

Public Service Announcement

Sexual Violence Prevention Month

Start Date: May 6, 2026

End Date: May 31, 2026

Nunavut-wide

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May is Sexual Violence Prevention Month. The Department of Health is focusing on child sexual abuse as a serious public health concern and is calling on families, caregivers, educators, and community members across Nunavut to help create safe, stable, and nurturing environments for every child.

Children thrive when they feel secure, supported, and heard. The following guidance on preventing child sexual abuse, highlights everyday actions that protect children and strengthen families:

Building Safe and Stable Environments

- Create a safe environment where a child feels free from fear and feel secure from psychological and physical harm.
- Build stable emotional, social, and physical support helps children feel grounded.
- Spend time with your child every day. Talking or playing daily strengthens trust and helps you understand what your child is experiencing.
- Establish predictable routines help children feel secure and supported.
- Validate children's feelings. Regulating emotions can be difficult for young people. Listening and offering support builds resilience and connection.

Teaching Safety and Boundaries

- Know who is supervising your children.
- Teach about safe touch and safe adults.
- Use correct names for body parts. This helps children communicate clearly if something is wrong, supports healthy boundaries, and creates a good foundation for more future sexual health education.
- Encourage children to speak up so that they can talk to you about anything or ask for help.

- Teach online safety. Children exploring who they are can be vulnerable to cyberbullying, extortion, and other online risks. Support them in navigating digital spaces safely.

Every child deserves safety, dignity and care. Let's work together to protect Nunavut's children and strengthen the wellbeing of our communities.

Support is essential for both children and caregivers. Teachers, health care providers, family members, and community support are there to help. If you or someone you know needs help, these resources are available:

- **Representative for Children and Youth** – contact@rcynu.ca or 1-855-449-8118
- **Kamatsiaqtut Nunavut Helpline** – Nunavuthelpline.ca or 1-800-265-3333
- **Hope for Wellness Help Line** – Hopeforwellness.ca or 1-855-242-3310
(Support for Indigenous peoples, available in Inuktitut upon request)

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