It’s Not Your Fault
If someone has touched your body or had sex with you when you didn’t want them to it is not your fault. It is the person who hurt you that did something wrong, not you.

You Might Have a Lot of Different Feelings if Someone Hurts You
Everybody feels different after being touched or hurt in bad ways. It is normal and okay to have lots of feelings. It can hurt in a lot of ways that don’t show on the outside.

It is Okay to Tell
There are laws to protect you. You don’t have to suffer alone. It is okay to tell someone what happened to you even if the person who abused you told you not to.

Dial the Statewide Hotline at
1-888-956-7273
to Get Help

Florida Council Against Sexual Violence
1820 E. Park Avenue, Suite 100
Tallahassee, FL 32301
850-297-2000
www.fcasv.org

This project was supported by Contract No. LN965 awarded by the state administering office for the STOP Formula Grant Program. The opinions, findings, conclusions, and recommendations expressed in this publication are those of the author(s) and do not necessarily reflect the views of the State or the U.S. Department of Justice, Office on Violence Against Women. Sponsored by the Florida Council Against Sexual Violence, Inc. and the State of Florida, Department of Children and Families.

How People with Developmental Disabilities Can Reduce Their Risk for Sexual Abuse

Florida Council Against Sexual Violence
1820 E. Park Avenue, Suite 100
Tallahassee, FL 32301
850-297-2000
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What is Sexual Abuse?
Sexual abuse is another way that some people abuse or hurt other people. Most people do not like to talk about or think about sexual abuse—and that is part of the problem.

- Sexual abuse is when a person looks at, takes pictures, or touches you on your private body parts without your permission.
- Sexual abuse is when someone forces you to touch them on their private body parts without your permission.
- Private body parts are: breasts, vagina, penis, anus, buttocks and mouth.
- Sexual abuse is sometimes called rape or sexual violence.

Reducing Your Risk for Sexual Abuse

RULE #1: Your Body Belongs to You
- Your entire body is private.
- Ask the people who help you to get your permission before they touch your body. This is the respectful thing to do.
- No one should ever have sex with you or touch your private body parts unless you say “yes.”

RULE #2: Trust Yourself
Pay attention to how you are feeling. Trust yourself if someone is making you feel uncomfortable, confused, scared, bad or sad. You need to protect yourself. You do not need to worry about the other person’s feelings.

RULE #3: It is Your Right to Say “No”
There are many ways you can be sexually abused. Remember, you have the right to say “No.”
- Say “No” when someone touches you in a way that hurts, that you do not like, or you do not understand.
- Say “No” when someone asks you to take off your clothes so they can look at you or touch you.
- Say “No” when someone tells you to touch them or another person on their private body parts and you don’t want to.
- Say “No” when someone wants to take naked pictures of you.

If You Have Been Abused, Talk to Someone You Trust
People can help you to start to feel better if you tell them what happened. Ideas for people to talk to include a friend or family member that you trust, a doctor or nurse, a police officer or an advocate.

Caring People Want to Help You
Advocates are caring people you can talk to by phone or in person. Their help is free during the day and night. To find someone in your area to talk to, you can call this Hotline number for free:

1-888-956-7273