

How did sexual abuse impact your life?

- LOW SELF-ESTEEM
- SELF-HATRED
- WORRY ALL THE TIME
- FLASHBACKS
- NAIVE
- FEELING IMPERFECT
- DIRTY
- UNLOVABLE
- FEARFUL OF AUTHORITY
- UNCOMFORTABLE BEING VISIBLE
- DAMAGED GOODS
- INSIGNIFICANT
- SOCIALLY AWKWARD
- UNPROTECTED
- DEPRESSION
- ANXIETY
- PROBLEMS WITH BOUNDARIES
- PUT OTHERS FIRST
- INADEQUATE
- DISGUST
- NEVER FEELING GOOD ENOUGH
- MISTRUSTFUL
- WORTHLESS
- UNDESERVING
- NEGATIVE WORLDVIEW

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Child Sexual Abuse: Prevention is Possible

Lindsey Burkhardt

Awareness is the greatest agent for change. — Eckhart

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AGENDA

- INTRODUCTION
- OVERVIEW
 - DEFINE THE ISSUE, PREVALENCE, HEALTHY SEXUAL DEVELOPMENT, CONCERNING SEXUAL BEHAVIORS, GROOMING & RED FLAG BEHAVIORS, SIGNS OF ABUSE, AND LONG-TERM IMPACTS
- CHAMPIONING A CULTURE OF PREVENTION
 - HOW CAN WE PROTECT CHILDREN, TEACHING KIDS PROTECTIVE STRATEGIES
- RESOURCES
- QUESTIONS & CLOSING


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Hi, I'm Lindsey!



Great Bend, North Dakota
 Early Childhood Education (MSUM Alumni)
 Professional Path: Dedicated to Serving Others
 Mom of 4 Girls
 BIO Girls Volunteer
 Ordained Minister

2024 YWCA Cass-Clay Woman of the Year award in Youth Advocacy
2025 North Dakota Mother of the Year - American Mothers Inc

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Don't hesitate to
step out if you
need a break
from this
session.

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Think of 10
children you love.



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Child Sexual Abuse Overview

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Child sexual abuse is...

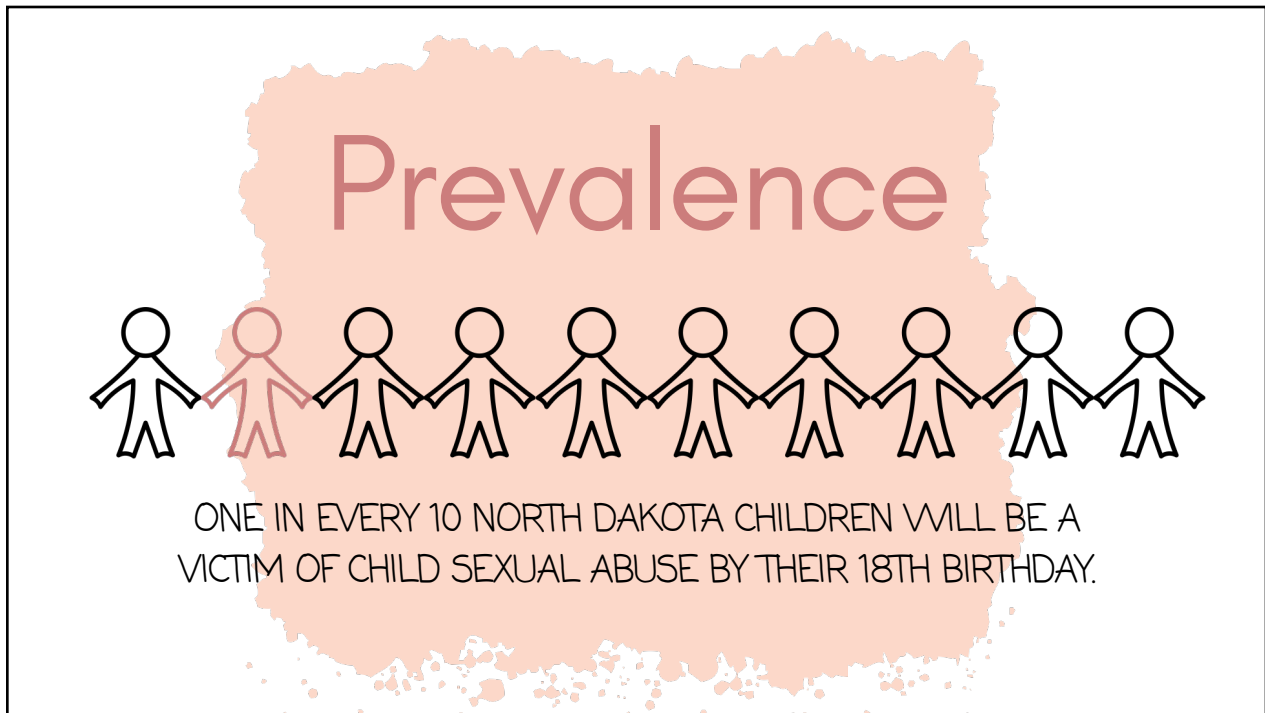
any interaction between a child and another person in which a child is used for sexual behaviors and activities through contact and/or non-contact behaviors.

Child: An individual under the age of 18 years old

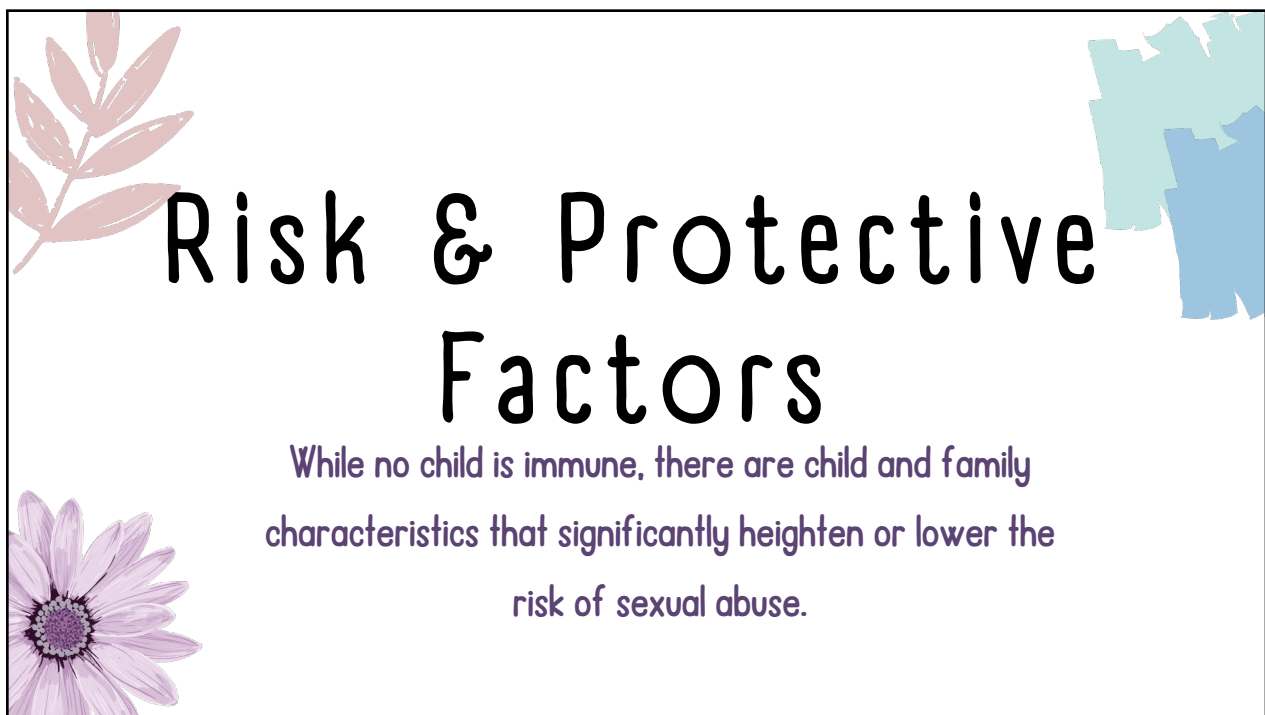
Person: Adult or child

Non-contact behavior: May include exposing a child to sexually explicit materials, voyeurism, or exhibitionism.

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ONLY 10% OF CHILDREN ARE SEXUALLY ABUSED BY A STRANGER

WHO ARE THE ABUSERS?

90% OF CHILDREN ARE SEXUALLY ABUSED BY SOMEONE THEY KNOW

60% abused by people the family knows and trusts
30% abused by family members

Children being sexually abused by older or more powerful children used to account for a staggering 40% of abuse, but a recent study from 2022 suggests that this has now increased to 70%.




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Healthy Sexual Development

It's important to learn about typical sexual development in children.

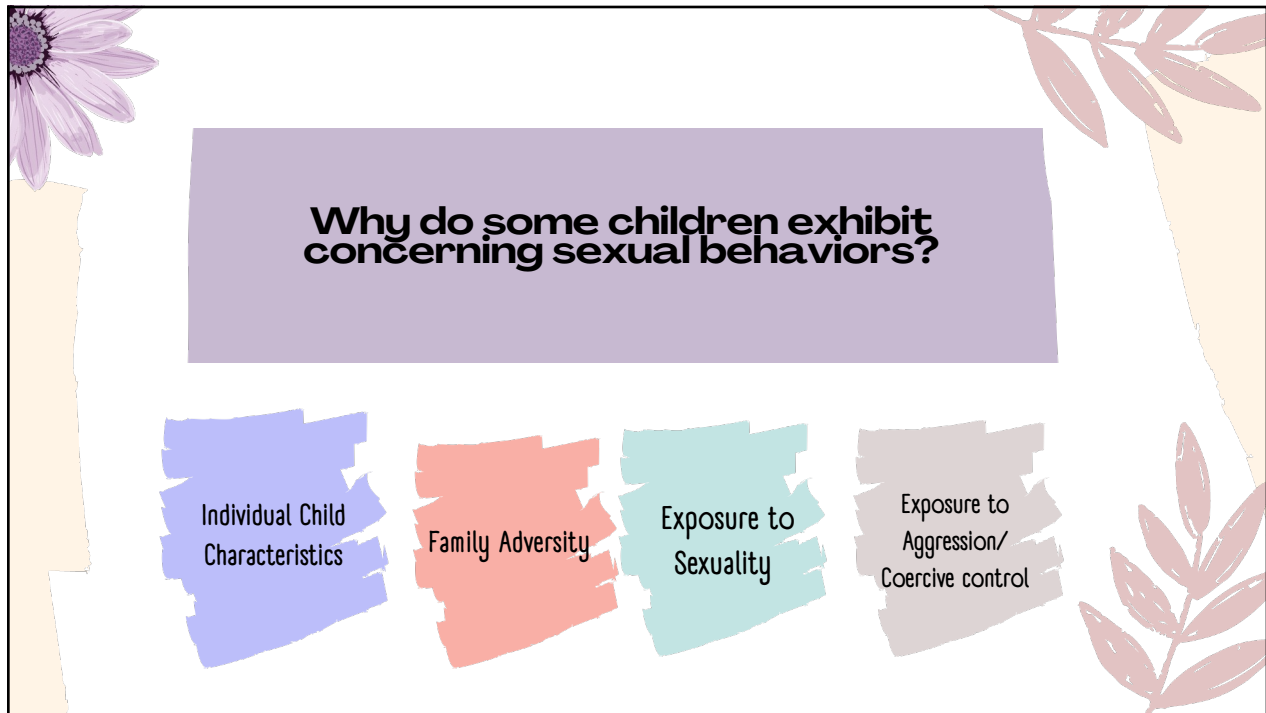
In general, children involved in healthy sexual exploration are:

- Doing so consensually & voluntarily
- Of similar age & size
- More exploratory than overtly sexual in nature
- Not aggressive, forceful, or hurtful
- Easy to redirect



These are infrequent, unplanned and spontaneous interactions.

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Concerning Sexual Behaviors

- Preoccupation with sexual play at the exclusion of other forms of play
- Sexual play with much older or younger children
- Knowledge of sex beyond their age (adult-type sexual activities)
- Sexual behavior or interests that are not similar to those of same-age children
- Sexual play leading to complaints about negative impacts on other children
- Sexual play that causes physical or emotional discomfort for the child, like fear, shame, or guilt
- Use of bribery, threats, or force to engage others in sexual play
- Sexual play with animals
- Sexual play with the intent to hurt others
- Sexual behavior aimed at adults or older adolescents
- Behavior disregarding another child's rights and boundaries
- Displays of sexual behavior in public (in older children)

Children with sexual behavior problems are—first and foremost—children.

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Responding to Children's Sexual Behaviors

CONCERNING BEHAVIOR/UNCOMMON: REFER FOR APPROPRIATE SUPPORT

- SUPERVISION AT HIGHER LEVEL.
- PROTECT OTHER CHILDREN BY CONSISTENT VIGILANT MONITORING.
- BE PREPARED TO REPORT.

CAUTIONARY BEHAVIOR/LESS COMMON: CONFRONT & PROHIBIT

Confront

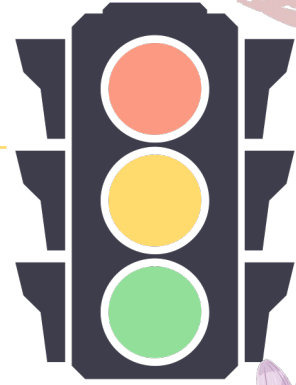
- "I'M CONCERNED BECAUSE I SEE YOU DOING THIS AFTER WE DISCUSSED IT."
- "REMEMBER THAT I TOLD YOU IT MAKES ME UNCOMFORTABLE WHEN...."
- "WE DISCUSSED THAT THIS BEHAVIOR IS HARMFUL."

Prohibit

- "YOU NEED TO STOP DOING THAT."

HEALTHY BEHAVIOR/COMMON: LABEL & RESPOND

- "THAT'S PRIVATE BEHAVIOR AND THIS IS NOT A PRIVATE PLACE."
- "IF YOU HAVE QUESTIONS ABOUT YOUR BODY, YOU CAN ASK ME." (BE A RESOURCE FOR HEALTH-BASED INFORMATION OR PROVIDE THE RESOURCE.)
- "YOUR SISTER NEEDS PRIVACY WHEN SHE IS CHANGING HER CLOTHES. YOU CAN WAIT OUTSIDE HER DOOR UNTIL SHE IS DRESSED."



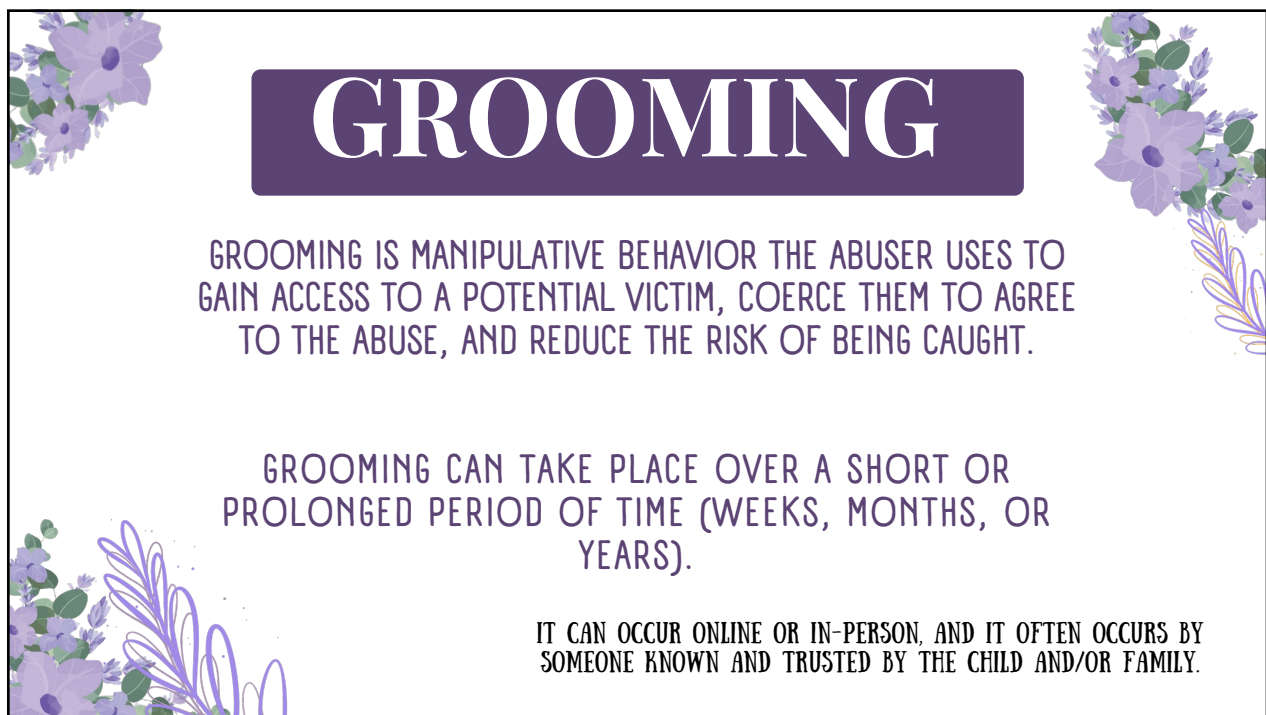
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WHEREVER YOU ARE IN YOUR PATH OF
LEARNING, IT IS IMPORTANT THAT YOU
HAVE FACTUAL INFORMATION;
AWARENESS HELPS DESTIGMATIZE
SEXUAL BEHAVIOR IN YOUTH AND
ALLOWS ADULTS TO BETTER SUPPORT
HEALTHY DEVELOPMENT.

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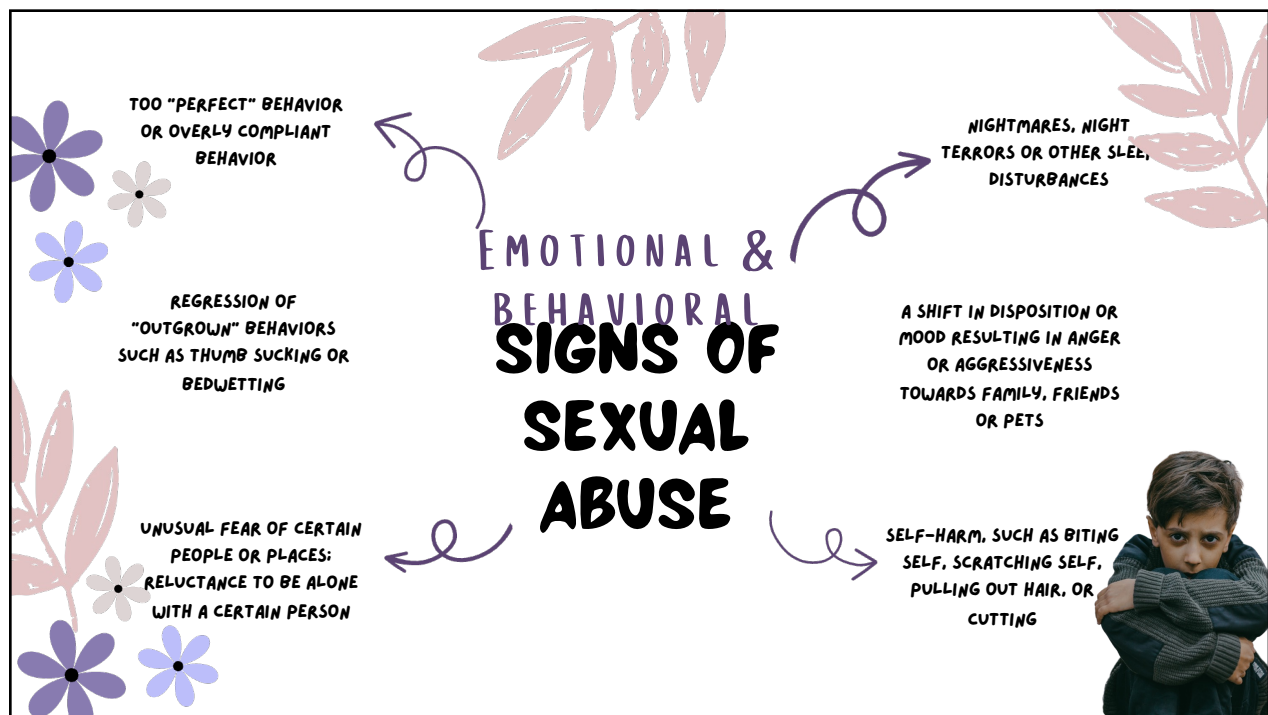


Red Flag Behaviors

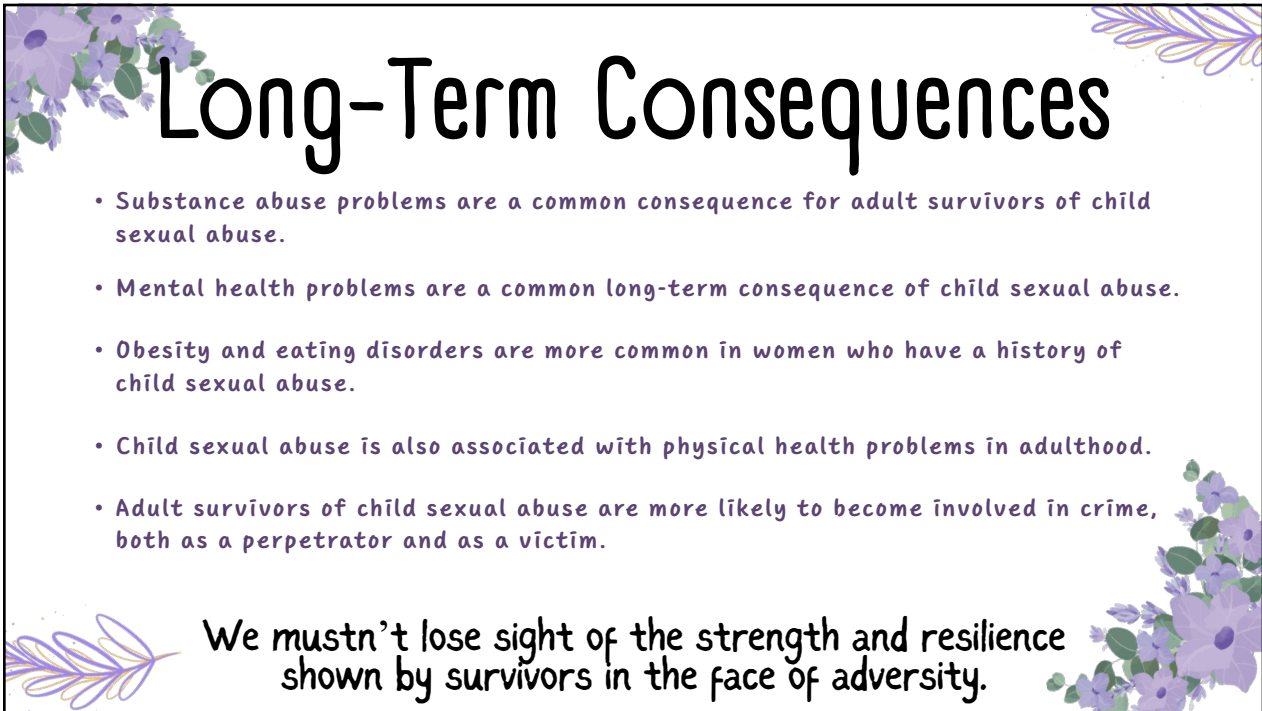
- A person who seeks to have 1:1 time with your child or special outings. Lots of attention.
- A person who is overly interested in your child and gives the child extra attention. 'Special treatment'. Allows child to break rules.
- Gift giving. A person who buys gifts or special treats for your child for no apparent reason.
- A person who is very touchy with your child, and it may occur in front of trusted adults.
- A person who finds out what your child likes and is interested in and then flatters the child by claiming to have the same interests.
- A person who offers to provide free childcare/babysitting as a favor.
- A person who goes above and beyond to be helpful to parents/caregivers. This is done in order to gain trust.

"It's not like he wore a sign saying, 'I'm a sexual predator.' He was that cool uncle."
—Survivor Stories (RAJNN)

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Long-Term Consequences

- Substance abuse problems are a common consequence for adult survivors of child sexual abuse.
- Mental health problems are a common long-term consequence of child sexual abuse.
- Obesity and eating disorders are more common in women who have a history of child sexual abuse.
- Child sexual abuse is also associated with physical health problems in adulthood.
- Adult survivors of child sexual abuse are more likely to become involved in crime, both as a perpetrator and as a victim.

We mustn't lose sight of the strength and resilience shown by survivors in the face of adversity.

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Championing a Culture of Prevention

Hope is the beacon that outshines the darkness of fear.

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