

Disclosing abuse (under 18)

#EndChildhoodSexualViolence

Disclosing abuse can feel scary, but you are not alone. Speak, write, or share in a way that feels safe.



Under 18

WE ARE BRAVE SO THAT CHILDREN CAN BE SAFE

If you want to disclose abuse you experienced, what should you do?

DO THIS



Choose one person you know and trust, preferably an adult. You can tell more people later if you want to, but start with one person you know will listen and if you have started sharing, you can end the sharing if you feel uncomfortable.



Don't

Worry if you do suddenly disclose before you are ready or while you are very upset. This is natural and perfectly okay.

DO THIS



If that person does not do anything to help, you can choose another person you trust. School teachers, counselors or therapists will most likely help you.

Don't give up, there are safe adults that want to help, keep telling until you are supported.



Don't

Feel you have to answer a question or speak to someone if you don't want to or you don't feel safe with.

DO THIS



Before you speak to them, decide what you want to tell them and what you don't. If they ask something you don't want to share, just say "i don't want to talk about that"

Don't



Share online or in public before speaking with someone you trust, preferably a trusted adult. Public sharing carries risks and should only be considered after you have had time to process the trauma with trusted people and supportive adults

DO THIS



Feel proud of yourself for speaking to someone you trust and remember that hearing about what has been done to you might be upsetting for them too, because they care about you. So choose a time and place that you can both talk without rushing.

Don't



Worry if the person you told is upset - you are not responsible for their emotions. These are difficult things to hear about. Everyone needs their own time and space to deal with them.

DO THIS



Think about how you can help yourself feel calm and safe before and after you have this conversation.

What do you like doing that makes you feel ok, plan to do that.



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Disclosing abuse you suffered if you are under 18

If you or someone you know are currently being abused,

find the ChildHelp hotline in your country [HERE](#) 
or speak to someone you trust



<https://childhelplineinternational.org/helplines/>

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