

## WHAT IS SEXUAL VIOLENCE?

Being forced, tricked or manipulated to:

- ✓ Have sex.
- ✓ Be touched in a sexual way.
- ✓ Look at or touch others' sexual parts.
- ✓ Have someone look at or touch your sexual parts.
- ✓ Kiss someone when you don't want to.
- ✓ Look at or participate in sexual pictures or movies.
- ✓ Listen to someone talk sexually to you.

No one should touch you sexually if you say "No."

## TELLING SOMEONE

Telling someone may be an important step in **HEALING**.

If you are reading this and now feel that sexual violence has happened to you - **TELL SOMEONE YOU TRUST.**

- You do not have to keep it a secret.
- Ask for help. It is not your fault.
- You didn't do anything wrong.
- Keep telling people until you get support.

Recognize that healing takes time. Give yourself the time you need and know that it is never too late to get help.



### Assisting Crime Victims with Disabilities Project

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501-301-1100 or

1-800-342-2923 Toll Free



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## Healing After Sexual Violence



This brochure is for all survivors of sexual violence.

We want you to know that... you are **SUPPORTED**, you are **BELIEVED**, and you are **CARED** about.



## *Healing is possible.*

### **IT WAS NOT YOUR FAULT...**

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NO ONE deserves to experience sexual violence.

If you experienced sexual violence, it was **NOT YOUR FAULT.**

A person who experienced sexual violence or abuse, is not to blame. The person who hurt you is to blame.



The first step to healing from painful feelings is to recognize them.

You may feel or have felt:

- Guilty
- Afraid
- Ashamed
- Out of control
- Angry
- Dirty
- Lonely
- Sad

These feelings are **COMMON!**

You may have also experienced:

- Problems sleeping or nightmares
- Problems concentrating or making decisions
- Difficulty doing everyday tasks
- Problems being alone
- Crying spells
- Lack of interest
- Moodiness or irritability
- Reoccurring thoughts

These reactions are **COMMON!**

### **HOW LONG WILL IT TAKE?**

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*Everyone is different.*

#### **REMEMBER:**

1. Healing takes time.
2. Knowledge is power - remind yourself that *you did not do anything wrong.*
3. Do one thing at a time.
4. Ask for support.
5. Seek help. Talking with an experienced advocate or counselor can help you heal.

If needed, go to or call a crisis center in your area.

Or contact the Rape, Abuse, and Incest National Network: [www.rainn.org](http://www.rainn.org)  
1.800.656.4673