



Kayla Harrison is a fighter. She helps others by sharing her story. Her judo coach hurt her, but her mum told the police, and the coach went to jail.



Harrison is a top athlete with two Olympic gold medals. She wrote a book to help parents spot signs of child grooming.



Harrison fights in the UFC and will compete for a big title soon. She wants to give hope to kids and says talking about abuse is important.



Harrison cares for her niece and nephew. She thinks family is more important than medals, so she keeps them in a drawer.



If you need help with similar issues, the BBC has information and support. Harrison wants everyone to know there is hope and you are not alone.