

No One has the Right to Hurt You

NO GO **ZONES**



NO SHARING

NO PICTURES

**NO BLAMING
YOURSELF IF
SOMEONE TRIES**

NO SECRETS

NO TOUCHING

What is Abuse?

Abuse is when an adult hurts you on purpose. It is never an accident. It is never okay, and it is never your fault—no matter what happened. You deserve to feel safe and loved.

What Are the Different Kinds of Abuse?

- **Physical Abuse** means someone hurts your body by hitting, shaking, pushing, choking, or kicking you. Sometimes this causes bruises, cuts, or burns. You have the right to be safe in your body.
- **Emotional Abuse** means someone says or does mean things over and over to make you feel scared, sad, unloved, or like you are not good enough. You are important and worthy of kindness.
- **Sexual Abuse** means someone touches your private parts, asks you to touch theirs, or shows you pictures of people without clothes. Private parts are the parts covered by your swimsuit or underwear. You have the right to speak out if something makes you feel unsafe, and it's never your fault.

What Can You Do?

If someone is hurting you—even if it is a family member or someone you care about—tell an adult you trust. If you can't tell your mom or dad, tell a teacher, coach, school nurse, or a friend's parent. You are brave for speaking up.

Never keep it a secret, even if the person says something bad will happen if you tell. Your safety is the most important thing.

If you don't have an adult to talk to, or if no one helps after you tell, **call 911** or the Illinois Department of Children and Family Services at **1-800-25ABUSE** (1-800-252-2873).

People are there to help you for free, anytime—day or night. You are not alone.

<https://childabuse.illinois.gov>

NOTICE

Any person who knowingly transmits a false report to the department commits the offense of disorderly conduct under subsection (a)(7) of Section 26-1 of the Criminal Code of 2012. A violation of this subsection is a Class 4 felony. (Source: P.A. 97-189, eff. 7-22-11; 97-1150, eff. 1-25-13.)

Reference HB4350
(CHILD ABUSE NOTICE ACT)



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