

What is Child Sexual Abuse?

"A child under 18 years of age is sexually assaulted if he or she is inappropriately exposed or subjected to sexual contact, activity, or behaviour..."

(Child, youth, and Family Enhancement Act of Alberta, 2004)

Did You Know?

- 2 in 3 girls and 1 in 3 boys have experienced sexual abuse in their lifetime. (AASAS & Malatest, 2019)
- Only 17% of parents provide their children with child sexual abuse information. (Tutty, 1996)
- 87% of police-reported sexual assaults in Canada were committed by someone known to the survivor. (AASAS, 2026)
- Child sexual abuse can happen to any child.
- Most offenders use persuasion, threats, and bribes, rather than physical force.
- The majority of cases go undetected and unreported.

Every adult is responsible by law to report a suspected case of child abuse. A report is not an accusation.

What Do You Do?

What to do if a child tells you about sexual abuse:

- Remain calm.
- Believe the child - do not judge them.
- Tell the child it is not his or her fault.
- Tell the child you will try to help.
- Do not probe for details of the abuse.
- Support the child and get support for yourself.
- Report the abuse.

Some signs of child sexual abuse:

- Pain in genital area.
- Difficulty walking, sitting, or going to the washroom.
- Sexualized behaviour or sexual knowledge beyond the child's age.
- Regression in behaviour or skills (ex. thumb sucking or bed wetting).
- Fear of specific adults or gender.
- Any signs of chronic stress (ex. depression, anxiety, withdrawal, etc.)

Remember: there may not always be an obvious sign of sexual abuse.

FAQ:

What is the "Who Do You Tell?"™ (WDYT?™) Program?

"WDYT?"™ is a sexual abuse education program designed by Calgary Communities Against Sexual Abuse (CCASA) specifically for elementary school children, their parents, and teachers. The "WDYT?"™ Program has the approval of your school district and the Government of Alberta.

Is this going to frighten my child and make them afraid of "good touches" by well-meaning people?

No. This program is designed to promote assertive behaviour and instill confidence in children. Numerous examples of positive affectionate touch are included to provide balance to the presentation.

Is this going to put ideas in their heads? What about false reports?

Children very rarely lie about sexual abuse. In fact, they tend to minimize or even ignore it to protect the abuser and themselves from possible consequences.

Is this a sex education program?

No. This is a program dealing with abusive behaviours. Materials in this program are in no way explicit and are approved by both Boards of Education.

Why is the "WDYT?"™ Program important for my child?

Learning about sexual abuse will help your child understand they have the right to respond assertively to inappropriate sexual behaviours by adults or other children/youth. Although it can be difficult to discuss, it encourages children to talk about child sexual abuse and helps them understand it is never a child's fault.

The Goals of the Program are to:

- Encourage parents to be the primary educators of their children regarding sexual abuse.
- Educate children about child abuse.
- Give the message that sexual abuse is wrong and hurtful to people.
- Provide support and referrals to families for children who disclose abuse.
- Act as a resource to parents, teachers, and other professionals concerned with child sexual abuse issues.

Key Messages to Children Include:

- You have the right to say "NO".
- Sexual abuse is never a child's fault.
- Tell an adult that you trust.

Who Delivers the Program?

An experienced Education Specialist from Sanare will deliver the "WDYT" Program to elementary schools and other children's programs. The educator works closely with the school and staff as well as support services in the community, to adapt the program to their needs and age groups.

Our Contact:

Phone: 403-548-2717

Email: info@sanarecentre.ca

If you need immediate support please contact **Alberta's One Line for Sexual Violence** at: **1-866-403-8000**

Address:

Treaty 7 & 4
UNIT 2, 36 STRACHAN CT SE
Medicine Hat, AB T1B 4R7

Hours:

Monday - Friday | 8am - 4pm
Closed on Statutory Holidays

www.sanarecentre.ca



Sanare Centre



[sanarecentre](https://www.instagram.com/sanarecentre)

Reporting Child Abuse:

Medicine Hat Police: 403-529-8400

Child & Family Services MH: 403-529-3657

Child Abuse Hotline: 1-800-387-5437

Child Intervention Line: 1-800-638-0715

Brooks Child Protection: 403-362-1284

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trauma and assault supports

"Who Do You Tell?"

Child Sexual Abuse Education Program

