

HOW OFTEN DOES THIS HAPPEN?

- Approximately one out of every three girls and one out of every six boys are sexually abused by age 18.
- Sadly, it is estimated that many cases go unreported.

If you are a child or teen who has been abused, contact the number below for help:

Childhelp National Child Abuse Hotline
1-800-4-A-CHILD (1-800-422-4453)
push 1 to talk to a counselor
[www.childhelp.org/resources/
learning-center/for-kids](http://www.childhelp.org/resources/learning-center/for-kids)

*Hurting from memories of child abuse?
You are not alone. Help is available.
Contact your healthcare provider.*



FINDING HEALING AS A SURVIVOR OF CHILD SEXUAL ABUSE



U-M Abuse Consultation Team
734-763-0215
www.med.umich.edu/abusehurts

RAINN Rape, Abuse & Incest National Network
1-800-656-HOPE — www.rainn.org

Survivors of Incest Anonymous
www.siawso.org

Survivors Healing Center
www.survivorshalingcenter.org

National Domestic Violence Hotline
1-800-799-SAFE (7233) — www.ndvh.org

SafeHouse Center (Washtenaw County)
734-995-5444 — safehousecenter.org

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THE ULTIMATE BETRAYAL: CHILD SEXUAL ABUSE

Definition: Child sexual abuse is any sexual contact between an adult and a child. It can also be between two minors where one minor feels pressured in some way by the other to have sexual contact. It involves the abuse of power and control by the adult/other child to gain sexual gratification.

“WAS I SEXUALLY ABUSED AS A CHILD?”

You were sexually abused if you experienced:

- fondling
- exhibitionism
- masturbation
- intercourse
- oral or anal sex
- prostitution
- pornography
- any other sexual conduct that was harmful to your mental, emotional, or physical welfare

Additional aspects:

- may consist of a single incident or many acts over a long period of time
- abuse is most often perpetrated by someone known to the child.
- abuse may escalate over time, particularly if the abuser is a family member.

REACTIONS TO CHILD SEXUAL ABUSE

Survivors respond in a variety of ways to the trauma they endured as children.

- Some of the most common reactions among survivors include:
 - shame
 - depression
 - anxiety
 - self-mutilation
 - low self-esteem
 - eating disorders
 - relationship difficulties
 - Post Traumatic Stress Disorder (PTSD)
 - Dissociative Identity Disorder (DID)
- You may feel like you are re-experiencing trauma that took place years ago.
- You may have difficulty trusting anyone in your life.
- You may try to cope with the pain by abusing substances.
- You may even blame yourself in these experiences.

HOW CAN YOU HEAL NOW?

- Build your support network of people you trust.
- Share your story.
 - sharing your story of abuse with someone who supports you is important
 - you get to decide with whom and when you will share
- Seek professional counseling.
- Practice self care.
 - do activities that help you feel safe and comfortable (i.e.: journaling, exercise, listening to music, etc.)
 - nourish your body with foods you enjoy and drink plenty of water
- Be kind to yourself.
 - remember that recovery is a process, not an event
 - set a goal for treating yourself with the patience and compassion you would show to others
- Refer to available resources.

“There is no greater agony than bearing an untold story inside you.”

- Maya Angelou