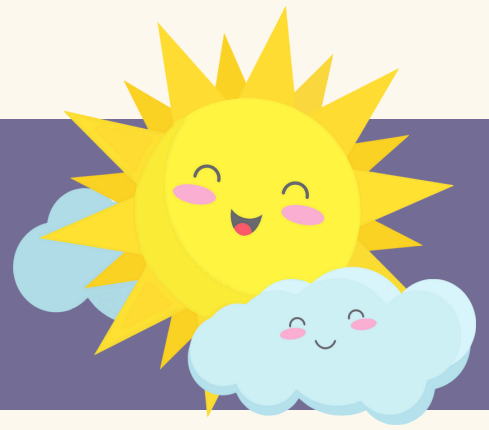


Support Your Child

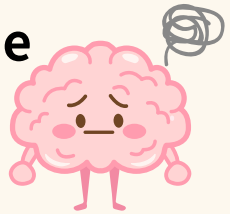
Overcoming the Experience of Sexual Abuse



1 Stay Calm

It's normal to feel devastated and overwhelmed by the abuse. Remember, uncovering the truth is better than letting it stay hidden. However, if you show intense emotions in front of your child, it may make it harder for them to express their feelings. Try to remain calm and avoid letting your child carry the weight of your emotions.

2 Make It Clear the Abuse Was Not Their Fault



Your child may believe they are responsible for what happened. Help them understand that none of this is their fault and they don't need to feel guilty. You may need to explain this patiently and repeatedly, as the abuser might have made them feel it is their problem.

3 Express Care and Trust

Actively tell your child you appreciate their courage for speaking up about the abuse. Let them know you believe them and will take their feelings seriously. Even if they show no negative emotions, proactively express your care. Assure them they can talk to you about what happened anytime—without blame.

4 Let Your Child Know You Support Them



Tell your child you will always be by their side. No matter what changes or legal processes lie ahead, you will stay with them to face all challenges.

5 Ready to Listen Anytime

Respect your child's pace in sharing. Don't rush for all the details or ask questions that might pressure or distress them. When they feel safe enough to open up, listen wholeheartedly and make them feel accepted.

6 Play with Your Child

Spend time with your child doing fun activities they enjoy. This gives them a break from negative emotions, helps them rediscover joy and positive feelings, and strengthens your bond.



7 Share Age-Appropriate Information

Based on your child's age and understanding, share just enough information so they know what's happening. They don't need every detail—just enough to feel more in control, secure, and stable.

8 Maintain a Regular Routine



Keep daily life as consistent as possible. This shows your child you can handle the situation and gives them a sense of security. Don't focus only on the abuse—keep life balanced and varied to help them gradually return to a normal rhythm.

9 Instill Confidence and Hope

The memory of sexual abuse can't be erased, but most children are resilient. With proper help and support, they can move forward and heal without long-term severe impact. Share your confidence and hope in them—let them believe they can overcome this.



10 Avoid Making Unrealistic Promises

Don't promise your child that the abuser will be punished (e.g., convicted), as you can't guarantee the outcome. Instead, be honest: say you don't know what will happen, but you will do everything to protect them and keep them safe and supported.

11 Help Your Child Manage Fear and Anxiety

If your child suddenly recalls something upsetting or feels scared, help them focus on the present (what they see, hear, feel, or smell). Encourage slow, deep breaths and remind them: "The danger is over. You are safe now." This can help calm their emotions.

12 Take Care of Yourself to Support Your Child

It's normal to feel distressed by the abuse. Seek support from family or friends, and grow through the experience. If your emotions remain unstable, seek professional help early. This will help you regain strength to better support your child.



To learn more about child sexual abuse, scan the QR code to watch a short video.

www.swd.gov.hk SWD Hotline ☎ 2343 2255



社會福利署
Social Welfare Department

Clinical Psychological Service Branch