



**Sikh  
Awareness  
Society**

EDUCATE | SUPPORT | EMPOWER

# CHILD SEXUAL ABUSE

**EMERGENCY HELPLINE**

07780 601 351 | 07961 522 713 | 07871 543 495

## What is child sexual abuse?

Child sexual abuse is when a child is made to take part in sexual activities. There are two types of sexual abuse; contact and non-contact – and they can happen both online and offline.

**Contact abuse** is where physical contact is made with a child by an abuser. Behaviours include:

- Inappropriate sexual touching of a child whether he/she is clothed or not.
- Forcing the child to undress themselves, touch someone else's genitals or masturbate
- Coercing a child to take part in sexual activity
- Rape or penetration by putting an object or body part in a child's mouth, vagina or anus

**Non-contact** abuse is where a child is exploited, groomed or encouraged to perform sexual acts over the internet. Behaviours include:

- Exposing a child to pornography
- Flashing a child
- Not taking appropriate measures in order to prevent children from being exposed to sexual activities by others
- Encouraging a child to hear or watch sexual acts
- Persuading a child to 'Sext' over the phone/internet or perform sexual acts via a webcam
- Possessing child pornography, or making, viewing, downloading and distributing sexual images of children
- Meeting a child after sexually grooming them with the intent to further abuse.
- Sexually exploiting a child for money, power or status.

## Prevalence

Any child is at risk of experiencing sexual abuse, but they are more vulnerable if they have a history of previous sexual abuse, a disability, a disrupted home life or they have experienced other forms of abuse.

Studies shows that:

- 1 in 20 children in the UK have been sexually abused
- Before the age of 16, 15% of girls and young women and 5% of boys/young men in England and Wales experience some form of sexual abuse.

The 2015-16 crime survey for England and Wales reports that:

- 7% of people aged between 16 and 59 were sexually abused as children, equating to over 2 million victims and survivors of child sexual abuse aged from 16 to 59

NSPCC figures show that in England in 2016/17:

- 43,522 sexual offences against children under the age of 16 were recorded by the police
- (41.3 offences per 10,000 children).
- Figures rise to 54,846 offences against children under the of 18 (46.5 offences per 10,000 children). In Wales 2,845 sexual offences against children under the age of 16 were recorded. That is 51.1 sexual offences per 10,000 children, the highest rate across UK.



A report from the Centre of expertise on Child Sexual Abuse (CSA Centre) states:

- The most serious and repeated offences are more likely to be carried out by people who are known to victims.
- Family members are more likely to abuse girls and young women whereas authority figures or strangers are more likely to sexually abuse boys and young men.
- 80% of child sex abuse happens in the home of the victim or the abuser, where boys are more likely to be abused outside of the home.
- Teenage girls aged 15 to 17 years reported the highest rates of sexual abuse
- Investigative studies show the vast majority of perpetrators are male (over 90%).

#### **How to recognise someone is going through this abuse?**

According to a report by the CSA Centre, most children and young people who are being abused do not tell anyone. They are more likely to wait until adulthood to tell someone. A reason for this may be that as a child they did not realise they were being abused, especially if they had been groomed.

However, these are typical physical, behavioural and emotional indicators we should be aware of:

#### **Physical indicators:**

- Bruising / Bleeding
- Discharge
- Pain or soreness in the genital area or anus
- Sexually transmitted infection (STI)
- Pregnancy

#### **Emotional and behavioural indicators:**

- Fear of being alone/socialising with certain people (including family and friends)
- Changes in eating habits / eating disorders
- Depression, aggression, clingy, withdrawn, start having nightmares or wetting the bed
- Self-harm / suicidal thoughts
- Drug & alcohol abuse
- Uncharacteristic sexual behaviour/language/knowledge
- Become sexually active at a younger age or becoming more promiscuous

Another way of bringing abuse to light is through education. By teaching children and young adults how to prevent sexual abuse, about body ownership and what is and is not a healthy relationship between an adult and a child, may help more children to recognise and report when they are being abused (Cochrane Review, 2015).



---

Based in the UK, with volunteers around the world, we aim to help as many people as we can, from all backgrounds and ethnicities.

Please contact us on a 24-hour phone line if you have a serious query you wish to discuss or alternatively get in touch via our form and we will get back to you as soon as possible.

**Email:** [info@sikhawareness.org](mailto:info@sikhawareness.org) **General Enquiries:** 07780 601 351

[www.sikhawareness.org](http://www.sikhawareness.org)

