



Thank you for your advice, now I know I was a victim of abuse and that I did not ask to be abused. I will not feel guilty about the consequences the abuser has to face. The abuser did not think about my safety and well-being when they abused me. It's not my fault.

## CONTACT NUMBERS FOR HELP

KZN DOE Hotline .....0800 204353 Human Trafficking Hotline.....0800 222 777

Childline: (toll free) .....08000 55 555 South African Council of Educators .....012 663 9517

**24 HOURS A DAY/7 DAYS A WEEK**  
**Online help:** All you have to do is to go online to chat with a trained counsellor week days between 2pm and 6pm.

**South African Police (SAP)**  
**Crime Stop call** .....08600 10 111  
**In an emergency call** .....10111

**Dept of Social Development (Social Worker)**  
**DSD Hotline** .....0800 220 250  
**Gender Based Violence** .....0800 428 428

**Thuthuzela Care Centres: Turning victims into survivors**

Edendale Hospital .....	033 395 4325
Madadeni Hospital.....	034 328 8508
Ngwelezana Hospital.....	035 794 1471
Port Shepstone Regional Hospital .....	039 688 6021
Prince Mshiyeni Memorial Hospital .....	031 907 8496
Mahatma Ghandi Memorial Hospital .....	031 502 2338
RK Khan Hospital .....	031 401 0394
Stanger Provincial Hospital .....	032 551 6632

### Always remember!!

You are not alone ! You do not deserve to be abused!



## education

Department:  
 Education  
 PROVINCE OF KWAZULU-NATAL



# CARE NOT SCARE SERIES Prevention of Child Abuse

Every child has the right to feel safe, free from harm and exploitation



What is Child abuse?



Child abuse is any deliberate act that will cause physical, emotional and psychological harm to a child. Any act committed against a child that is not in the "best interest of the child" can be abuse, neglect or exploitation.



If you are a teacher working with children and you witnessed a child being abused, you have a legal obligation to report the abuse. Even if the accused is another educator.

By reporting abuse, you will be saving children from being abused. Be an ambassador for child protection and safety.





**Here are some examples of abuse:**

<b>Physical Abuse</b>	Hitting, punching, kicking, burns, human bites and beatings (with objects such as sticks, belts, pipes and whips), resulting in broken bones, cuts, internal injuries, bruises, welts and brain injury caused by vicious shaking the baby.
<b>Sexual</b>	Inappropriate touching, grabbing, flashing, peeping, fondling, exposure to pornographic material, oral sex, finger penetration, rape, corrective rape, indecent exposure, sodomy or prostitution.
<b>Emotional</b>	Verbal abuse, rejection, criticism, threats, belittling, insulting, lack of affection, withdrawal of love and attention.
<b>Neglect</b>	Neglect is deliberately not providing for a child's basic needs such as food, medical care, warmth, hygiene, education and protection from danger.
<b>Child Exploitation</b>	This is an act by an adult/s of using children for their financial or personal gain. For example: child labour, pornography, child trafficking, forced removal of body parts, prostitution, using a child for sexual gratification and any life threatening acts which cause harm to a child's healthy development.

- If you have been raped or sexually abused, do not bath or change your clothes. You will be washing away evidence. Go as quickly as possible to the hospital.
- You can also go to your nearest Police Station to report the abuse and lay a charge.
- Remember, if you are feeling unsafe, you can get a Protection order, which will prohibit the abuser from abusing you again, thereby giving you safety and protection. Even children can get Protection Orders.

**REMEMBER**

- The information you share with the people who are helping you, must be truthful, report dates, time, incidents, location and the identity of the abuser.
- Take care of your emotional well-being, make sure you go for counselling.
- Keep all your appointments, related to doctors, counsellors, court briefings and hearings.



How do I know if my teacher is abusing me?

**If an educator does any of the following, they are committing an offence:-**

- Administering corporal punishment.
- Constantly belittles, insults, threatens and humiliates the learner.
- Has sex with a learner. This is NEVER OK even if:-
  - the learner is over 16 years old.
  - the learner has agreed to have sex with the educator.
  - the child's family approves of the relationship with the educator.

**Teachers are not permitted by law to hurt or harm a learner**

How do I report Child abuse?

**If you think you are being abused do not hesitate to report it! Here are some guidelines on reporting abuse:-**

- Make sure that you are safe from further abuse, try to remove yourself from the dangerous person.
- If you need medical help, ask someone to take you to a hospital or call for an ambulance if you are seriously hurt.
- Talk to an adult you trust. Or call a helpline (contact numbers are listed at the back) they will guide and help you.



What can I expect if I report abuse?

- Safety and protection.
- Medical help.
- Support by an understanding professional.
- Help in reporting the case to the police.
- Assistance with court preparation.
- Counselling to heal and move forward.



What do I do if I have witnessed a child being abused or if a child has confided in me about their abuse?

**In this difficult situation remember two things:-**

- Speak out for those who can't and
- Reporting is the right thing to do



**This is what you should do:-**

- If the child is in danger, call the police and/or ambulance first.
- If a child wants to tell you about any abuse they have suffered, then:-
  - Find a safe comfortable place to talk.
  - Listen to the child carefully.
  - Write down the child's and their care giver's name, surname, age, address and contact number.
  - Write down exactly what the child has told you, date, time, name of abuser, the place of abuse and number of times.
  - Keep what you hear confidential, remember it took a lot of courage for that child to talk about their abuse.
  - Report the abuse to the Police, Social Worker, a Helpline or a trusted adult. At the end of the Helpline are trained people to assist and guide you.
  - Keep yourself safe – do not confront the abuser, or "bad-mouth" the abuser
- If you are feeling unsafe, emotional or traumatized, call a helpline for support.