

Please answer the following questions by circling the correct response:

1. Children and teens in America are **MOST** often sexually abused by which of the following:
 - A. By strangers
 - B. By someone they have met only once or twice
 - C. By someone close to them that they thought they could trust
 - D. By women

2. When a parent finds out that their child has been sexually abused, they usually:
 - A. Punish their child
 - B. Are upset because this happened to their child, but are angry at the person who abused their child
 - C. Think it is not a big deal
 - D. Don't believe their child

3. When someone asks you to do some inappropriate touching or touches you in a way that you do not like, you should:
 - A. Act like it does not bother you
 - B. Ignore the behavior and hope that they stop doing it
 - C. Look the person in the eye and tell them "No" or "Stop" and then tell an adult about what happened.
 - D. Do the behavior back to them so that they might understand how you feel

4. If your friend tells you that they are getting sexually abused, you should:
 - A. Ignore them because it is an uncomfortable topic
 - B. Go with them to tell an adult that you trust about what is happening
 - C. Tell all of your friends so the whole school finds out about it
 - D. Go tell the person abusing them that they need to stop doing it

5. If your friend tells you that they are being sexually abused and tell you not to tell anyone, you should:
 - A. Tell your parents or an adult who you trust anyway
 - B. Keep your word to your friend and not tell
 - C. Tell some of your other friends about it
 - D. Keep encouraging your friend to tell and hope that they will

6. Please write down what you learned from this presentation (use the back if you need more room).

Are you MALE or FEMALE (Please circle the appropriate response)

People to Call if you are having Sexual Offending Thoughts

Therapeutic Services

- Counseling Assessment Services (ask for Amy Lapham) – 282-0304
- Counseling for Growth and Change (ask for Dave Greenwood or Kevin Willson) – 243-1020 – accepts most insurance including Title XIX as well as self pay and referrals from Department of Human Services (DHS)

People to Call if you are a Victim of Sexual Abuse

Reporting child abuse

- National Child Abuse Hotline – 1-800-4-A-CHILD
- Reporting Child Abuse anywhere in Iowa – 1-800-362-2178
- Department of Human Services (Polk County) – 283-9222
- Local Police Department – Altoona PD – 967-5132; Polk County Sheriff's Office – 286-3306; Pleasant Hill PD – 265-1444

Crisis Intervention

- Polk County Crisis & Advocacy Center – 286-3535
- Youth Emergency Shelter Services (YESS) – for a place for youth to stay for a few days – 243-3303
- Sexual Abuse Hotline (24 hours) – if you are a victim age 14 years or older or a parent of a victim – 1-800-284-7821

Therapeutic Services

- Young Women's Resource Center (females only) – 244-4901
- Child Guidance Center – 244-2267 – accepts all insurances including Title XIX and provides sliding fee scale for residents of Polk and Warren counties
- Counseling for Growth and Change – 243-1020 – accepts most insurance including Title XIX as well as self pay and referrals from Department of Human Services (DHS) – (ask for Lori Nelson-Salsbury or Dr. Nancy Read)
- Children and Families of Iowa – has an automated phone service – (515) 288-1981 – ext. 3 and then ext. 0 – you may have to leave a message for someone to call you back