40% are abused by a family member³
- 90% of all offenders are someone the child knows and trusts⁴
- Almost 50% are abused by someone outside the family whom they know and trust⁵
- 40% are abused by older or larger children whom they know⁶
- Only 10% are abused by strangers³

MORE THAN YOU THINK

- 1 in 3 girls are sexually abused before the age of 18⁷
- 1 in 7 boys are sexually abused before the age of 18⁷
- 1 in 5 children are solicited sexually while on the internet⁸
- 39 million survivors of child sexual abuse exist in America today⁹
- U.S. Census Bureau projects the United States population will be 332,403,650 on January 1, 2022

WHY IS IT A "SILENT" EPIDEMIC?

Child sexual abuse has been called the Silent Epidemic because it is so vastly under reported and because it is a topic so seldom discussed. The sensitive nature of the subject, misconceptions about the nature of sexual abuse, social biases, and the prejudices and myths associated with sexual abuse all contribute to public avoidance. But...It's Time to Talk!

Only 1 in 10 children who are sexually abused will ever tell anyone.¹ Knowing some of the reasons why children don't tell when they are abused helps us understand both the power and control perpetrators have over their victims.

WHY CHILDREN DON'T TELL

- Ambivalent feelings towards the offender
- Not understanding that they have been abused
- Fear of the consequences
- Feelings of shame or guilt
- Fear of not being believed
- Not wanting to burden the family
- Lack of vocabulary
- Some children try to tell but we don't recognize their cry for help

One of the ways to stop sexual abuse is to talk about it. Once children know that it is alright to tell, they may be able to stop the abuse sooner, or hopefully before it happens. Prevention is always the best solution, and that's why RAACE needs adults like you to take the initiative to educate yourselves and your family about the facts regarding child sexual abuse.

MISCONCEPTIONS

Think you know what a pedophile looks like? Think again. Contrary to popular belief, those who abuse children do not stand out. They usually are not "scary", "creepy" or "weird". In fact, over 90% of offenders are someone the child knows and trusts. Hiding in plain

sight, child molesters go out of their way to create the appearance of being upright, responsible citizens.

They insert themselves into situations where they have easy access to children and strive to create situations in which they can be alone with a child.¹⁰

An estimated 80-90% of offenders are male, while 10-20% of offenders are female. About 40% of offenders of children under 12 are children or adolescents themselves.¹¹

GROOMING

Grooming is the process by which an offender draws a child into a sexual relationship and maintains that relationship in secrecy.¹²

Fact: Grooming increases the predator's access to his victim and decreases the likelihood of discovery. The establishment (and eventual betrayal) of affection and trust occupies a central role in the child molester's interactions with children....The grooming process often seems similar from offender to offender, largely because it takes little to discover that emotional seduction is the most effective way to manipulate children.¹³

In The Process of Grooming:¹⁰

- A nonsexual relationship is established
- Child perpetrators gain the trust of victims and their families, and seek time alone with the kids
- Sexualization of the relationship takes place gradually
- The child's cooperation and silence are maintained by various forms of coercion
- The child accommodates to increased sexual demands with increasing sense of betrayal and guilt
- Most perpetrators will continue to abuse children if they are not reported and stopped *Nearly 70% of child sex offenders have between 1 and 9 victims; at least 20% have 10 to 40 victims. An average serial child molester may have as many as 400 victims in their lifetime.*

Children require the protection of adults. Their fear of people is not yet developed, their intuition not yet loaded with enough information and experience to keep them from harm.¹² That's why U Have the Power to Prevent Abuse.

CHILD SEXUAL ABUSE HAS IMMEDIATE & DELAYED EFFECTS

Understanding the effects of abuse underscores the need for and importance of prevention.

With over 39 million survivors of child sexual abuse, the time for prevention is now!

A SURVIVOR'S PERSPECTIVE

Survivors of childhood sexual abuse experience an array of overwhelming and intense feelings.¹⁴ While each individual's experiences and reactions are unique, there are some responses to child sexual abuse that are common to many survivors:¹⁵

- **Low self-esteem or self-hatred**
- **Survivors may suffer from depression**
- **Guilt, shame and blame**
Survivors may feel guilt or shame because they made no direct attempt to stop the abuse or because they experienced physical pleasure
- **Sleep disturbances / disorders**
Survivors may have trouble sleeping because of the trauma, anxiety or may directly be related to the experience they had as a child; children may be sexually abused in their own beds.
- **Lack of trust for anyone**
Many survivors were betrayed by the very people they are dependent upon (family, teachers etc.) who cared for them, who insisted they loved them even while abusing them; learning to trust can be extremely difficult under these circumstances.

93% of victims under the age of 18 know their attacker.¹⁶

- **Revictimization**
Many survivors as adults find themselves in abusive, dangerous situations or relationships.
Woman who were sexually assaulted before the age of 18 [are] twice as likely to report being raped as adults.¹⁷
- **Flashbacks**
Many survivors re-experience the sexual abuse as if it were occurring at that moment, usually accompanied by visual images of the abuse. These flashes of images are often triggered by an event, action, or even a smell that is reminiscent of the sexual abuse of the abuser.
- **Dissociation**
Many survivors go through a process where the mind distances itself from the experience because it is too much for the psyche to process at the time. This loss of connection with thoughts, memories, feelings, actions or sense of identity, is a coping mechanism and may affect aspects of a survivor's functioning.

Sexuality / Intimacy

Many survivors have to deal with the fact that their first sexual encounter was a result of abuse. Such memories may interfere with the survivor's ability to engage in sexual relationships, which may bring about feelings of fright, frustration, or being ashamed.

COPING MECHANISMS

Adult survivors of childhood sexual abuse often adopt coping mechanisms (or survival strategies) to guard against feelings of terror and helplessness that they may have felt as a child. These past feelings can still have influence over the life and present behavior of an adult survivor. Here are some common coping mechanisms¹⁵:

- **Grieving/Mourning**
- **Alcohol or Drug Abuse**
- **Disordered Eating/Eating Disorders**
- **Self-Injury**

If you are an adult dealing with the effects of childhood sexual abuse, please remember that you are not responsible for the abuse and that you are not alone. You can overcome the effects the abuse may have on your life. Please call the National Sexual Assault Hotline 1-800-656-HOPE (4673).

It's never too late to get help.

I AM A PROUD SURVIVOR OF SEXUAL ABUSE

If you were just a killer, you would pay a price.

I would not have had to sacrifice.

If you were an alcoholic, they would be very concerned,

About the terrible things I may have learned.

If you were an addict, you'd have drawn some attention,

They would have called for an intervention.

They'd all hate you, if you were a liar and a cheater;

Even call you out as a wife beater.

If you beat me, they would take me away,

But you left no bruises, so I had to stay.

If you were a thief, they would throw you in jail.

And I would be permitted to tell the tale.

But because your crime is so taboo,

They look at me and say, "What's wrong with you?"

Written by Val Meola "I Wish You Were Only" is one of many poems from the book entitled, "The Monster's Game," a poetic look into the child behind the mask of a survivor.

Goal 2: Educate Adults & Kids

At RAACE, we believe the key to prevention is knowledge. Parents should be well-informed about the steps they need to take to stop child sexual abuse. Establishing and maintaining open, age-appropriate communication with your child is the best way to protect them. To learn more about how to talk openly with your child or consult a local health care professional call 1-800-4ACHILD (422-4453).

Age is a significant factor in sexual abuse.

While there is risk for children of all ages, children are most vulnerable to abuse between the ages of 7 and 9.

The median age for reported abuse is 8 years old.

Experts agree that if children are comfortable talking openly with their parents, they are more outwardly confident and less likely to become victims of sexual abuse. They are also more likely to disclose at the first sign of an abusive situation.

WHAT PARENTS SHOULD KNOW

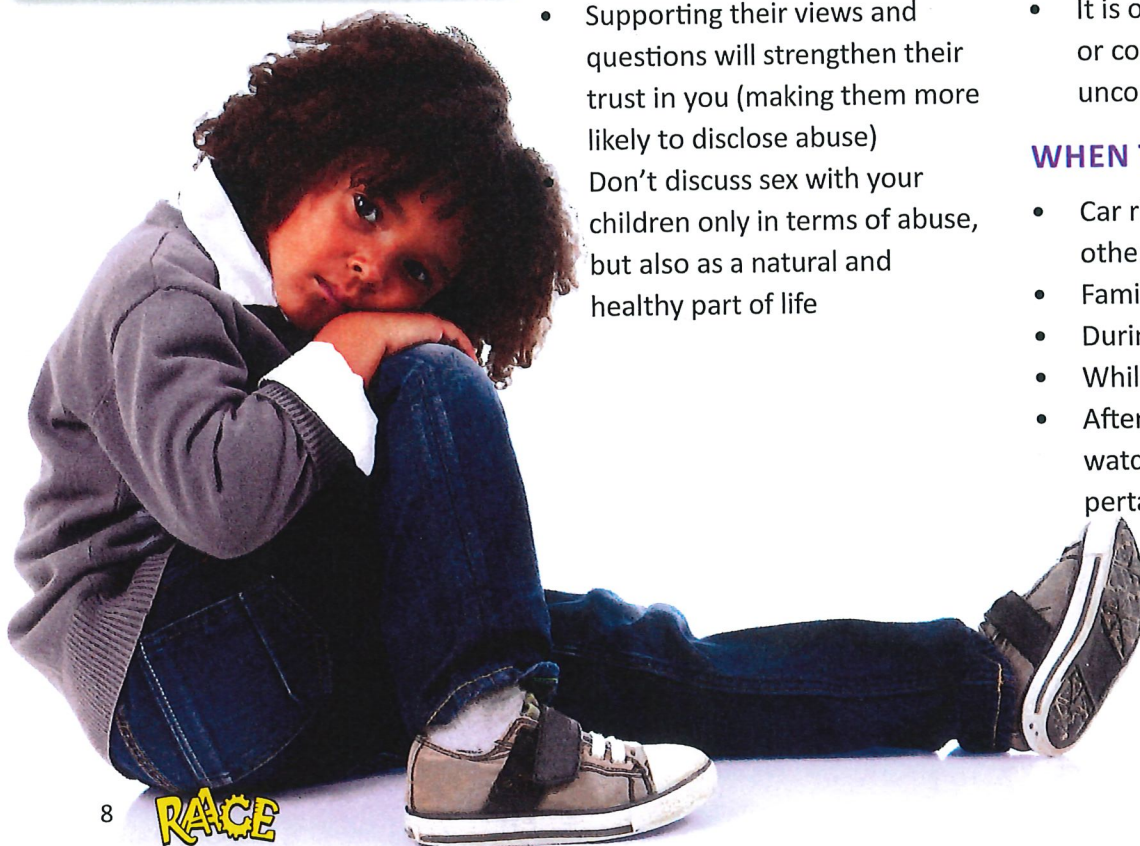
- Children need to be re-assured that it is always okay to tell a trusted adult when being touched in an uncomfortable way
 - Give kids confidence when discussing sexual abuse issues
 - Supporting their views and questions will strengthen their trust in you (making them more likely to disclose abuse)
- Don't discuss sex with your children only in terms of abuse, but also as a natural and healthy part of life

WHAT TO TEACH KIDS

- Personal boundaries so they know if their comfort zone is being violated
- There are no secrets about touching
- Talking openly to you about any subject
- Their bodies are their own
- It is okay to say "no" to a hug or contact that makes them uncomfortable

WHEN TO TALK

- Car rides to sporting events or other extracurricular activities
- Family meal times
- During a nature walk
- While getting a special treat
- After reading a news story or watching a movie or TV show pertaining to child sexual abuse





To protect your child, it's essential that you recognize the harsh realities of child sexual abuse. Sadly, most abuse is committed by individuals entrusted to be with your child. In order to keep him/her safe, everyone must be informed and aware of the threats facing your family - including your child. That's why RAACE, with recommendations from the American Academy of Pediatrics, has provided the following age-appropriate conversation guide:

AGE	RECOMMENDED CONVERSATION TOPICS(S)
<p>18 Months - 3 Years Old</p>	<p>Teach your child which body parts are private (parts covered by a bathing suit). Also, teach your child the proper names of these parts (breasts, vagina, penis).</p> <p>Know the adults and children that spend time with your child.</p> <p>Make surprise visits to your child's caregiver.</p>
<p>3 Years Old - 5 Years Old</p>	<p>Teach your child about private parts of the body. Children may touch their genitals and be curious about the genitals of others. Many sexual behaviors may be normal in this age group, but if a child asks an adult to perform a sexual act or becomes forceful in his/her sexual behaviors, call your pediatrician for advice.</p> <p>Also give simple answers. When children ask questions about sex or the genitals, give simple and understandable answers so they know these topics are not "off limits."</p>
<p>5 Years Old - 8 Years Old</p>	<p>Teach your child to respect the private parts of others and to expect others to do the same. Talk about whom the child can tell if someone makes him/her feel uncomfortable when he/she is away from home. Listen when your child tries to tell you something, especially when it seems hard to talk about it.</p> <p>Make sure your child knows it's okay to tell you about anyone who makes them feel uncomfortable, no matter who that person may be. Ask what your child would do in certain situations and how to recognize danger.</p>
<p>8 Years Old - 12 Years Old</p>	<p>Stress personal safety. Your child should be aware of places where sexual abuse could happen, such as video arcades, malls, locker rooms, and out-of-the-way places outdoors. Talk about peer pressure. Make safety plans with your child so he/she knows what to do if he/she is asked to use drugs or alcohol, smoke, touch someone sexually, steal, cheat, or bully. Teach your child about sexual abuse. And if your child's school has a sexual abuse program, discuss what he/she has learned.</p>
<p>12 Years Old - 18 Years Old</p>	<p>Set aside time each week to talk about the good, bad, and confusing experiences your child has encountered.</p>

to prevent abuse!



RAACE Fan

You have read our Power of Prevention Guide Book.
You believe in our mission.
You will join us on Facebook, Twitter, etc.



RAACE Super Fan

You are a RAACE Fan.
You see the value in RAACE's mission and resources and are willing to use your social media and other connections to introduce RAACE to others in your network.



RAACE Hero

You are a RAACE Fan
You are in a position as an individual or organization and are willing to "cobrand" your activities, wearables, etc. with RAACE.
You are willing to be a public ambassador for RAACE.



RAACE Super Hero

You are a RAACE Fan.
You are an executive or in management at a company or organization with influence.
You are willing to be a public ambassador for RAACE.
You have access to any/all of the following: strategic partners, vendors, colleagues, employees, community members, policy makers, etc., that you will contact as part of a cause marketing initiative to support our mission to prevent child sexual abuse.



RAACE Partner

You are a RAACE Fan
You recognize the need to prevent child sexual abuse and are in a financial position to donate funds, provide in-kind donations, or donate vehicles to support RAACE's mission and preventative initiatives.
Donate Your Ride, call 410-233-5535



RAACE Volunteer

You are a RAACE Fan.
You recognize the need to prevent child sexual abuse and have the ability to donate your time to support RAACE's mission and preventative initiatives via events, programs, calls, board positions, etc.



RAACE Prayer Warrior

You are a RAACE Fan. You recognize the need to prevent child sexual abuse and are an individual, faith-based organization or spiritual leader and have the ability to support RAACE's mission and preventative initiatives by praying for all involved and for the success of the RAACE goals.

INTERNET SAFETY



Children who surf the web and post personal information are at risk of being victimized. Potential abusers may try to establish relationships via the Internet, even posing as children themselves online, but it is less likely to be noticed by parents. Ninety percent of child abusers know the children they molest.⁴ Over time, they develop a trusting relationship with their victim. This same relationship building between child and abuser can occur online, but it is less likely to be noticed by parents.

Talk to your children about maintaining their safety on the web. Protect them by monitoring their activity closely. Web technology evolves everyday providing potential abusers new opportunities to contact and build rapport with your child.

GENERAL GUIDELINES

- Make sure a site is secure before giving personal information out
- Ask your children to teach you about their online activity (this way they feel they are instructing, not being monitored)
- Do not allow the purchase of anything online (especially using your credit card information)
- Discourage the joining of mailing lists or subscribing to anything over the internet (especially if personal information is required)
- Make sure anti-virus/fire wall programs are up to date and always running
- Set time limits for online activity
- Keep computers in a centralized location

EMAIL AND INSTANT MESSENGER GUIDELINES

- Make sure you know your child's user names and passwords
- Make sure they use an IM service with the ability to warn or flag improper behavior (users are less likely to abuse privileges if it can be lost)
- Warn your child not to send pictures of themselves to strangers
- If your child wants to meet a friend they met online: Talk with this friend's parents beforehand
Make sure the meeting is in a public place
Go with your child
Warn them to never open emails, files, or links from someone they don't know

GUIDELINES FOR SOCIAL MEDIA SAFETY

- If your child belongs to an online social media (like Facebook) talk to them about:
What they post
Who they are 'friends' with
Limiting access to their profile
Ask to see their profile, but give notice (this allows time to delete content, insuring strangers see only what is safe)
- View terms of use on social media sites (they may be too young to have a profile hosted there)
- Read what your child posts online (you have the right, it's public and not an invasion of privacy)
- Warn your child to never respond to an unfamiliar message, email or posting
- Help your child choose a non-age, gender, or name specific screen name
- Warn your child to never post or share personal information: (full name, address, phone number, school, class schedule)

RECOGNIZING & REPORTING ABUSE

Prevention is our goal, but if necessary, the first step in helping abused or neglected children is learning to recognize the signs. The presence of a single sign does not prove child abuse is occurring in a family, but a closer look at the situation may be warranted when these signs appear repeatedly or in combination. For more information about detection and the signs of abuse, please visit www.childwelfare.gov.

Child sexual abuse is rarely committed in public and abusers are seldom caught in the act. Physical abuse leaves its mark; bruises, cuts, and burns. While detection of child sexual abuse can be difficult, there are often visible signs.

A child in distress due to sexual abuse will exhibit signs that are often vague, elusive, and difficult to spot. However, informed adults, aware of what to look for, can prevent and interrupt abuse.

Children who have NOT been sexually abused may, at one time or another, display any of these behaviors. But when children exhibit these signs regularly or in combination, it is important that you consider the possibility of sexual abuse and seek professional guidance.

INCREASED FEAR

- Nightmares or other sleeping disturbances¹⁹
- Excessive crying, especially in young children¹⁹
- Fear of particular people or places¹⁹

BEHAVIORAL CHANGES

- Suddenly refuses to change for gym or to participate in physical activities²⁰
- Bed wetting, specifically in older children²⁰
- Suicidal gestures¹⁹
- Experiences a sudden change in appetite²⁰
- Demonstrates bizarre, sophisticated, or unusual sexual knowledge or behavior²⁰

EMOTIONAL CHANGES

- Depression or withdrawal¹⁹
- Anxiety or nervousness²¹
- Emotional detachment²¹
- Feelings of shame or guilt¹⁹

PHYSICAL WARNING SIGNS

- Has difficulty walking or sitting²⁰
- Signs of trauma to genitals or mouth²²
- Bleeding at genitals or anus²²
- Pain or discomfort at the genitals, anus or mouth²²

GET IMMEDIATE HELP

If you suspect child abuse, contact your local Child Advocacy Center or call the National Child Abuse Hotline 1-800-4ACHILD.

Children's Advocacy Centers bring together professionals and agencies in a multidisciplinary team. They emphasize the coordination of investigation and intervention services to create a child-focused approach to child abuse cases.

The National Child Abuse Hotline is dedicated to the prevention of child abuse. Serving the United States, its territories, and Canada, the Hotline is staffed 24 hours a day, 7 days a week with professional crisis counselors who, through interpreters, can provide assistance in 140 languages. The Hotline offers crisis intervention, information, literature, and referrals to thousands of emergency, social service, and support resources. All calls are anonymous and confidential.



Child Abuse

Simple as it seems, reporting is often a difficult thing to do. No one wants to report abuse without proof. This is especially true if you know and trust the individual you suspect is sexually abusing a child. Not reporting could delay or deny the help that a child so desperately needs.

Law enforcement strives to protect all children, but it is impossible for them to cover every area of a community. If you suspect that a child needs help, take the next step and report, you will be providing a crucial link between caring professionals and a hurt child.

BEFORE YOU REPORT

- Note times and dates of any abuse you may see or hear
- If a child has revealed abuse to you, take time afterward to write down what they said
- Concentrate on getting the facts straight
- Remember any details you can
- Though the issue of child abuse can be emotional, try to remain calm

WHAT TO EXPECT

- Always be open and honest with police
- The investigator's intent is to determine if further investigation is warranted
- Investigators will ask questions concerning the nature of the abuse
- They will also ask what information you have that has led you to suspect abuse
- You will be treated with respect and your concerns will be taken seriously

STATE LAWS

- Most states have laws in place to protect those who report in good faith, or without ulterior motive²³
- All states require members of certain professions to report reasonable suspicion of abuse²³
- 18 states require all persons to report suspected abuse²⁴
- Under the Constitution anyone accused of a crime is provided the right to know their accuser and if called to testify, your identity will be revealed in open court²⁵



I AM A PROUD SURVIVOR OF SEXUAL ABUSE

Although I certainly am proud of all I've achieved after enduring what no one should have to, it took me quite some time to be able to let the words come out of my mouth and tell people what I had been through.

It started when my mom married a man when I was 3 years old. Soon after they were married, the sexual abuse started. It started with him touching me and quickly led to him making me touch him.

In no time he was making me perform oral sex. What 5 year old should even know that oral sex is a possibility? I was so young when all of it started, that I sadly thought this was what all step-fathers did.

It wasn't until I was in 4th grade, the secret finally came out. Years and years of silent suffering and he was finally arrested. It wasn't until I started college that I finally figured out that what I endured should only be embarrassing for him and not me. Something inside me finally let myself off the hook and I can now openly express what I went through knowing it says nothing about me as a victim but it says everything about my abuser.

Written by Holly

Goal 3: Inspire Everyone



The Problem and Solution Both Reside Within Your Child's Own Circle of Trust

Over 90% of child sexual abuse occurs by someone your child knows and trusts. That's why this "Circle of Trust" worksheet is so vital to our mission to prevent abuse in your family, your community and all over the world. By using this simple yet effective tool, you will be able to identify the people within your circle who are willing to protect your child, and put any potential threats on notice.

Please do this exercise to fully understand and protect your children!

STEP #1

First, commend yourself for taking this proactive step toward preventing child sexual abuse. It may seem like a small step, but it's the **most important one** of all.

Next, write the name of your child in the center of the wheel diagram on the adjacent page.

STEP #2

Use the pie piece spaces to write in the names of the people within your child's Circle of Trust. We've provided some examples in the outer ring around the wheel to help get you started. It's important that you not overlook the most obvious members of your circle - those closest to you - as well as those who have less frequent contact with your family. All are important spokes within the wheel.

STEP #3

Talk, text or email each person listed in your circle, letting them know you have joined Team RAACE.

Ask them to go to www.RAACE.org to read about it and ask them to join also. This step is very important.

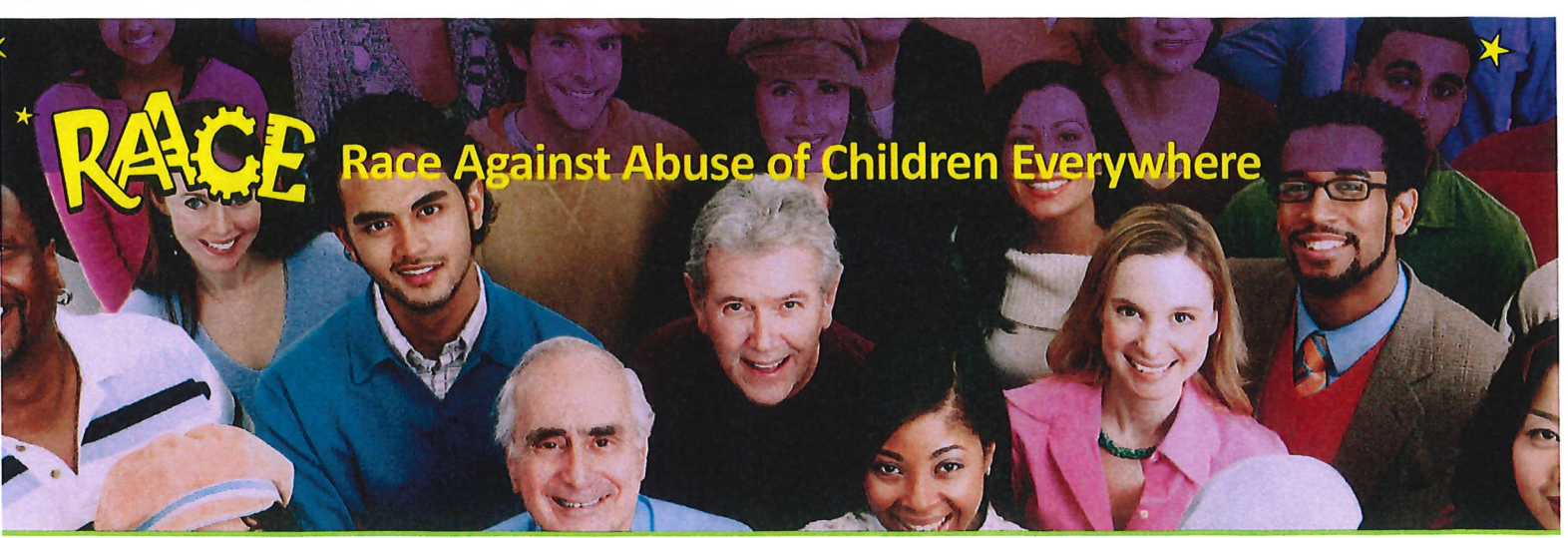
1. It helps RAACE to reach their goals of protecting our children.
2. If there is a perpetrator in your circle, they will think twice about abusing your child after knowing your involvement.

U have the power of prevention!

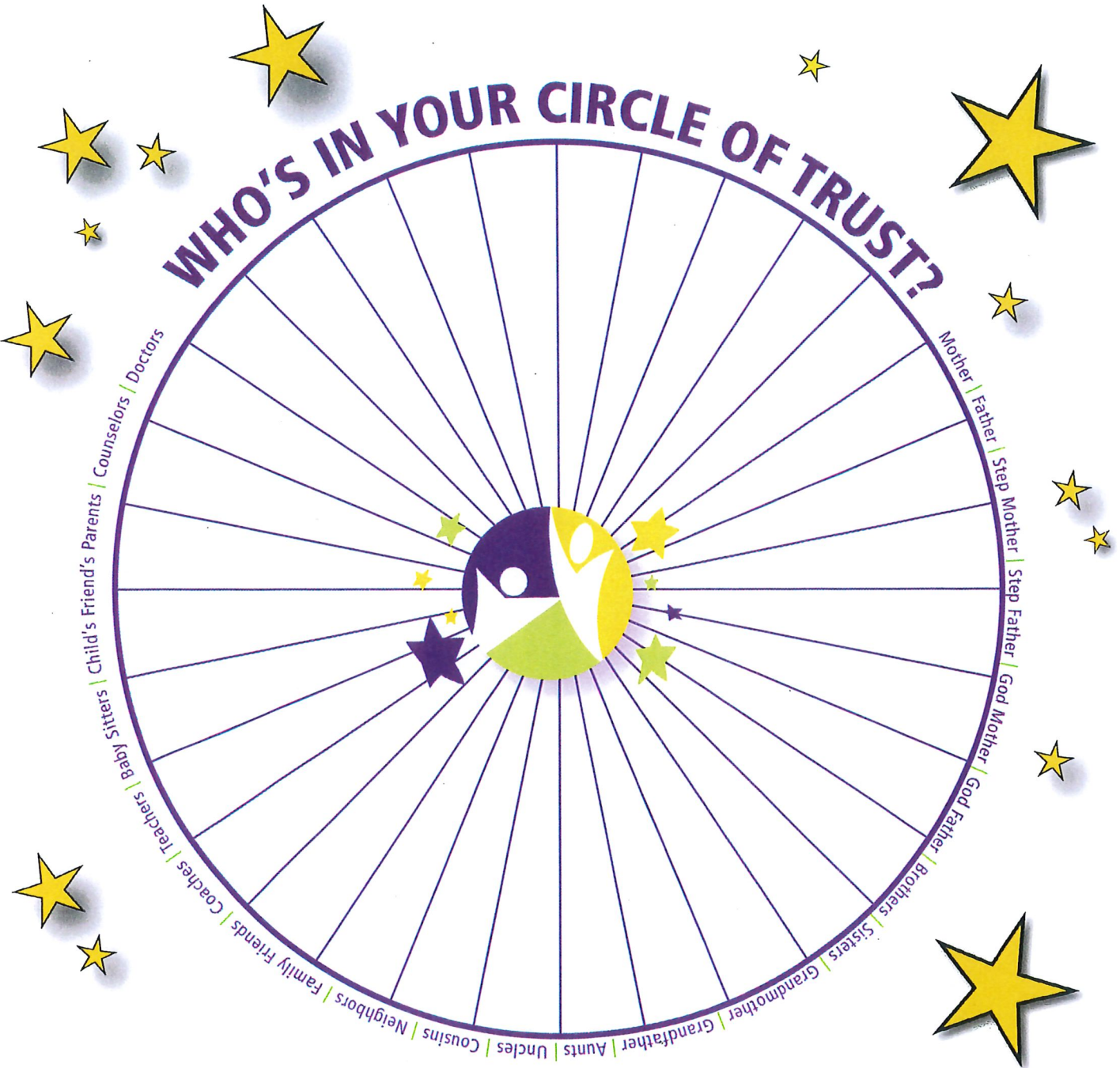


RACE

Race Against Abuse of Children Everywhere



WHO'S IN YOUR CIRCLE OF TRUST?



I AM A PROUD SURVIVOR OF SEXUAL ABUSE

When I was a child there were no organizations or no safe people to go to like RAACE. When I did finally mention it to a relative, they turned a deaf ear. I am now 53 and have had no choice but to suffer in silence. The depression and heartache is sometimes unbearable, but I get through it and go on. No child should have to live with this. I urge everyone to listen and believe when a child or even an older person divulges information that has been stored away in their hearts and minds, making them feel like the one who is to blame. Sexual violation has long, deep roots and it is purely evil, destroying a person at their soul's level. Some never fully recover. It was not easy! I have not mentioned it in years. I just hope good comes from the Penn State Scandal and there is more awareness and help for us older folks too. I have decided to speak up. The perpetrator is still out there and God only knows how many other children and young women he has violated. Thank you to Race Against Abuse of Children Everywhere for being there.

Written by Sharon

The following references are provided and apply to the statistics cited in our Power of Prevention Guide Book. For the most up to date statistics, please refer to our website: www.RAACE.org

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