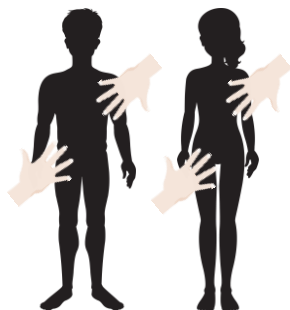


Sexual Abuse

Are you at risk?

Sexual abuse is when someone makes you do sexual things that you do not want to do.



It can include someone:

- Touching your body or making you touch them.
- Having or trying to have sex with you.
- Looking at your naked body or making you look at theirs.
- Taking photos or videos of you.
- Making you watch porn.

Spending more time at home during Coronavirus could increase the risk of sexual abuse for some people.

It might be someone you know that abuses you.



- A parent or family member.
- A partner or ex-partner.
- Someone who visits your house.
- A support worker or carer.

How to get help:

- **Tell someone you trust like a family member, friend, health worker or support worker.**
- **Call the Police on 101. In an emergency dial 999.**
- **Rape Crisis Scotland 08088 01 03 02**
- **Childline 0800 1111**

It is never your fault!