



Dear Parent or Caregiver,

Thank you for coming in today. Here are some important points that may have been discussed:

- Your child's exam may have been perfectly normal. That is good, but it does not mean abuse did not occur. Children who have been sexually abused usually have a normal exam.
- The most important information is usually what a child says happened. We take what children say very seriously.
- Sometimes it is hard for us to be certain what happened. We do our best to clarify the situation, but sometimes we are not sure.
- It is good when children report what happened to them and they should be praised. Many children and even adults do not tell, perhaps out of shame, guilt or fear. Your child should know that they can always tell if anything like this happens again and it is never too late to tell.
- It is very important for you to support the child and let them know you believe what they said. Having a supportive and loving parent or caregiver helps children cope and have a brighter future.
- We recommend that children who appear to have been sexually abused be evaluated for therapy or counseling. Even when they seem fine, we are not sure what they are feeling. It is better to deal with their experience sooner rather than later.
- Child sexual abuse often affects everyone in the family. Other children in the home may also benefit from counseling, and so may you. Please consider this.
- Our staff will help connect you with good professionals in the community. We will also help with other problems you may have discussed.
- We may have obtained urine from your child to test for Gonorrhea and Chlamydia. After approximately a week, the nurse will contact you with the results.
- We recommend that children who may have been sexually abused are followed closely by their pediatrician or primary healthcare provider to monitor their progress. Some children have emotional or behavioral problems long after the abuse stopped.
- You can help prevent future sexual abuse by explaining to your child the kind of touching that is inappropriate and that they should tell you or a trusted adult if anyone tries touching them inappropriately. You should also talk about, and monitor when possible, interactions your child has with adults and other children.
- Please take care of yourself also during this difficult time.