

Believe & Protect

Quick Action Checklist for Parents

Content note: child abuse/child sexual assault. If danger is immediate, call **911**. For nationwide help, call or text **Childhelp 1-800-4-A-CHILD (1-800-422-4453)**.

1 *Say the words*

“Thank you for telling me. I believe you.”

“You didn’t do anything wrong.”

“You don’t have to handle this alone.”

2 *Ensure safety*

Ask: “Do you feel safe going home/school?”

If not, adjust immediately (time away, notify trusted adults).

3 *Write it down*

Record your child’s **exact words** with date/time.

Keep notes private. Don’t ask follow-up questions.

4 *Make the report*

Call local child protection or police.

Nationwide: **Childhelp 1-800-4-A-CHILD**.

5 *Get support*

Schedule a **Child Advocacy Center (CAC)** interview/medical exam.

Look for **TF-CBT** therapy (child + caregiver).

You’re not alone. One step at a time.