

## If You Suspect Your Child is Being Sexually Abused

It is important for parents to remember that their child may have been threatened and are fearful of punishment or of upsetting their parents. Most children are tricked into acts of abuse and think they should have been smarter or stronger. This makes telling difficult.

### Indicators of Possible Sexual Abuse

- Unexplained bruises on genitals or thighs
- Vaginal/anal bleeding or discharge
- Sleep disturbance (nightmares, bedwetting, fear or going to bed/being alone)
- Appetite changes, irritability, clinginess
- Changes in behaviour in school/or ability to focus, regression-acting younger than their age)
- Sexualized behaviour/ intrusiveness with others, and
- Anger/rebelliousness

## Help Protect All Children From Sexual Abuse

The more children know about sexual abuse the better.

Educational information is available from SAIP Counsellors.

Program is funded by  
**Ministry for Children and Family Development**



Ministry of  
Children and Family  
Development

The SAIP Program is located at  
**Powell River Child,  
Youth & Family Services  
Society**



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# Powell River Sexual Abuse Intervention Program



**Child & Youth  
Mental Health**

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**Office Hours:  
Mon-Fri  
8:30am to 4:30pm**

## The Sexual Abuse Intervention Program

The Sexual Abuse Intervention Program (SAIP) provides treatment to children and youth up to 19 years of age, who have been sexually abused. Therapeutic intervention aims to reduce the impact of sexual abuse trauma and supports healthy coping. Therapists are sensitive to individual client issues, age and developmental level, and adapt therapy for clients with special needs.

Treatment methods may include individual play and art therapy, trauma based therapy, parent/child therapy, group therapy (when available), psychoeducation and parent consultation. Assistance is provided with applications to the Crime Victim Assistance Program.

SAIP clients may be referred to Specialized Victim Support Services for assistance regarding witness preparation for court. SAIP Counsellors work in consultation with the Child & Youth Mental Health Team.

## IF YOUR CHILD REPORTS SEXUAL ABUSE

1. Remain calm, your child needs your attention, sympathy and support.
2. Find a quiet place. Ask your child to tell you what happened. Listen carefully.
3. Tell your child you are proud of them for telling, that you believe them and will support and protect them. Let your child know that the abuse was NOT their fault, regardless of the circumstances.
4. If the assault was recent, take your child to the hospital for examination and treatment. If the assault was more than two weeks ago, have your child seen by their physician as soon as possible.
5. Contact the police immediately and make arrangements for your child to be interviewed as soon as possible.
6. Respect the privacy of your child by not telling other people who do not need to know about the assault.
7. Try to follow your usual family routine and activities (including chores, bedtime and rules).
8. Inform siblings, but do not discuss details of the assault (especially prior to police investigation). Reassure them that the assaulted child will be okay. Discuss family safety.
9. Do not confront the alleged offender or attempt to investigate.
10. Consider counselling. Seek support for yourself and your child.

