

No one should be sexually abused
or sexually abuse others.

Even so, it still happens.
That is why we are here.

Have you been sexually abused or know someone who has?
It is important to talk to someone you can trust.
We want to help you.



Contact us

Mon-Fri 9.00 - 15.00

Tel: 57 72 10 70

Mobile: 94 89 28 23

E-mail: post@noksognogfjordane.no

www.noksentrene.no

Follow us on Facebook

Nok.

Information for children and teens

Sogn og
Fjordane



NOK. Competence center against sexual assault



What is Nok and who are we for?

Nok is a specialist centre that works to combat sexual abuse.

Nok is for:

- Everyone who has experienced sexual abuse.
- The families of children and adults who have been sexually abused.
- Private individuals and professionals who require information and guidance regarding sexual abuse.

It is completely free to use the centre and you can contact us directly. We who work here want to help you if you have been, or are being, sexually abused.

It's great that you want to read this!

You may be wondering what it means to be a victim of incest or sexual abuse?

When someone coerces, threatens or tricks children to engage in sexual activity, it is called "sexual abuse". If an adult has sex with a child, for whatever reason, it is abuse.

If the person who does this to you is someone in your family, it is called "incest". It can be you mother, father, stepmother, stepfather, brother, sister, grandfather, uncle, a sibling or someone else in your family. In this booklet, we use the term "sexual abuse".

If someone does something with your body that they are not allowed to do, you may feel you have been touched inappropriately.

We will try to explain to you what we mean by the word "touch". Touch suggests touching something. Some touches are OK (good) and some are NOT OK (bad).





An OK touch

Many kinds of touch are OK. You will sense if it is OK or NOT OK through the feelings you have and the way your body feels.

When you like it, you feel happy and safe.

An OK touch can be:

- stroking someone on the cheek
- giving a hug
- patting someone's shoulder
- holding someone's hand



A NOT OK touch

The opposite of a touch that is OK is inappropriate and NOT OK.

There are many kinds of NOT OK touches that are not sexual abuse.

These are some kinds of touch that may hurt physically or emotionally but are NOT sexual abuse:

- If someone pulls your hair or pushes you.
- If someone hits you or pinches you.

These are some kinds of touch that are NOT OK and ARE sexual abuse:

- If a child, teen or adult touches your body, such as your genitals or your bottom, in a way that you do not like.

- If a child, teen or adult shows you their genitals without you wanting to.
- If a child, teen or adult asks you to touch their genitals without you wanting to.
- If a child, teen or adult shows you a picture or film of naked people and you are FORCED look at it.
- If a child, teen or adult asks you to lick their genitals or put it in your mouth against your will.
- If a child, teen or adult tries to have sex with you or has sex with you against your will.

Tell someone!

It helps to talk about it.

It is not your fault

If you experience a touch that is NOT OK which is sexual abuse you may feel:

- That you are sad, scared or unsure.
- That you do not like it.
- That you get a lump in your stomach.
- Physical pain / that you are in pain.

Children, teens or adults are not allowed to touch you in a way that is NOT OK and commit sexual abuse. It is NEVER the fault of someone who is sexually abused. It is ALWAYS the fault of someone that commits sexual abuse.



"I was scared my mother would be angry because my grandfather said that she would be if I told her."



"I was scared that someone would tease me if I told them what happened at home."



Difficulties you may experience after being abused

Many people who experience sexual abuse say that they have difficulties afterwards. How difficult it is can be different from person to person.

Examples of this can be:

- Problems concentrating
- Feelings of guilt
- Feelings of shame
- Low self-confidence
- Seeing themselves as worthless
- Problems trusting others
- Difficulty sleeping / nightmares
- Food problems
- Worried and very upset / sad
- Pain in their body / head / stomach
- Self-harm

Talk to someone!

Now that you have read this, you might have some questions. We hope that you can show this booklet to someone you trust so that you can talk about the information you have been given.

If you feel that a child, teen or adult has touched you in a way that is NOT OK and that it is sexual abuse, it is VERY IMPORTANT that you tell someone that you trust so that you can get help.

We know that it can be difficult to tell someone about this. It can be particularly difficult for you to talk about it if someone in your family has sexually abused you. Many children also tell us that people who sexually abuse children often scare or threaten children not to say anything to anyone. This is because they know that they are doing something against the law. Still, it is important that you

tell someone. Take the time you need and tell the best person you can think of about it. No matter who does it, no one is allowed to sexually abuse children. Someone that commits sexual abuse on children needs help to stop. You need to talk to someone about what has happened to you.

Some children who have been sexually abused tell a friend. If your friend tells you that they have been abused, it is important to help your friend tell an adult who they trust. An adult you can trust might be a teacher, a nurse or someone in your family.

An 11-year-old boy, who has been sexually abused, wants to tell you something:

The first time I heard about the centre was at school. There were two ladies there to teach us that we are the ones who decide about our own body. I didn't understand and wonder how they dared talk about it.

I wondered why the rest of the class didn't laugh at what they said. I was really scared that they would laugh at me if they found out what had happened to me.

I really wanted to say to the ladies that they should take me away from school, so I didn't have to go home, but I didn't dare. I wanted to wait until another day and see if it was better then.

What my father did to me wasn't so bad after the ladies had been there because I knew now that I



could call them when I wanted. I didn't feel scared or alone any longer. When my father started doing it, I thought about the people who would help me. And I thought that this was the last time that my dad would do this to me.

I was brave enough to call the centre afterwards. I am not quite sure, but I think it was 3 weeks after they had spoken to us in class. It wasn't a mistake to call them. I was happy that I now had the courage to dare to talk about what my dad did to me.

Boy (age 11)

Who can help?

Helpline for sexual abuse

You can call 800 57 000 free of charge to get help from someone. This helpline is open 24-hours a day. The helpline is both for victims and others who are affected by sexual abuse.
www.hffm.no

Alarmtelefonen for barn og unge – The emergency telephone helpline for children and teens

Many children experience violence, abuse and alcohol abuse at home. It should not be like this and you should not have to keep it to yourself. Call the emergency helpline on 116 111. It is free of charge. Or visit www.116111.no



“The Police’s Red Button”

To tell the police about unwanted conduct or incidents on the internet, just click the button below. Click on Politiets røde knapp (The Police’s Red Button). Call 02800 to contact your local police or 112 if it is an emergency.

Other people who can also help

- Nurses and teachers at your school.
- Child protection services in your municipality.

Websites:

- **The Ombudsperson for Children**

The main job of the Ombudsperson for Children is to promote children’s rights to the public and private sectors and support children as they grow up.

www.barneombudet.no

- **Ung.no**

Ung.no is an information channel for young people run by BUFDIR - the Norwegian Directorate for Children, Youth and Family Affairs Ung.no has an anonymous Question-and-Answer service

www.ung.no