



The Resource Project: Quick Reference Guide

If Your Child Has Recently Disclosed Sexual Abuse

If your child is in immediate danger...Call 911 immediately.

First Steps

- Make sure your child is safe.
- Tell them:
 "I believe you."
- Thank them for telling you.
- Reassure them:
 "This is not your fault."
- Stay as calm as you can.
- Do not question them repeatedly or ask for unnecessary details.
- Do not confront the person accused of causing harm.

Important Phone Numbers and Websites

Emergency 911	Suicide Crisis Helpline Call or Text: 988 24-hour crisis support. 988.ca	Halton Regional Police Child Abuse & Sexual Assault (CASA) Unit 905-825-4777 ext. 8970
Halton Children's Aid Society 905-333-4441 Toll Free: 1-866-607-5437 Available 24 hours a day.	Nina's Place Sexual Assault & Domestic Violence Care Centre 905-336-4116 Medical care • Forensic exams • Support	Reach Out Centre for Kids (ROCK) 905-878-9785 Children's mental health and trauma services.
SAVIS of Halton 24-Hour Crisis Line 905-875-1555	Kids Help Phone 1-800-668-6868 Text CONNECT to 686868	Canadian Centre for Child Protection www.protectchildren.ca
Cybertip.ca Report online child sexual exploitation. www.cybertip.ca	NeedHelpNow.ca Support after intimate images have been shared. www.needhelpnow.ca	The Ironwood Project Support for survivors and families. www.theironwoodproject.ca

Remember: Your child does not need you to have all the answers today. They need to know you believe them.