YMCA YOUTH EXCHANGES CANADA

**Fact Sheet: Protecting Yourself from Sexual Abuse**

# Say no

If anyone touches you or invades your personal or emotional space, you have a right to say “no.” Don’t discuss it. If you don’t want to be touched, a loud “No, don’t touch me” is okay.

# Be assertive

Let the person know you will tell someone what has happened. However, if you are afraid, look for ways to get away from the situation. Do talk with your group leader.

# Travel in groups

Avoid situations where you are alone with someone you don’t know well, feel uncomfortable with or who may try to take advantage of you. Arrange to have someone else around.

# Show that you know

Let others know that you are aware of sexual abuse, that you are in charge of your own body, and that you will work to protect yourself.

# Nurture supports

Develop friendships that support you. Be a friend to others and value relationships in which you can speak honestly.

# Trust yourself

If you have a gut feeling that something is wrong about a person’s behavior, trust that your intuition is warning you.