

CONSENT

NO MEANS NO, BUT SO DOES:

"I'M UNCOMFORTABLE"

"I'M NOT SURE
ABOUT THIS"

"MAYBE WE SHOULD WAIT"

"I DON'T WANT TO
DO THIS ANYMORE"

"THIS DOESN'T
FEEL RIGHT"

"I WANT TO LEAVE"

"I DON'T FEEL LIKE
IT RIGHT NOW"

"STOP!"

"MAYBE ANOTHER
TIME"

"JUST BECAUSE WHAT HAPPENED TO
YOU DOESN'T MEAN YOU HAVE TO
HOLD IT ALL IN" -14 Y.O.

"DON'T LET IT BOTHER
YOU, LET IT BOTHER
THEM" -13 Y.O.

"I HOPE YOU HEAL FROM
THE THINGS YOU DON'T
TALK ABOUT" -17 Y.O.

"IT WILL NEVER GO AWAY,
BUT THE THOUGHTS, PAIN &
FEELINGS WILL GET EASIER
DOWN THE LINE" -15 Y.O.

YOUR VOICE HAS POWER

COERCION

ASSERTING POWER IS NOT ALWAYS PHYSICAL

"COME ON, YOU
DID IT LAST TIME"

"WE'RE DATING- COUPLES ARE
SUPPOSED TO DO THIS."

"I BOUGHT YOU DINNER SO
YOU OWE ME"

"IF YOU REALLY
LOVED ME YOU
WOULD DO IT"

"IF YOU DON'T DO IT, I WILL
FIND SOMEONE ELSE WHO
WILL"



ASSERTING POWER IS NOT ALWAYS PHYSICAL

PARENT RESOURCE

A GENERAL GUIDELINE ON HELPFUL TIPS & SUGGESTIONS FOR RESPONDING TO YOUR CHILD
IF YOU SUSPECT SEXUAL ABUSE OR IF A DISCLOSURE HAS ALREADY BEEN MADE.

✓ I AM SO SORRY THIS HAPPENED TO YOU. IT TAKES A LOT OF COURAGE TO COME FORWARD, SO THANK YOU FOR TRUSTING ME. I BELIEVE YOU.

THANK THEM FOR TELLING YOU

~~WHY DIDN'T YOU TELL ME SOONER?
ARE YOU REALLY SURE THAT'S WHAT HAPPENED?
WHY DIDN'T YOU TELL THEM TO STOP?~~

✓ I'M HERE & NOT GOING ANYWHERE.
WHAT DO YOU NEED FROM ME?
YOU DID NOT DO ANYTHING WRONG.
HOW CAN I SUPPORT YOU? ✓

ASK HOW YOU CAN HELP

~~IF I WERE YOU I WOULD....
OTHER PEOPLE USUALLY
SO YOU SHOULD, TOO.
I REALLY THINK YOU SHOULD...~~

✓ BE PRESENT
OFFER SUPPORT & REASSURANCE
ACKNOWLEDGE THEIR PAIN
REMINDE THEM IT WASN'T THEIR FAULT ✓

LISTEN WITHOUT JUDGEMENT

~~MINIMIZE THEIR EXPERIENCE
INTERRUPT
PRESS FOR MORE DETAILS THAN THEY ARE
READY TO SHARE~~

✓ CHECK IN ON THEIR EMOTIONS ✓
OFFER NORMALCY: KEEP INCLUDING THEM
PRACTICE EMPATHY: CHANGES IN THEIR
BEHAVIOR (GOOD OR BAD) IS NORMAL

KEEP SUPPORTING

~~SHAMING THEIR ANGER EVEN IF IT'S
WRONGLY DIRECTED AT YOU
ASSUMING THAT IT DOESN'T UPSET
THEM MONTHS/YEARS LATER~~

THE TONE, VOLUME AND WORD CHOICE YOU GIVE YOUR CHILD CAN HAVE A MAJOR IMPACT ON THEIR SENSE OF SAFETY AND ABILITY TO TRUST YOU AS THEY HEAL. WITH THAT BEING SAID, THERE IS NO SUCH THING AS A PERFECT PARENT. JUST REMEMBER, THE MOST IMPORTANT THING YOUR CHILD NEEDS IS CONSISTENT VALIDATION, LOVE, AND HAVING SOMEONE BELIEVE IN THEM & THEIR EXPERIENCE.

RESOURCES

Click on the underlined links below to learn more

EDUCATION

[Information about Childhood Sexual Abuse](#)
[How Can I Protect My Child From Sexual Assault](#)
[Statistics about Sexual Assault in Children & Teens](#)
[Effects of Sexual Violence](#)
[Warning Signs For Teens](#)

LOCAL SUPPORTS

Sexual Assault Center of Child & Family Services

Provides services for survivors of sexual violence and their families in Saginaw County

CAN Council Arenac.Bay.Huron.Saginaw

Provides education and prevention services about child abuse & neglect

Bay Area Women's Center

Provides services for survivors of domestic violence & sexual violence in Bay County

Shelterhouse

Provides services for survivors of domestic violence & sexual violence in Midland & Gladwin Counties

Underground Railroad, Inc

Provides services to survivors of domestic violence, sexual assault, human trafficking and stalking in Saginaw County

CRISIS PHONE & TEXTLINES

National Sexual Assault Hotline: 800-656-4673

Michigan Sexual Assault Hotline: 1-855-864-2374

Michigan Sexual Assault Textline: 1-866-238-1454

Suicide & Crisis Lifeline/Textline: 988

Sexual Assault Center Crisis Line: 989-790-9118

