

## Awereness means that:

- Children feel safer, stronger and better equipped to protect themselves and define their own boundaries.
- Children find it easier to report anyone oversteps their boundaries.
- Sexual debut is later, use of condoms is more widespread and there is greater awareness of when and who to have sex with.
- Open and honest dialogue in the home is fostered, giving a child a much-needed platform on which to subsequently talk about sex, and to ask questions about sex and sexuality.
- Serious delayed mental, physical and somatic damage can be avoided.

Most assaults are perpetrated by someone the child knows and trusts.



## Nok. Sogn og Fjordane

Competence center against sexual assault

We are a interdisciplinary, low-threshold and free-of-charge service for victims of sexual assault, as well as their relatives. We also provide preventative work and guidance to kindergartens, schools, and other professionals in the county.

### Contact details

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Nationwide helpline for victims  
of incest and sexual abuse:

**800 57 000**

Hotline for children  
and adolescents:

**116 111**

### Recommended reading

**Jeg er meg, min meg**  
By Eli Rygg and Margrete  
Wiede Aasland

**Sinna Mann**  
By Gro Dahle

**Jeg sa ikke kom inn**  
By Eli Rygg

**Filiokus og  
Blåmann-Klåmann**  
By Marit Hoem Kvam

**Let's Talk About Sex, Changing  
Bodies, Growing Up, Sex and  
Sexual Health**

By Robie H Harris and  
Michael Emberley

### Recommended films

**Trøbbel**

**Har du en vond  
hemmelighet?**  
(Available on YouTube)

\* NOVA Rapport 5/16  
Vold og overgrep mot  
barn og unge

\*\*UN-report, june 2009

**Nok.** Sogn og  
Fjordane



**Did you know that  
sexual assault against  
children is currently  
one of Norway's  
biggest public health  
problems?**

- ✗ Before a child reaches the age of 18, there is a 20% risk of being the victim of some form of sexual assault.\*
- ✗ 750,000 internet users are looking for child porno at any one time.\*\*

## YOU can prevent it by talking to YOUR child as early as possible about:

### ➔ Your body is your own, and you are in charge of it

No one has the right to do anything with your body that you do not want them to.

### ➔ Good and bad feelings

When do you have good feelings? When do you have bad feelings? Looking forward to my birthday, going to kindergarten, someone says something nice to me instead of just “Shut up”, someone says something nasty to me.

### ➔ Good and bad touching

Stroking your cheek, tickling your back rather than being hit, pinched or hair pulled.

### ➔ Good and bad secrets

Give examples of good and bad secrets. You can keep good secrets, but you MUST tell a trusted adult about bad secrets.



If children cannot speak to the adults they look up about sexuality, who will be their confidante?

How we react to a child's exploration of their body or the questions they ask – with words, tone of voice and facial expression – help form their perception of and feelings related to sexuality.

