



# *Paedophile*

*Keep the hell  
away from our kids*

.....  
By Christine Foster

In this book I define  
the word *word* person who  
takes part in a *sexual*  
*act* with a *child*.\*

## Dedication

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To my 3 beautiful and brave daughters – 2 of whom, Emma and Katie, suffered sexual assaults for the simple reason they were little children.

**To Emma** - In trying to stem painful memories years later began self-harming then drug taking. After 13 years of great suffering and trying to save her, she finally succeeded in killing herself with a last medication overdose January 2008.

**To Katie** - Suffering depression and distress began binge drinking. In 1999, when 15, she crossed a road whilst intoxicated and was hit by a car - the 60km impact stopped her heart and breathing. She spent 12 months in hospital and now, almost 10 years later, still receives 24-hour care.

**To our youngest daughter** who from the age of 10 has witnessed the slow devastation of her sisters' lives yet holds fast to truth and goodness, she is a source of strength, support and encouragement.



**To Lu** - Emma's soulmate who died tragically May 2008.

To all who have killed or maimed themselves in a bid to escape the painful memories of childhood sexual assaults.

To all the children, now adults, who suffered at the hand of a paedophile.

To all the children currently suffering sexual assaults.

To all the children who will in the future fall prey to the paedophile predator.

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*Children, our joy, our future and our greatest  
yet most vulnerable resource*

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Following is what I have learnt over the past 13 years since the disclosure by our then young teenage daughter, of the sexual assaults inflicted on her as a child. 18 months later came the same disclosure from our second daughter.

Both were sexually assaulted by the same paedophile at their primary school, the perpetrator was not a teacher. The words on these pages are drawn from our experience with a paedophile whose insidious and criminal actions ripped our lives apart.

What was done to our daughters should never have happened. The suffering endured then and since should never be experienced by any child. If I had known then what I know now, I could have prevented some, or maybe all of the damage.

*For us it is too late but my heart felt desire is to share my learning with others so that you may see what we, as parents did not.*

This book is intended to inform and encourage a desire to learn further. For parents to delve into this sickening subject to gain the upperhand of knowledge enabling you to better protect your child from the every-day paedophile.

I believe prevention of child sexual assault through education before the fact is preferable and possible, rather than the pain and self-help after the fact when the irreversible damage is done.

*one in four girls*



*and one in seven boys*



*are sexually abused in Australia*

***Paedophilia:***

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*The silent  
sexual assault.  
The invisible  
epidemic.*

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*One in four girls  
and one in seven boys\**

Why is this statistic so very high?  
How could so many children be  
sexually assaulted by paedophiles?

As parents we already protect our children - we would happily defend them with our lives - such is our love and commitment to them, a natural consequence of this is we dislike paedophiles and all they represent.

*So what is missing when our love  
and desire to protect is so great?*

Two of the answers to these puzzling questions are that the vast majority of parents **firstly, do not understand the way a paedophile operates and secondly, do not recognize the symptoms of sexual assault in their child.** In obtaining knowledge and some solid understanding of these two vital components of child sexual assault we have more hope of avoiding assaults in the first place or preventing the otherwise long term (undetected) assaults with their damaging legacy.

*90-95% of  
paedophiles are male.*

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*Just over 5% of  
paedophiles are female.*

(Speak Up, Childwise 2007)



# *The Innocence of Children\**

There will always be a never-ending,  
ever-renewable source of innocent  
children—from one young child to  
the next, from generation to generation.

There will always be paedophiles to take  
advantage of this fact—they will seek  
out, exploit and destroy that innocence,  
generation after generation.





*Paedophiles thrive in  
a bed of naivety and trust.*



Where people are unaware, uninformed or choose not to believe – paedophiles can operate without fear of challenge or question.

*Heterosexuals*  
fantasise about and desire  
sex with the opposite sex.

*Homosexuals*  
fantasise about and desire  
sex with the same sex.

*Paedophiles*  
fantasise about and desire  
sex with children.

However a paedophile can use the other sexual orientations (e.g. be married) to supplement their needs or maintain a veneer of peer normality.

*Who is the paedophile?  
Is it someone you know or trust?*



Only 5% of child sexual assaults are committed by strangers, the other 95% are from someone your child and you know.

(CCPCA 1992)

The paedophile has a relationship with your child - this is VISIBLE to you.

The paedophile has a sexual relationship with your child - this is INVISIBLE to you.

Because child sexual assault happens behind closed doors YOU WILL NOT SEE IT. Great lengths are taken by the paedophile to ensure this is the case.

Therefore:

Enable yourself to  
*identify* paedophile  
behaviours and child  
sexual *assault symptoms*★



*To remove child sexual assault,  
you must first perceive it.  
To perceive it you must learn about it.*

**Perceive:** discover, note, notice, see, recognise,  
detect, spot, discriminate, remark, observe,  
behold, discern, distinguish, feel, sense, understand,  
comprehend, know, appreciate.

– A Dictionary of English Synonyms

**Also:** Become aware of, become conscious of.

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## *A Parent's Ignorance Is Bliss For A Paedophile.*

The ignorance I speak of is this:

Unawareness; Inexperience; A Blind Spot;  
Innocence; Unfamiliarity;

To be: Uninformed; Unlearned;

Uninstructed; Untaught; Unenlightened;

A Lack of Knowledge about Paedophiles,  
their method and behaviour.

## **The Essence of a Child**

These beautiful qualities that make up every child  
are utilised by the paedophile to the child's demise.

The characteristic vulnerability of a child is what the  
paedophile aims for then operates in, knowing there is  
little resistance to a friendly adult.

The child is altered then forever by the hands of a paedophile.

Trust  
Love  
Vulnerability  
Kindness  
Curiosity  
Wavacious  
Mischievous

Beauty  
Honesty  
Gentleness  
Purity  
Spontaneous  
Virginity  
Happiness

Innocence  
Excitable  
Helplessness  
Laughter  
Powerlessness  
Little  
Easily impressed

*Some paedophiles feign affection for a single parent with the sole purpose of gaining unlimited access to their children.*

## Grooming: The Charming Paedophile

The paedophile we know does not attack our child, this would only upset the child drawing attention to the situation or possibly causing our child to tell us immediately.

This is the last thing our paedophile wants. Obscurity is always needed. Secrecy is vital. To ensure this, the child needs to be lured into something like a 'best friend' relationship, making the child feel special or privileged with the eventual achievement of rendering the child incapable of saying 'no'.

The process to achieve this is called grooming - the paedophile befriends our child. Special attention and friendship are given from an attentive and perhaps gift giving adult – this is hard for any child to resist. Sometimes it is favouritism or leniency in front of other children that is given.

This particular type of attention can lead to our child becoming isolated by their peers. This then works in favour of the paedophile's goal of winning time alone with the child and becoming a closer friend or confidant for the then troubled or isolated child.

Grooming can take days, weeks, months or in some cases years.

Children are not the only ones to be groomed by the paedophile, the parent or caregiver can also be targeted as part of the grooming process. Anybody with authority over the child can be groomed – made to think very positively about the paedophile causing a lowering of caution and a building of trust.

In some cases parent/caregiver and paedophile become such good friends that these groomed persons will defend the paedophile (through disbelief) if accusations come to light, even quelling suspicions or concerns raised by others. Because nobody sees the sexual assaults, often all we have are suspicions or concerns.



*Sometimes there isn't  
a charming paedophile,  
just sexual assault  
and vicious threats.*

## Paedophile Games

After the child is liking or trusting the paedophile games can be introduced. A little touching in the form of tickling here and there occurs, eventually the game progresses to something sexual, then to something more sexual - this will continue until the paedophile's fantasy is reached, whatever that may be.

The sex games a paedophile plays with your child may, in part, present themselves in your home. The child knows not to play these games at home because it is a secret but perhaps excitement over a visitor might prompt the child to overstep the secret.

Any brief or odd sexual play witnessed (and you may only see a glimmer once) you need to question. Eg. The child springs on a male visitor pinching or tickling in the genital area then retreats with a laugh and a knowing look. This is what the child has been taught to do by the paedophile. The child can only assume that adult males enjoy this.

When alone gently ask your child how to play the game and who taught it to them.

If you don't understand the glimmer you witnessed you could miss what few clues may come your way.

Most importantly: Any tiny oddity which puzzles you, because it has no explanation or place in your family, you must get to the bottom of. **Do not assume the answer nor dismiss it as unimportant.** ASK QUESTIONS gently with an understanding of paedophile activities and their enforced secrets. Keep in mind that your child has possibly experienced something which has reached and profoundly cut them to the core of their being.

## Silence and Secrets

**Without the child's silence a paedophile's sexual assaults cannot continue. A child's silence is of utmost importance to the paedophile, without it disrepute, job loss or imprisonment could await.**

If silence is the poison that keeps the paedophile safe then speaking out is the antidote and cure. We all need to speak openly on this subject and our children need to feel they can speak openly to us.

Parents are their child's first defense and probably their only defense. If a parent does not detect the secret, who will? Parents need to learn – enabling themselves to become aware, for their own children's sake, about the proliferation and cunning behaviour of paedophiles. The child knows the paedophile – these assaults are rarely from strangers. When a stranger sexually assaults a child, we usually read about it in the newspapers. The sexual assaults from the paedophile we know can continue without a parent's knowledge for years.

To achieve the silence needed for maintaining secreted sexual contact, the following age dependant pressures and leverages can be used:

### **Guilt/Shame**

The child is told the sexual encounter was their idea or fault – “you made me do it”, “you enjoyed it”, “you wanted to do it” or “WE should not have done that”. The child is told they are “evil” or “stupid” or “ugly” or “naughty” - whatever renders them silent.

### **Blackmail**

The child is encouraged or tricked into an illegal or corrupt act, e.g. drinking alcohol; smoking cigarettes; driving a car; viewing pornography. Exposure of these offences to their parents or Police is then used against the child to ensure silence and further contact.

### **Threat/Fear**

Any cruel lie that works is used eg:

“Your mother will have a heart attack and die if you tell her”

“If your mother finds out, she won't want you any more”

“I will kill you”

“I will do the same to your little brother/sister”

“Nobody will believe you, I will tell everyone you are a liar”

Also the paedophile might be known or rumoured (a rumour started by the paedophile) to carry a knife, a gun or have a violent temper just to enforce the threat.

Unbelievable? Children believe us about the Easter Bunny, Father Christmas, the Tooth Fairy. Children believe what adults tell them. Paedophiles prey on this trust.

## Child protection cannot be left to the child

Don't be reliant on your child to manage their own safety in regards to paedophiles, eg:

“We have spoken about this subject and my child will tell me if something happens.”

This is good and must be the case, but do not leave it at that. Protection and prevention must be shared with the larger onus lying in the parent's learned understanding and keen awareness of the paedophile.

### **Because:**

Very very few children can make themselves safe from the trap set by a paedophile. Once singled out and within the sights of a paedophile, virtually no child has the capacity to control their situation, nor ensure their own safety. Without well-informed counsel and ongoing awareness from you, your child's telling you about it could be lost in the trap.

No matter what is said or done it is  
always the paedophile who is responsible

The child is **NEVER** to blame

The child is **ALWAYS** innocent

*Any corruption is from the paedophile*



**Most children never tell, others take twenty, forty, sixty years.**

Only 3% will ever tell of their abuse - Savi Report 2004

They carry shame that is not theirs. Many victims believe they are responsible for the paedophile's actions simply because that is what they were led to believe. Then because the assaults are a shameful untold secret there is no discussion or enlightenment to reveal the truth.

Most victims believe they are the only one but in fact most paedophiles have dozens of victims during their lifetime.

The typical child sex offender molests an average of 117 children, most of who do not report the offence.

– National Institute Of Mental Health, 1988.

**But some children do tell when they are little and are not believed.**

If you are told the unbelievable, gently and kindly ask your child to tell you what happened, then ask yourself where this knowledge could come from if not the actual event.

Make your child feel safe, avoid any form of punishment and tell them it was not, in any way, their fault.

**Understand that a paedophile orchestrates an environment of lies and deceit to achieve and maintain access to the victim.**

They are very good at this because the satisfaction of their base sexual urges and their freedom (to continue sexual contact and to stay out of prison) depend on it.

## The Personal & Social Cost of Childhood Molestation and Rape

**70-80%**

of those sexually assaulted as children report excessive drug and alcohol use  
(Speak Up, Childwise 2007)

**70%**

of prostitutes were sexually assaulted as children  
(Sheila Jeffreys interview by Helen Elliott The Herald Sun Oct 24th 1997)

**At least 60%**

Of young people in adolescent psychiatric units were sexually assaulted as children  
(Nursing Staff Melbourne psych unit 1997)

**50%**

of all victims of forcible sodomy, sexual assault with an object, and forcible fondling are under age twelve.  
(Childhood Sexual Abuse, Fergusson & Mullen 1999)

**More than 5,000**

substantiated child sexual abuse cases make it into Australian courts each year, but experts believe the real number of incidents is closer to 50,000. (Dr B Klettke; Deakin University Melbourne, reported in The Age, August 26th 2008)

**\$2.58 billion**

The estimated overall cost of 30,009 cases of child sexual abuse to the Australian tax payer, increasing every year.  
(The Abused Children's Trust 2006)

## Some recognised symptoms of child sexual assault:

### Primary Symptoms

(at time of abuse)

Anal leakage/irritation/injury

Anger headaches

Angry overreactions to something seemingly insignificant

Bedwetting (long term) or recommencement of bedwetting

Compulsiveness – repetition of a small action

Depression

Isolation

Nightmares

Open Vagina/vaginal irritation/injury

Sexualised behaviour/knowledge beyond age group – don't assume this has been learned from other children  
–**ask questions**

Any change, any difference, anything unusual in the genital or anal areas of your child can be checked by your GP.

Teenage victims – sudden explosive anger period followed by destructive behaviours.

### Secondary Symptoms

(years later after realisation/understanding)

Alcoholism

Angry implosion or explosion during teenage years

Anorexia and other eating disorders

Binge drinking

Compulsiveness

Depression

Drug use

Drug addiction

Isolation

Nightmares/Daymares

Personal boundaries disruption - Find it difficult to say 'no' to abusive people they meet in the future because they were never given the freedom nor opportunity to say 'no' to their molester

Personality disintegration - No longer able to function within the limits of the/their world – they descend into some form of personal hell

Prostitution

Relationship problems

Self destructive behaviour/Dangerous living

Self-harming

Sexual identity confusion

Suicide attempts

Suicide



*"I would kill anyone who touched my child."*

Some horrified parents at the prospect of a paedophile molesting their child say "I would kill anyone who touched my child" such is our strong instinct to protect our little ones, but there have been cases of the child hearing this and believing the parent literally. Then the child through fear of losing that parent - having gone to prison for murder - say nothing of the paedophile molesting them.

A better statement in front of children would be:

**"I would stop the person touching my child and make that person go away".**

## Effortless Child Pornography

Some paedophiles take digital images as they sexually assault children. These images are collected then perhaps swapped or sold on the Internet as attested by the thousands, sometimes tens of thousands of child pornography images confiscated during a single Police arrest.

(‘Horror child porn haul – Ex teacher collected 233,000 sick images’ - Georgie Pilcher, Herald Sun Dec 10 2008)

## Clear Words, Clear Messages, Clear Understanding

Inoffensive words such as **fondling, caressing, touching, affectionate touching, over familiarity, inappropriate behaviour, given to describe the sexual assaults on children should not be used or accepted.**

They are a smoke screen used by the paedophile to lessen the seriousness of their actions. When society also uses or accepts these soft words they help the paedophile hide, we aid and abet the smoke screen.

The paedophile would also tell us and have us believe, they love and would not hurt the child in an attempt to seduce the listener to their way of thinking - minimising their actions and reducing the criminal act of sexual assault to an act of love. Maybe even suggesting the child led them astray. This is just more of the smoke screen to confuse the uninformed. We all need to know the truth behind these false statements, we need to know the truthful answer before we hear the lie, reject it when we do and strongly correct it.



### Child Abuse

We do not say 'Woman abuse' or 'Man abuse'. If a woman or man is raped or sexually assaulted or murdered we say so. For ourselves, as adults, we use the correct words to describe the criminal act, gaining the appropriate response, public outcry and support.



### Child Sexual Abuse

All Child Sexual Abuse is CHILD SEXUAL ASSAULT. It is a crime. Anything sexually abusive towards a child whether it is rape in all its forms, molestation, exposures or words is a sexual assault against the child. For too long 'Child Sexual Abuse' has put a softened focus on a picture of the worst form of rape, the rape of the helpless, lone child who is then threatened never to utter a word about it.

Instead of describing and naming what is done to children we hide the awfulness of their criminal ordeal behind a general and non-descript term – child sexual abuse. This allows our feelings (the general public's feelings) to disperse via an unclear picture, thus saving our selves and our sensitivities from the horror of what is done to children - in doing this we allow it to continue. For change we need to grasp the horror of what is done to children, weep for them, feel our rage and do something about it.



## The Rape of Children

**Oral Rape**  
**Anal Rape**  
**Vaginal Rape**

As heartbreaking as it is we need to:

Believe it (not believing allows it to continue)

Acknowledge it

Learn and Understand in an effort to identify it

Speak out against it

And

**Demand** better for children

**Demand** advertising campaigns - they already exist to protect, inform and raise awareness of:

drink driving; speeding; smoking; cancer; gambling; workplace safety; drownings; disabilities; terrorists; violence against women; STDs; water usage; road & rail safety etc.

**Demand** the government educate society to paedophile behaviour and the symptoms and life long suffering they cause their victims.

## Schools

Pre, Primary and Secondary schools could be a great asset in the protection of children against sexual assault. Given the statistics, in every class there are children who are living the secret of having been sexually assaulted or who are currently being sexually assaulted. Childrens' behaviours are already monitored, observations already made in relation to various educational needs. If teachers were trained in recognizing childhood symptoms of sexual assault important opportunities exist for reporting to an appropriate body, thus enabling the assaults to be stopped and the child (and family) to receive help through counselling.

*A child's welfare is and has to be of utmost importance.*





**Talk – the Anti Paedophile**

**Talk – the Survivor Support**

**Talk – the Educator**

Talk about this taboo subject

More knowledge, more understanding

Listen to and learn from people's stories

Tell your story

Speak out against the sexual assault of children

Only by talking about this insidious crime can we begin to reduce it

No talk No learn No gain

Discuss

Debate

Get the big picture

Talk in support of victims reinforcing it was not their fault

Speak.

*Learn  
Understand  
Prevent\**

**If Knowledge is Power**

**Then Learn about Child Sexual Assault**

**And Obtain the Power to Stop it.**

Learn, be aware, be informed – only you can do this for yourself and your child.

**Paedophiles get away with murder  
by way of their victim's suicide.**

With the secret still entombed where the paedophile left it. Distraught families are left to wonder why.

Beware the person who protests too strongly over the essence of this book.



Learn more at **Childwise.org**

telephone: (03) 9645 8911

fax: (03) 9645 8922

email: [office@childwise.net](mailto:office@childwise.net)

freecall: 1800 99 10 99 within Australia

Survivor support:

ASCA (support for adults)

CASA (information and counselling for adult

Gatehouse (assessment & counselling for children)

at the Royal Children's Hospital

*Wise up*  
to sexual abuse.

