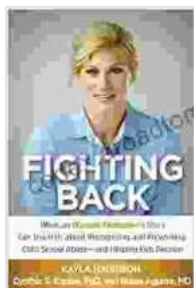


What an Olympic Champion Story Can Teach Us About Recognizing and Preventing Sexual Abuse



Fighting Back: What an Olympic Champion's Story Can Teach Us about Recognizing and Preventing Child Sexual Abuse--and Helping Kids Recover by Blaise A. Aguirre

★★★★☆ 4.9 out of 5

Language	: English
File size	: 1566 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 265 pages



In the wake of the #MeToo movement, there has been a growing awareness of the prevalence of sexual abuse. But despite this increased awareness, many people still don't know how to recognize or prevent sexual abuse. That's why the story of Olympic champion Sarah Burke is so important.

Burke was a world-renowned skier who won a gold medal at the Winter X Games. She was also a vocal advocate for sexual abuse prevention. In 2007, she founded the Sarah Burke Foundation, which provides support to victims of sexual abuse and educates people about how to prevent it.

Burke's story is a powerful reminder that sexual abuse can happen to anyone, regardless of their age, gender, or athletic ability. It's also a story of hope and resilience, showing that it is possible to overcome the trauma of sexual abuse and go on to live a happy and fulfilling life.

Recognizing the Signs of Sexual Abuse

The first step to preventing sexual abuse is to be able to recognize the signs. According to the National Sexual Violence Resource Center, there are a number of red flags that could indicate that someone is being abused:

- Unexplained injuries or bruises
- Behavioral changes, such as becoming withdrawn or aggressive
- Difficulty sleeping or eating
- Nightmares or flashbacks
- Self-destructive behaviors, such as cutting or substance abuse

If you suspect that someone is being abused, it's important to talk to them about it. Let them know that you're there for them and that you believe them. You can also offer to help them get the support they need.

Preventing Sexual Abuse

There are a number of things that can be done to prevent sexual abuse. Here are a few tips:

- **Talk to your children about sexual abuse.** Let them know that it's wrong and that they should tell you if anyone tries to hurt them.

- **Be aware of the signs of sexual abuse.** If you suspect that someone is being abused, report it to the authorities.
- **Get involved in your community.** Volunteer for organizations that support victims of sexual abuse.
- **Educate yourself about sexual abuse.** The more you know about it, the better equipped you'll be to prevent it.

Sexual abuse is a serious problem, but it's one that can be prevented. By being aware of the signs of sexual abuse and by taking steps to prevent it, we can help to create a safer world for our children.

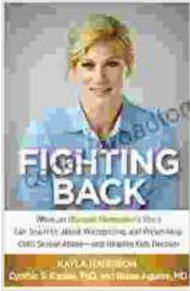
Sarah Burke was a champion in every sense of the word. She was a champion on the slopes, and she was a champion for victims of sexual abuse. Her story is a powerful reminder that we can all make a difference in the fight against sexual abuse.

If you or someone you know has been sexually abused, please reach out for help. There are many resources available to help you heal and rebuild your life.

Resources

- National Sexual Violence Resource Center: 1-800-656-HOPE
- Childhelp USA: 1-800-422-4453
- The Rape, Abuse & Incest National Network (RAINN): 1-800-656-HOPE

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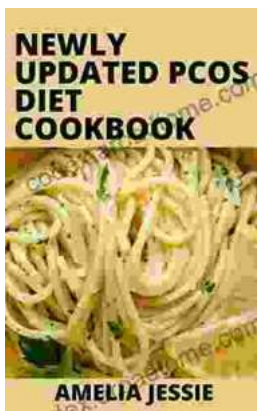
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