

SEXUAL PREDATORS

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Deborah Akerele, 2025.

DEDICATION

I would like to dedicate this book to the Almighty God, for the wisdom, inspiration and guidance he gave to make this book a reality.

I also want to dedicate this book to my dear parents and siblings.

FOREWORD

There are few things more precious than a child's sense of safety. Every child deserves to grow up knowing they are valued, protected, and empowered. Yet sadly, we live in a world where some people choose to harm others—especially the vulnerable. This book, *Sexual Predators*, was written to help protect you.

What makes this book important is that it speaks directly to young people—not to frighten, but to prepare; not to burden, but to equip you by broadening your knowledge. It helps you understand what inappropriate behaviour looks like, how to recognise danger signs, and what to do if someone ever crosses the line. It teaches you, clearly and simply, that your body belongs to you—and no one has the right to touch or speak to you in a way that makes you feel uncomfortable or unsafe.

Coming from a heart grounded in faith and truth, this book reflects a deep care for your whole well-being—body, mind, and spirit.

You were created with purpose and dignity, and no one can take that away from you. The lessons shared here are based on love: love for your life, your future, and your safety. It is not just about avoiding harm, but about living with confidence, awareness, and the freedom to enjoy life without fear.

The author does not shy away from hard truths, but she speaks to you with the tone of a caring elder—someone who has seen much and wants to protect you from what she knows. Her words are honest, gentle, and filled with practical wisdom. If you've already been hurt, she also speaks hope: that healing is possible, and that there are people who will listen, believe, and help you through it.

To parents and guardians reading this with their children: thank you for your courage. Opening this conversation is one of the most loving things you can do. And to you, the young reader—this book is a shield. Let it guide you, strengthen you, and remind you always that your voice matters, your body matters, and you are never alone.

See you at the top.

Desmond Nnebue

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CHAPTER ONE

WHO IS A SEXUAL PREDATOR?

According to the World Health Organization (WHO), approximately 1 in 3 women worldwide have experienced physical or sexual violence, with girls and women disproportionately affected. However, boys and men are also victims of sexual violence. Some statistics from the World Health Organization include:

Girls and women: 736 million women worldwide have experienced physical and/or sexual violence. 1 in 5 girls experience sexual abuse before age 18.

Boys and men: 1 in 13 boys experience sexual abuse before age 18. Boys and men are less likely to report sexual violence due to stigma and societal expectations.

A sexual predator is someone who seeks to exploit people with their tactics or traps to lure them forcefully into sexual acts. A predator can take their time to carry out their idea, often coming with nice and kind gestures

but with wicked intentions. A sexual predator can be a rapist, and they may not use force but their sweet words can lure one into the act. While a rapist is someone who abuses people or violates their bodies disrespectfully without their consent.



Picture of a man trying to harass a girl.

A lesbian refers to a female who is emotionally, romantically, or sexually attracted to another female. A gay refers to a male who is emotionally, romantically, or sexually attracted to another male. A sexual predator can come from family members, friends, strangers, and online platforms.

The increase in sexual exposure among teenagers and children is alarming. Children are becoming more vulnerable to bad influences on television and social media. It's a pity that we see school children on TikTok who are exposing themselves unlawfully.

This generation seems to be exposed to so much information that if not properly maximized will cause harm. We need to be careful with what we see and what we hear. Our eyes and ears are the gateways to our minds, and we must guide them. Sexual violence is becoming rampant, and we need to take precautions so we don't become prey.

Have you been abused before? Then do not dwell on your past. There is much more to you; forgive yourself and move on. The trauma from sexual predators can torment the soul, so you should take the necessary precautions now. Children can be lured into schools also; imagine someone who has been raped and abused then becoming vulnerable and luring other children.



Picture of a girl with a lot of questions in her mind.

Behavioral Signs of Sexual Predators

1. Inappropriate comments or jokes: Making senseless comments or jokes about someone's body parts is inappropriate; such people should be avoided immediately.
2. Unwanted touching or invasion of personal space: If someone tries to touch your sensitive body parts or invade your privacy, you should raise an alarm and talk to a trusted person. Do not let anyone touch your sensitive body parts.
3. Excessive interest in someone's personal life or body: When someone tries to get information about your personal life, be alert and don't disclose information about yourself.
4. Manipulative or coercive behavior: When someone seems controlling all the time, it is a sign of a sexual

predator, always wanting to manipulate people against their wishes.

5. Sharing explicit content or making sexual advances: Sharing explicit images is a red flag and a sign to watch out for. Avoid friends who share such images and always be assertive. Do not let anyone make sexual advances to you.

6. Asking for explicit photos or videos: Anyone who tells you to share images of your body parts is a sexual predator. Do not do such or respond to them. If anyone tries that with you, talk to a trusted person immediately.

7. Trying to silence you: Anyone who tries to silence you by making a statement like "Don't tell your parents" or "Keep it a secret between me and you" should be avoided.

Safe vs. Unsafe Touch

1. Good touch

- Hugs from loved ones
- Handshake
- Pat on the back

2. Bad touch

- Touching your private parts (genitals, breast, buttocks)
- Touch that makes you feel uncomfortable
- Hugs from strangers.

CHAPTER TWO

HOW TO AVOID SEXUAL PREDATORS

There are several ways to avoid sexual predators, and here are some ways:

1. Dress decently: Dressing decently is a form of good morals and depicts your upbringing. There is a saying that says, 'You will be addressed the way you dress.' Dressing well helps you keep your confidence and increase your self-esteem. Don't dress seductively to attract the opposite sex or expose your sensitive parts like breasts and buttocks to the public. You need to be cautious these days; don't say it's my body, I can do whatever I like with it, nobody has the right. Yes, I agree with that, but do what is right so you don't cause problems for yourself.

2. Avoid walking late at night: You should not walk late at night because it is dangerous. You can be entrapped by sexual predators if you do such.

I'll continue refining the rest of the text.

3. Develop good self-esteem: Developing good self-esteem will help you avoid sexual predators. People with low self-esteem are vulnerable to sexual predators because they are always timid and do not know how to encounter sexual predators, they fall into their snares and trap. Someone with low self-esteem can feel worthless or find it difficult to tell anyone about their experiences, so they fall into the trap easily.

A healthy self-esteem will make you more courageous and alert when you encounter sexual predators. You won't go to a man's room alone if you are a girl, or run errands for a man that lives alone. You either give it to him outside. Do not attempt to go into the house of a bachelor or spinster alone; it is very risky. Don't keep your sexual experience to yourself; talk to a trusted person.

4. Avoid pornography: Pornography is one of the ways through which one can be lured into becoming a sex predator. Porn can open the door for masturbation and

make one vulnerable to taking advantage of their fellow peers. Avoid pornography, and flee from it. It endangers your soul. Stop going to porn sites to watch immoral videos. Don't start what you cannot finish; if you have those videos on your phone or tablet, please delete them. Porn is like a spell that becomes difficult to break free from.

5. Don't keep bad company: Avoid keeping friends with bad company. As a girl, do not go to the house of a man with your friends. Do not be lured into keeping bad friends in your company. You have no business being in a relationship in primary and secondary school. Your focus right now is to study and make your parents proud of you.

6. Take care of your mental health: Another way not to become prey to sexual predators is to have stable mental health. People are often vulnerable during their weakest moments. Someone struggling with depression and suicidal thoughts will be vulnerable to sexual predators.

You need to maintain stable mental health no matter what the problem is. Don't be a prey to a predator and expose your weakness to them. Forgive yourself and let go of your past, so you don't seek help in the wrong places when you are vulnerable.

7. Be contented: When you are okay with what you have or what your parents can provide for you, you won't put your eyes on what others have. Some children have been lured into the hands of sexual predators because of greed. You want to have the latest iPhone and wear the latest designer dress because you want to look like others. Learn how to be satisfied with what you have so you won't endanger yourself because of covetousness. One day, if you work hard after completing your education, you will be able to afford this. So why rush? Focus and ignore that distraction.

8. Trust your instincts: Trust your instincts; they are powerful. If you perceive that something is wrong with a person, then avoid them. Watch their moves and stay away from them. Be alert every time.

9. Keep your personal information confidential: Learn to keep your information personal; not everything about yourself should be told to someone. Don't expose your home address to strangers, and some people on social media expose too much about themselves, which has led them to be vulnerable to sexual predators.

10. Avoid being alone with strangers: Avoid strangers and be careful when you walk in strange places. If you need to ask for directions, talk to people in uniform to be on the safer side. The world out there is not safe.

CHAPTER THREE

EFFECTS OF SEXUAL ABUSE

According to research, individuals who have experienced sexual abuse are at a higher risk of developing depression. Approximately 30-50% of individuals who were abused during childhood will develop depression at some point in their lives. People who have experienced abuse are at risk of having a high rate of depression, 2-3 times higher in individuals who have experienced sexual abuse compared to those who have not.

Psychological Effects:

1. Emotional Trauma: Sexual abuse can lead to long-lasting emotional trauma, affecting daily life and relationships. It can cause feelings of being lost, and unwanted, and increase trust issues.

2. Anxiety and Depression: Anxiety and depression are common consequences, potentially leading to suicidal thoughts, mental illness, and memory loss.

3. Difficulty with Intimacy and Relationships: Building trust becomes challenging, leading to difficulties in forming and maintaining relationships.

4. Low Self-Esteem and Self-Blame: Survivors often experience low self-esteem, feeling unlovable, and blaming themselves for the abuse.

5. Suicidal Thoughts or Behaviors: The trauma can lead to suicidal ideation and harmful behaviors.

Physical Effects:

1. Physical Health Problems: Injuries, chronic pain, and other health issues can arise from the abuse.

2. Substance Abuse or Addiction: Survivors may turn to substances or addictive behaviors as a coping mechanism.

Financial Effects

1. Financial Burden: Medical bills, therapy costs, and reduced productivity can significantly impact finances.

Spiritual Effects

1. Questioning Faith: Survivors may struggle with feelings of abandonment, questioning God's purpose, and feeling lonely.

2. Healing through Prayer: Finding solace in prayer, talking to God, and seeking spiritual guidance can be a source of comfort and healing.



Picture of a girl and boy with questions looking for answers .

CHAPTER FOUR

HEALING FROM ABUSE

Healing from abuse can be difficult. People who are often abused find it hard to trust others. Their trust is broken, and they often battle with low self-esteem, depression, and suicidal thoughts.

Recovering from traumatic experiences requires a gentle and compassionate approach. **Here are some steps to help you heal:**

- 1. Self-Forgiveness:** Let go of self-blame and guilt. Acknowledge your feelings, but focus on the present and future.
- 2. Self-Love:** Practice self-love and self-care. Treat yourself with kindness, understanding, and patience.
- 3. Support System:** Reach out to trusted friends, family, or support groups. Sharing your experience can help you process emotions and gain new perspectives.



A mother and her son.

4. Professional Help: Consider therapy or counseling. A mental health professional can provide a safe space to explore feelings and develop coping strategies.

5. Self-Care: Prioritize physical and emotional well-being. Engage in activities that boost confidence and comfort.

6. Focus on the Present: Live one day at a time. Stay hopeful about the future and celebrate small victories.

7. Be patient and kind with yourself: Healing takes time, so enjoy the process and appreciate it.

8. Focus on becoming better: Don't abandon your education. Even if you face challenges, know that you can still achieve your goals. Broken crayons still color. God can make something beautiful out of your life.



Picture of a girl being harassed by strange men.

KNOW THAT:

1. You're not alone: Many people have experienced sexual abuse and have taken time to heal and thrive.
2. It's not your fault: You don't have to blame yourself. Sexual abuse is never the survivor's fault.
3. Help is available: Don't keep silent; seek help. There are resources and support systems in place to help you heal and recover.



A girl seeking help from a professional counselor.

CHAPTER FIVE

AFFIRMATIONS FOR HEALING

If you've experienced abuse, here are some affirmations that can help you regain your confidence and become better with each passing day:

1. My past doesn't define me; I walk in the newness of life, embracing each day with hope and resilience.
2. I move forward, overcoming every challenge that comes my way, stronger and wiser with each step.
3. My past experiences have shaped me, but they do not define me. I am more than what I've been through.
4. I am strong and resilient, capable of healing and growing beyond my past.
5. I am worthy of love, care, and respect – from myself and others.
6. I let go of my past, focusing on the bright future ahead, filled with possibilities and promise.

- 7.** I trust my instincts and intuition, listening to my inner voice as I navigate life's challenges.
- 8.** I release the trauma of my past, forgiving myself and others, and embracing freedom and peace.
- 9.** I deserve healthy, loving relationships with friends and family, built on mutual respect and trust.
- 10.** I release guilt and shame, recognizing they are not mine to carry. I am free.
- 11.** I build healthy self-esteem, celebrating my strengths and embracing my uniqueness.
- 12.** I believe in myself and my ability to heal, grow, and thrive.
- 13.** I am worthy of a bright, fulfilling future, filled with purpose.

OTHER BOOKS BY THE AUTHOR

1. A-Z of starting a business for kids
2. My Faith confessions
3. Clara's kitchen
4. The adventure
5. Coloring book fruits series
6. Coloring book for children
7. Financial intelligence for children
- 8 .Etiquette: a guide to good morals for children.
9. Purpose and clarity book.
10. My body and I
11. Tinuke and Timi: Save the planet earth
12. Grace, a story of hope
13. Coloring book for children.
14. The Verdict
15. Secret coven
16. The call to motherhood
17. Firebrand woman's journal
18. Women's devotional (co-author)

19. The Redefined woman (co-author)
20. Awake, Deborah!
21. What has climate got to do with Fashion?(Co-author)
22. Personal development handbook.

ABOUT THE AUTHOR

Deborah Akerele is a visionary leader and advocate for transformative change.

She empowers individuals and communities to rise above limitations.

Through the Valouree Foundation, which she founded, Deborah has impacted numerous teenagers across various states, focusing on the United Nations' Sustainable Development Goals (SDGs) 4 and 5 - Quality Education and Gender Equality.

Deborah is also the founder of Firebrand Woman, a vibrant community that inspires women to discover their purpose, evolve, and unleash their potential.

A prolific author, Deborah has penned several influential books, spanning education and spirituality, which have touched lives and transformed the mind.

Her work has garnered recognition from esteemed organizations, including African Climate Stories and the Akada Children's Book Festival, a pioneering event that celebrates children's literature in Nigeria.

With unwavering passion and dedication, Deborah continues to blaze trails, igniting hope and fostering a culture of empowerment, equality, and excellence.

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REFERENCE

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Provides statistics and research on sexual violence.

2. Centers for Disease Control and Prevention (CDC)

Offers data and research on sexual violence, including
perpetration.

3. National Institute of Justice (NIJ) Publishes research

on various topics, including sexual violence and
perpetration.