

*Sexual abuse rarely occurs during a student's exchange year. However, we wish to inform you about how to recognize sexual abuse so you do not become a victim.*

*While on exchange, it can be hard to understand different family and cultural behaviors. And while sharing affection is one of the nicest things in the world, it is possible that someone will show you affection that makes you uncomfortable.*

*If you feel uncomfortable due to attention you're receiving, physical or otherwise, tell that person to stop! If the behavior doesn't stop you do not have to tolerate it! Tell your Rotary counselor or your district chairman or staff member what you are feeling. It is never too late to let someone know.*

## Your body belongs to you!

- ***Your body is your business!***

You have the right to determine your body's boundaries.

- ***Trust your feelings!***

You should take your feelings seriously! Listen to your intuition and follow your best judgment.

- ***You decide who can touch you!***

You have the right to decide how, when, where and by whom you want to be touched.

- ***You have the right to say NO!***

It's always OK to say NO.

- ***Keeping secrets – good or bad?***

You decide whether to share or keep secrets. It is never wrong to tell a trusted adult if you are feeling uncomfortable.

- ***Talk about things and ask for help!***

You decide when and with whom to talk about sexual misconduct that you have experienced. There is always an adult in Rotary who can help you. You may also choose to talk with a teacher, school counselor, friend or a friend's parent.

- ***It's not your fault!***

The adult or abuser is the one responsible. It is never your fault.

## What is sexual abuse?

**Sexual abuse can include different kinds of activities such as:**

- becoming the object of suggestive looks or comments;
- being made to kiss someone;
- touching private parts of the body;
- being made to engage in unwanted sex or sexual acts;
- being made to look at pornographic videos or magazines;
- other behaviors that make you uncomfortable and continue after you've asked that they stop.

## Perpetrator Strategies

- ***Intensifying the relationship:*** The relationship is intensified in order to establish a supposed equality between the perpetrator and the victim. For example the perpetrator may begin by sharing confidences or marriage problems, allowing the victim to break Rotary or family rules or becoming jealous of other relationships.

- ***Isolation:*** Friendship with other young people or contact with Rotary and the students natural family is prevented in order to deliberately establish isolation.

- ***Seduction:*** Emotional devotion, tenderness, gift-giving, recognition or simulated love could be fostered or intensified.

- ***Ignoring the victim's resistance:*** The perpetrator's inner-conflict is ignored, thus your clear feelings of discomfort may go disregarded.

- ***Keeping the victim silent:*** The intense relationship is used to impose a sense of responsibility and guilt on the victim in order to keep him or her quiet. This can happen through threats to report rule breaking or to get the student sent home early. You should not fear the consequences of talking with an adult about your discomfort.

**For help contact your Rotary counselor or youth protection officer**

## Where to find help

### *In your host country:*

• There are Rotary volunteers and staff in your host country who are trained to help you. You can find their contact information in the appendix of your World Traveler handbook. You can also reach a Rotary support staff member in the USA, 24-hours a day by calling

**1-800-877-5864** (dial direct or call collect).

### *In the United States:*

• You and your parents can call a 24-hour toll free line to reach a Rotary USA support staff member by dialing

**1-800-877-5864**

### *Important:*

• In most countries it is mandatory to report sexual abuse to the authorities. This means that if a person finds out about an act of sexual abuse, he/she may be punished if it is not reported.

District 6250  
a member of  
Central States Rotary Youth Exchange

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# NOT with me!

Information regarding sexual  
abuse toward young people

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