



### **Did you know?**

- By conservative estimates, 1 in 4 girls and 1 in 6 boys are sexually abused before the age of 18 years old.
- 90% of the abusers are known to the child.
- Over 30% of victims NEVER report the abuse to anyone.
- It is estimated that there are at least 40 million survivors of childhood sexual abuse in America today.

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### **What can you do?**

#### **Voice**

- Tell people about this rally and the importance of this issue.
- Talk about the facts and prevalence of childhood sexual abuse.
- Let others know that you do not tolerate the sexual abuse of children in our culture and that speaking up stops the cycle.
- Learn more—at [www.shepherdstherapy.org](http://www.shepherdstherapy.org).

#### **Action**

- Invite your friends to the next Turn the Light On rally.
- Join us on facebook and invite your friends too!
- Wear your Turn the Light On wrist band.
- Wear your teal awareness ribbon.

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[www.ShepherdsTherapy.org](http://www.ShepherdsTherapy.org)



### **What to do if you suspect a child is being abused**

- Stay calm—panic compounds the situation.
- Believe the child.
- Listen—take time to find out the story.
- Do not blame the child—reassure the child that the abuse is not his/her fault.
- Get help from professionals—see resources below.
- Keep the child safe. It is hard to believe that someone you know and trust may be an abuser, but keeping children safe is the priority.
- Seek family education and support.

### **What to do if ...**

#### **You think you might be a survivor**

- Know that the abuse was not your fault. It is **never** okay to abuse a child, ever.
- Seek the support of professionals with experience in child sexual abuse healing.
- Know that help and healing are possible.

#### **You know someone who is a survivor**

- Listen and support them.
- Let them know that help is possible and it's never too late to ask for help.

### **Resources**

For more information and resources including books, films and links to other websites, visit Shepherd's Counseling Services' website:

**[www.shepherdstherapy.org](http://www.shepherdstherapy.org)**

see "Learn More"

### **Stay in Touch!**

- Sign up on Shepherd's website for our newsletter and eNews to learn more about the issue and receive notice of next year's rally.
- Send us feedback about the Turn the Light On rally and ideas for next year to [info@shepherdstherapy.org](mailto:info@shepherdstherapy.org).
- See you at next year's Turn the Light On rally!