



*You could also call*

**Childline**

0800 1111

[www.childline.org.uk](http://www.childline.org.uk)

**Rape Crisis Helpline**

0808 802 9999

**NSPCC**

0808 800 5000

[www.nspcc.org.uk](http://www.nspcc.org.uk)



**The Solace Centre**

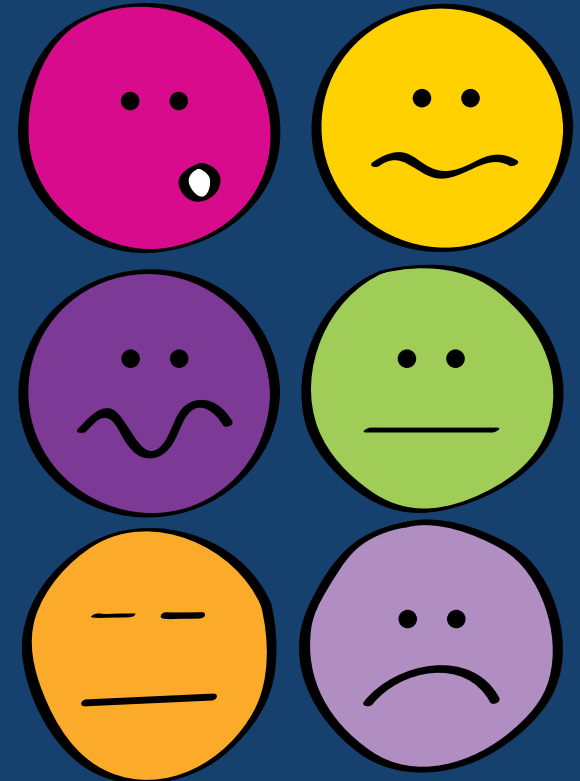
The Solace Centre  
at Cobham Hospital  
168 Portsmouth Road  
Cobham  
Surrey  
KT11 1HS

**0300 130 3038**

**[solacesarc.org.uk](http://solacesarc.org.uk)**



*What to do  
if you are  
worried about  
Sexual Abuse*





## What is sexual assault?

Sexual assault is when someone touches you in a private place. A private place is anywhere a swim suit covers.

Someone who is touching you might tell you that you can't tell anyone, because they wouldn't believe you or they will hurt you or your family. That is a lie.

*It is important that you tell someone. You will not get in trouble.*

**We are here to help you.**



## If someone is treating you in that way you should



We will take your name and then arrange a date and time for you and an adult/friend to come in and see us.

You will be seen by a support worker and a doctor. They may ask you some questions and examine you. Your adult/friend can be with you if you would like them to be.

We will provide the right care you need.

**We are here to keep you safe.**



## What adult could I ask for help?

This person should call to arrange an appointment with us.

- **Mum or dad**
- **School teacher**
- **Friends mum or dad**
- **Grandad or grandma**
- **Older brother or sister**
- **Leader of an afterschool club**
- **Aunty or uncle**

