

A self-help guide for women who have been sexually abused



**SUPPORT FOR SURVIVORS
OF CHILDHOOD SEXUAL ABUSE**

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What is sexual abuse?

Sexual abuse or sexual assault is any act of a sexual nature where one person has not consented or agreed.

This includes where a child is too young to consent, or someone is not in a state of mind to understand what is happening. Any sexual act done by an adult to a child is child sexual abuse.

It can involve physical violence, but it doesn't have to. It is still sexual abuse if there was no physical violence.

Sexual abuse often involves less obvious forms of coercion, such as emotional manipulation, threats or blackmail.

Sexual abuse can involve direct physical contact, but doesn't have to. Sexual abuse can also be things like making someone watch or say something they don't want to.

Sexual assault can happen to people of any gender or background.

It is when one person or group of people uses power (be it physical emotional, financial or something else) to coerce another.

People who commit sexual offences can be of any gender or background.

Sexual abuse is a crime.



General information

Who is this book for?

You might be reading this because of things that have happened to you personally, or to someone you care about. The idea is for this book to assist adult women who are dealing with problems related to sexual abuse, whether the abuse happened in the past or quite recently.

Women are not all the same!

Each woman is a unique individual. Given that women are such a diverse group of people, there is no way that every single idea in this book will be helpful to every individual woman. So please, take up the parts that make sense to you and leave those sections that aren't relevant right now. You can always come back later.

You don't have to do it alone

It's OK to ask for and accept help from other people, and to offer and give help to other people who need it too. Women who have suffered sexual abuse sometimes struggle to do things to care for themselves.

Throughout this book, we want to remind you that you deserve to take care of yourself and to live a fulfilling life.

Ways of living well

Our hope is that this book will provide some practical advice about 'living well'. What that means will be different for each person, but hopefully some of the ideas here will be of use to you. Many of the ideas here could be helpful for anyone.

Taking a stand against sexual abuse

This might be your first step in looking for some useful information, or you might have been working through problems related to sexual abuse for a long time.

Either way, picking up this booklet suggests that you want to take a stand against sexual abuse and the problems it can produce. By taking a stand against sexual abuse and reclaiming your life, you join many, many other women and men.

It's worth repeating: you don't have to do it alone

See links at the end of this guide.

Tips for using this book

Think about the right time and place to read this book.

Is reading this by yourself going to be the best for you, or will it be better to talk with someone supportive (like a friend, partner or counsellor) about the parts you find relevant?

Have a limit on what you will read at any one time (e.g. one or two sections). Have a pen ready to mark the 'tips' that you find useful.


Allow some time – 10 minutes or so – after reading to reflect on what you've read and on whether it is relevant or helpful to you.

Some people might find it helps to have a journal to write or sketch their responses.

Plan to do something fun, relaxing or energising after you have put the book down. It could be something you can do alone or with a friend or partner:

- Go for a bike ride, a run or a walk
- Listen to or play some music
- Prepare a meal with someone
- Do some gardening
- Read a novel or the newspaper
- Go swimming

Or do something else that's enjoyable to you and helps you get out of the headspace of 'thinking about abuse all the time'.

A photograph of a person from behind, wearing a pink sweater, holding a red mug with both hands. The person has dark hair and is sitting on a patterned couch. The background is slightly blurred, showing a white wall and a patterned cushion.

"The ordinary response to atrocities is to banish them from consciousness.

"Certain violations of the social compact are too terrible to utter aloud: this is the meaning of the word unspeakable. Atrocities, however, refuse to be buried. Equally as powerful as the desire to deny atrocities is the conviction that denial does not work.

"Folk wisdom is filled with ghosts who refuse to rest in their graves until their stories are told. Murder will out. Remembering and telling the truth about terrible events are prerequisites both for the restoration of the social order and for the healing of individual victims."

Dr Judith Lewis Herman

Part 1:

Living well in day-to-day life

Establishing a solid base

In this section (Part 1) the focus is on general, day-to-day things you can do for your overall health and well-being. You could think of this as establishing a 'solid base' to work from. The topics covered here include:

				
Staying connected	Eating well	Exercise	Relaxation	Mindfulness
				
Sleeping well	Living by your values	Helping others and yourself	Making change happen	Ideas about being a woman

They are good ideas for anyone, not just women who are dealing with the legacy of sexual abuse. We'd suggest coming back to this section if some of the later topics become overwhelming. The idea of a secure base is about focusing on achievable goals, and putting 'first things first'. If the basics are not quite in place, like sleeping well and having strategies for dealing with day-to-day stress, other problems and challenges will be much harder to tackle.

It does not make the difficult stuff go away, but it does put you in a better place and frame of mind to deal with it.

Staying connected



Staying connected to people has a positive effect on your general well-being.

Feelings of depression can thrive on isolation and loneliness (which is different from 'alone time'). Knowing that other people are there and care about you can make it easier to care for yourself. Try to make time to catch up with people and avoid being isolated. Mobile phones and the web are useful tools for staying connected when meeting people face to face isn't possible. There might be a range of people in your life that you share different levels and kinds of connections with:

- A person you might have a coffee or drink with
- A person you might share a meal with
- A person you might do something fun or relaxing with
- A person you could tell that you are reading this book

Remember that not everyone in your life has to know everything about you. It might be worth making that extra effort to connect with supportive people who give you extra energy, and taking a break from relationships that seem draining at the moment. While ideally there may be a few people you would trust to talk to about problems related to sexual abuse, there are probably other people in your life as well.



Eating well



Eating well is about providing your body and mind with nutrients that keep you active and alert, as well as about enjoying the food you eat.

Ideally, you want to be eating five servings of vegetables and two servings of fruit a day. Keep your fluid intake up by drinking plenty of water.

Here are some simple tips about eating well

- Eat a healthy breakfast
- Avoid snacking between meals or stick with healthy snacks like fruit and nuts
- Plan healthy, quick and easy meals for busy days
- Make use of the freezer – cook two to three meals' worth at a time
- Enjoy cooking – experiment with new foods and try new recipes (there are literally thousands of recipes online)
- Make the most of foods in season
- Enjoy mealtimes – turn off the television while you eat
- Invite a friend around to eat, or, better yet, to help cook
- Eat slowly and savour every mouthful
- Listen to your body – stop when you feel full
- Eat iron-rich foods for good health and energy levels in women
- Try growing your own veggies, fruit or herbs



Exercise



Exercise is linked to positive mental health

It has the ability to change your state of mind in both the short and long term in ways that give you more energy for dealing with life's challenges.

All adults benefit from at least 30 minutes of moderate-intensity activity each day. If you can't do this every day, it still helps to try and exercise fairly regularly. This exercise does not have to be done all at once; you can break it down into sessions of at least 10 minutes.

Different types of activity suit different people. Some people prefer team sports, some people like individual sports. Some people prefer to play competitively, others like a more social environment. Some people prefer the gym, some prefer games or sports.

If you're not sure what would suit you, try a few things out. You don't have to be an athlete to boost your fitness. Yoga and Tai Chi are particularly recommended.



Some people find it really helpful to exercise with a partner or friend. Exercising with someone has the benefit that you can motivate, encourage and support each other to go for that walk in the middle of winter or to the gym when you are still aching from the last session.

The main thing is that you find something that is fun or gives you a sense of achievement.

Tips for exercise

As well as structured exercise or activities, there are day-to-day things you can do that don't take much time, effort or organisation.

Work in an office?

- Keep your walking shoes handy and be active whenever you have the chance.
- Park your car a few blocks from work.
- Get off the bus or train at the stop beforehand and walk.
- Take the stairs instead of the lift.
- Walk up the escalator instead of standing still.
- Enjoy a walk during your lunch break or team up with a friend to walk after work.
- Walk to your colleague's office instead of sending an email.

At home:

- Walk around while you're talking on a cordless or mobile phone.
- Do some gentle stretches or sit-ups while watching TV.
- Use TV ad breaks as a chance to do a quick household chore.
- Do some energetic house-cleaning, gardening or odd jobs.
- Park the car further away when going to the supermarket.

Relaxation



Basically, relaxation exercises are short, focused routines with a specific purpose in mind – usually to slow down your breathing or relax you when you're tense.

The ability to gently slow your breathing, relax your muscles and calm yourself is a useful life skill. Learning to simply take some quiet time, that is not about 'getting something done', can help you to relax and feel fresh and energised.

Some people who have survived trauma find that imaginative relaxation – focusing on an image or thought that is calming and soothing – works as well as body-centred approaches.

Women who have been subjected to traumatic experiences, including sexual abuse, can find relaxation difficult. At one time, staying alert, constantly checking for danger, might have been necessary in order to stay safe and reduce harm. So if its difficult or lingering don't feel compelled.

Here are some apps to try:

- Calm
- Headspace
- Breathe 2 Relax



The first challenge can be to consciously notice when you are tense – your body and mind might have got in the habit of being on guard to the extent that you hardly notice it.

So it can initially feel unsafe to drop your guard, and it can take practice and be a bit of a risk to accept that there might be some places and times where you are actually safe from harm. There are significant health benefits when you can learn to stop being constantly tense and on guard.

Tips for relaxation

Learning to breathe deeply and relax your body helps with your general ability to rest, as well as recharging your batteries. Below is one simple relaxation exercise, focusing on breathing and on tensing and relaxing your muscles.

1. Find a safe, quiet spot and sit in a comfortable but upright position in a chair or on the ground (try not to slouch).
2. Plant your feet or hands firmly on the ground – push them into the ground and feel that the ground is solid.
3. Gently clasp your hands together in front of your stomach, just below your belly button.
4. Begin to notice your breathing - the pace, the depth, etc.
5. When you are ready, take a slow, deep breath in through your nose.
6. Breathe in, without causing pain, for about five seconds.
7. At the same time as you breathe in, grip your hands together, like your hands are trying to pull in opposite directions. Use the muscles in your arms as well. Stop if you are hurting yourself, and try again with a bit less pressure.
8. Slowly breathe out through your mouth, releasing the air in a smooth controlled flow (again, about five seconds).
9. At the same time as you breathe out, relax your hands and arms.

Repeat steps 5-9 three or four times.

Mindfulness



You might have heard the term 'mindfulness'

This is related to relaxation but they are slightly different things. Mindfulness is about paying attention to things about yourself and your environment that would normally go unnoticed. Mindfulness allows us to step away from negative thoughts and feelings that often seem so compelling.

Practising mindfulness is useful in and of itself, not just when you are having difficulties. You can incorporate it into your everyday routines, such as practising mindful walking or mindfully drinking tea or coffee.

By consciously using mindfulness in as much of your day as possible, you increase your awareness and enhance your sense of control and choice.

Sometimes the difficulty for women trying to use mindfulness is feeling pressure to 'get it right', or thinking that you 'just don't get it'. There will be times when you doubt your ability to practise mindfulness and that's ok.



Expect that you will become distracted and doubt your ability to 'do' mindfulness. This is part of the practice. Simply try to notice the doubtful thoughts, and return to your anchor ('anchor' is explained below).

Learning to notice things without trying to assess or change them might feel difficult. The idea that you should do something will almost certainly occur; try to simply notice that thought, then come back to your anchor.

A short mindfulness exercise

This introductory exercise is adapted from **www.thinkmindfully.com**

- Begin your practice by anchoring your attention to your breath. You can think 'in' on the in breath and 'out' on the out breath. Your breathing is your anchor. Return your attention to your anchor whenever you need to.
- Whenever a thought, feeling or sensation arises, notice what is grabbing at your attention and label the experience.
- Try to observe each thought that arises with an accepting, curious, welcoming attitude. Don't judge the thoughts or label them good or bad, just observe them arise as you would leaves on a stream, watching each leaf go by.
- Let all thoughts drift out of awareness on their own. You don't have to push them away because they will naturally pass on their own, in order to make room for the next 'leaf' to go by.
- After noting each thought, simply draw your attention back to the breath, and once again think 'in' on the in breath and 'out' on the out breath.

Try doing this for five minutes to start with. As you get more into it, you can try stretching out the exercise over a longer time.

Sleeping well



A good night's sleep helps you to recover from the previous day and get ready for the next one.

Sleep helps us to think more clearly, manage difficult situations better and feel more energetic. Although it's generally agreed that eight hours' sleep is ideal, the most important part of sleep is the 'deep sleep' phase: the first five hours after you fall asleep. However, regularly getting less than five hours' sleep a night will eventually take its toll. Stress can get in the way of a good night's sleep.

There can be a cycle of worry, where anxiety about not being able to sleep makes it even harder to relax. Being worried about having nightmares can also make it hard to relax and get to sleep.



Poor-quality 'deep sleep' can lead to:

- Tiredness during the day
- Poor concentration
- Irritability
- Aches and pains in the muscles and bones
- An immune system that doesn't work well, leading to frequent illness
- Longer periods of depression.

Tips for sleeping well

If possible, try to establish a consistent routine. Go to bed at the same time every night.

- Spend 30 minutes doing something relaxing before bed. Although watching TV might be considered relaxing, some people find it doesn't really help with getting to sleep. Try reading a book, doing a relaxation exercise or taking a warm shower.
- Make sure your bed is comfortable: it is worth investing in good sheets and pillows.
- Try to avoid drinking lots of fluid just before bed, or clock-watching.
- Get up at the same time every morning, even if you had a bad night. Try to resist the temptation to have 'just a little bit more' sleep!
- Do something to 'wake yourself up' in the morning, like a quick walk, run or bike ride.

If you have been having long-term sleeping problems, you know that it is not easy to change. It might be time to seek expert help. This could be from your GP or other health practitioner, or a counsellor who deals with sleep problems. If things are really serious, there are also sleep clinics that provide intensive treatment.

Living by your values



Dealing with distressing experiences like memories of sexual abuse, anxiety and depression takes a lot of our energy, and at times it might feel like it takes all you've got just to stay afloat.

In order to get ourselves in a better place to deal with these difficulties and life's problems in general, it is worth putting some time and energy into identifying what you stand for as a person: what you value.

Our values act as a kind of reference guide or compass for who we are, how we act in particular situations and where we want to go in life. If we possess a clear sense of purpose and direction, and act according to our values, then we are less likely to feel overwhelmed or be knocked off course when we experience challenging situations.



Our values might be based on how we were brought up, on religious or spiritual tradition, or on a particular set of ethics or an approach to life that we have adopted. We might value being calm, honest or considerate, 'giving people a fair chance', being creative, thoughtful or reliable, or 'doing our best'. Whatever the history of our values, they are essentially our sense of the right way for us to live.

When we act in accordance with our values, we generally see our life as purposeful and meaningful.

Tips for identifying your values

We usually hold our values implicitly; in other words, we don't often consciously think about and name our values in a structured way. By identifying our values, we establish a basic guide for ourselves in our life.

Take some time to think about the following areas of life, and try to write or say a sentence or two about what is important to you: what kind of person do you want to be and how would you like to act in these areas of life?

Some possible values are listed:

Family relationships – Caring, supportive, respectful

Parenting – Loving, caring listener

Friendships – Honest, 'being there when needed', loyal

Work – Hard-working, acting with integrity, efficient, reliable

Education – Open-minded, informed, 'doing my best'

Recreation, leisure – Fun, relaxing, life experiences

Spirituality – Consideration, tolerance, compassion

Community involvement – Commitment, giving back, connecting with people

Health and well-being – Quiet time, variety, generosity to others

As you do this, you might identify some small steps that you can take in line with your preferred way of living. This approach to life does not mean we are never confronted by difficult situations, unwelcome thoughts or uncomfortable feelings. It is just that our focus is on calming and centring ourselves and acting in accordance with what we have established as our preferred, valued way of living life.

Helping others and yourself



Sometimes you can lose sight of the fact that you have something to offer.

Doing things for other people actually has a beneficial effect on developing our own well-being. Recent research in neuroscience shows that helping others and working cooperatively activates and strengthens certain parts of the brain, enhancing well-being.

Doing things to help others influences your perception of yourself and the world. The more that people see you as a person with skills and abilities, the more you are able to see yourself that way. In putting this into practice it is important to take care of yourself, to check that you are not doing this out of duty or continuing a habit of always putting others before yourself. For some women, accepting help becomes easier if they can also do something in turn that helps someone else.

You could put this into action in any way that suits you. It might be volunteering with a formal organisation, offering to help a friend or an elderly neighbour, or making time to listen to someone you know who is having a hard time.

In helping others, take time to notice the conscious choice you made to offer assistance and consider how this fits in with the kind of person you want to be.

Making change happen



Change rarely happens in a neatly staged or organised way.

Making changes to address unhelpful habits or to develop more useful patterns of behaviour requires focus, effort and repetition.

Below is a basic map to help 'track change'

I don't know or want to know

You don't see a problem or need to change. Others' efforts to convince you of a need for change are generally ineffective.

I'm thinking about it

You see that there's a problem you want to get some control over, and you're evaluating the pros and cons. Others hear you talking about problem(s) and options.

I want to, I'm getting ready

You are ready to change and make things happen. Others help by encouraging you and strengthening your motivation.

I'm doing it

You're taking active steps to modify your behaviour and/or environment – in your own unique way. Others can help by noticing positive changes.

I'm staying on track

Change has been made and maintained for a few months. Although there are occasional 'bumps in the road', you refuse to be derailed and know what it takes to stay on track.

When seeking to make change, remember that safety is a foundation stone of building a solid base for yourself and the well-being of those close to you.

Ideas about being a woman



Every woman has her own experiences and beliefs about what it means to be a woman.


Gender is a significant part of personal identity, along with a range of other things that 'make up' our sense of who we are: cultural background, physical ability/disability, sexual preferences, religion, family, where we live... the list goes on.

Struggle for women - 'double shift' - work, kids, cleaning, cook etc. No time for self-love and feeling like they need to focus on family. Wearing 'mask' for protection - no trust = isolation.

A challenge we face as women is to be aware of these expectations, while making sure they don't restrict our choices and willingness to access support that helps us build the kind of life we want to live.

Some questions to consider

- Are there times you are particularly aware of expectations about how you should handle situations as a woman?
- Do you sometimes find yourself wondering about these expectations, and whether they really suit you or those around you?
- Have there been times when you've done what's best, even if it has gone against some ideas about 'being a woman'?



"I have carried this stuff around with me needlessly for 17 years, getting help and support has meant I feel like a different person - whole in many ways."

Survivor (SIT)

Part 2: Coping with sexual abuse and living well

In Part 1 the focus was on general, day-to-day things you can do for yourself. In Part 2, we will be talking more specifically about some common problems faced by women dealing with child sexual abuse or adult sexual assault.

The following issues are covered, and there are some practical tips on dealing with most of them:

- Recent sexual assault
- Expectations and making changes
- Shame
- Tactics of abuse
- Clergy abuse: spiritual and religious beliefs
- Physiological reactions and sexuality
- Separating sexuality from sexual abuse
- Trust, intimacy relationships
- Flashbacks
- Nightmares
- Panic attacks and anxiety
- Deciding to tell?
- Suicidal thoughts
- Self-harm
- Alcohol, drugs and self-judgement
- What am I feeling?
- Parenting
- Criminal justice
- Compensation
- Celebrating life

Recent sexual assault

The next few pages are for women who have recently been sexually assaulted, within the last few days, weeks or months. If this doesn't apply to you feel free to skip forward.

Medical treatment

You may need medical attention. You are entitled to have a support person with you if you wish. You can also choose whether or not you want a forensic medical examination, where the doctor will collect medical evidence that might potentially be used to prosecute the offender(s). After the assault occurs, there is a time limit within which forensic medical evidence needs to be taken. If you are not sure, you can talk to a counsellor/advocate from a sexual assault support service.

Information about Suffolk's Sexual Assault Referral Centre (SARC) and ISVA Service can be found at: www.theferns-suffolk.org.uk

Legal options

You have the right to make a statement to the police, but no one should force you to do so. A police statement usually involves giving a lot of detailed information, so it can be distressing and retraumatising. Having an ISVA or support worker from a sexual assault support service can be a valuable support through this process, whether you decide to make a statement shortly after the assault, at a later time, or never.



Coping with trauma

Extremely traumatic events can leave you feeling as if your world has been turned upside down. You have been in a dangerous or life-threatening situation that was beyond your power to control.

Sexual assault can produce physical and emotional responses or unwelcome thoughts from 'out of the blue'. You may feel and experience emotions and physiological sensations that you have never felt before.

You might feel severe pain, shock, tremors in your arms and legs, stomach problems, nausea or vomiting, loss of appetite, constipation, diarrhoea, nightmares and/or sleeplessness, headaches and dizziness.

You may find yourself 'spacing out' or dissociating as a way of coping. Some people have flashbacks, when memories of the assault intrude at different times.

These responses to trauma are often called post-traumatic stress disorder (PTSD). For a diagnosis of PTSD to be made, specific criteria have to be met, and the diagnosis can only be formally given by a clinical psychologist or a suitably qualified medical practitioner, such as a psychiatrist.

The word 'disorder' may be a little misleading. As strange as it may seem at first, this is your body and mind coping the best way they can; they are normal reactions to out-of-the-ordinary events (although not everyone has any or all of these responses). The experience differs for everyone.

Remembering this can help keep at bay thoughts that you're 'going crazy' or becoming 'mentally ill'.

Try to restore some normality and control

While the world may previously have felt like a reasonably safe place, it might now seem dangerous and leave you feeling insecure. It can be helpful to try and get some parts of your life back to normal.

This can help to get back some sense of control and choice in your life. It will probably take some time to get any sense of routine back. It can help to try small things such as taking a walk, doing breathing exercises or making a favourite meal.

As you manage to take these steps, take time out to recognise that you are taking back control of your life – it is an achievement worth noticing.

Seek support

You might feel like shutting yourself away from the world. This is a normal response. However, if you can let someone know what's going on, it can help you to feel less isolated. It can also be good to know that there is someone to make sure you are looking after yourself in practical ways, like eating.

Go easy on yourself; it might take some time to get back to a routine. This isn't because you're doing something wrong – it is because people naturally need time to recover from the overwhelming, frightening and confusing reality of sexual assault.



Tips for regaining control

Take things slowly and don't pressure yourself with unrealistic expectations. It usually takes some time to restore a sense of your former self or life as it was. Remember that all the feelings and physical sensations listed above are common responses to a traumatic event. They are not a sign that you are 'going crazy'; you are processing an extremely distressing violation of your personal integrity.

Some people find the following things helpful

- Exercising
- Studying
- Reading
- Working
- Drawing or painting
- Listening to music
- Playing sport
- Writing (writing can be particularly useful for getting stuff out of your head and organising your thoughts)

Others find counselling, meditation or spiritual practice and prayer to be sources of strength. If flashbacks or nightmares are a problem, see the upcoming pages for some ideas.

This is the end of the section dealing specifically with recent assault. However, the information in the rest of the book is still relevant whether the assault(s) was recent or in the past.

"The truth of it is, the shame was not mine, and for all survivors in similar situations - it is not ours!"

Survivor

Expectations and making changes

For some people, picking up this book might be a sign that you are ready to make some changes in your life. You might have a sense that this isn't going to be easy and might be a struggle sometimes.

At the same time, it might feel like things are a struggle already and it's time for things to change as soon as possible.

There can be a real sense of 'c'mon, I'm ready, let's get on with it!' It's important to try and stay realistic about how much can change and how quickly. You can make changes for the better in your life one step at a time.

Trying to work it all out can become overwhelming and frustrating. It can sometimes feel like everything in your life is beyond your control.

At times like this it can be helpful to try and focus on something you can control – it might be your breathing or what food you are going to eat tonight. These might seem like small decisions but they are important.

Making change happen requires focus, effort and repetition.



Shame

Shame can be an extremely powerful feeling.

It can leave women feeling that they were somehow responsible for the abuse, or should have seen it coming, or should have been able to stop it. The fact that the abuse was sexualised makes the feelings of shame more intense.

Remembering the actual abuse can make you feel 'dirty' or confused, and shame is often associated with physiological reactions such as blushing or feeling drained. Shame can stop women speaking up about the abuse.

It is a profoundly unfair legacy of sexual abuse that the person who was abused often ends up left with feelings of shame. It can be helpful to remember that the abuse was not caused by you, and that you were not responsible for the abuse. It is also important to acknowledge the 'function' of shame: it can let us know that a situation is dangerous or diminishes our sense of integrity.

For some people, this sense of shame comes from thinking about how they could have avoided the abuse. There is nothing wrong with thinking about this. However, there is a difference between wishing you could have done something to stop the abuse, and being responsible.

This might become clearer if you imagine how you might offer safety advice to a child who is going to the park to play with friends.

By offering advice, that does not mean you would hold them responsible for the actions of an adult who hurts them.



Tactics of abuse

A useful 'anti-shame' exercise is to examine the tactics used by those who abuse.

While this can be very confronting, it can help you to get clear about just where the responsibility for the abuse lies and where the shame properly belongs. This can be particularly helpful for women who were abused as girls or teenagers; it can also be helpful for women sexually assaulted as adults.

The tactics of abuse are the things the person(s) abusing did, or said, or threatened to do, to commit the abuse and to try and keep it secret.

These might have included 'tricks' or 'special gifts' to get you thinking that you were somehow to blame or at fault. Sometimes the tactics of abuse can only be seen for what they are when you look back at them.

For example, it is easy for an adult to convince a child that the child will get in trouble if anyone finds out. Of course, as adults we can see that this is a tactic and not the truth, but a child has no way of knowing that.

In looking back and reviewing what happened, be careful not to use the knowledge you have now to judge your decisions and actions back then.

Take time to remember the context: how old you were, your physical size or maturity, what information you had or didn't have about sex, what support was available.

When reviewing tactics of abuse, take care to adopt a compassionate, understanding attitude to yourself and to what you might have done to survive.



Clergy abuse: spiritual and religious beliefs

Sexual abuse by clergy and members of faith communities, and the failures of religious organisations to report criminal offences or deal with allegations in appropriate, just or healing ways, have had a profound impact on individuals, families and communities.

Spiritual and religious beliefs and practices, and being part of a faith community, can offer many people a sense of purpose and belonging in their lives, as well as valuable support and encouragement during tough times. However, sexual abuse committed within religious communities can shatter a person's faith, trust and belief, resulting in some people breaking away from a particular church, group or organised religion.

Those sexually abused within religious contexts experience particular difficulties. Some girls and women do not tell of sexual abuse out of concern that it will distress religious family members.

A number of religions promote 'forgiveness' as a pathway towards healing. For some, offering 'forgiveness' can be personally empowering, whereas for others the idea of offering 'forgiveness' to those who sexually abuse is insulting and unthinkable.

Faith, religion and spirituality can be a personal journey of discovery.

For those who are interested, it can be useful to seek out someone who will support you, without pressure, to explore how you might choose to incorporate faith and spiritual practices into your life.

Physiological reactions and sexuality

If at the time of the assault a woman may have become aroused in some way, this can make her even more reluctant to speak about sexual abuse.

These physical responses do not mean that she wanted to be sexually abused in any way. Some people who sexually abuse others will deliberately manipulate a girl or woman to become aroused, then use this as false evidence that the abuse was 'wanted'.

We cannot always control how our body reacts, especially in stressful situations. These physiological responses do not say anything about desire or sexuality.

Physical arousal can cause a great deal of confusion. Some women feel aroused when they recall the abuse and worry about what this means.

It is an unfortunate reality that an experience of sexual abuse can influence sexual intimacy. It can both make women hyper-interested in sex or particular sexual acts and also make them feel overwhelmed or uncomfortable about sexual contact with a partner, whereby they start to avoid sex and isolate themselves.

If sexual thoughts, reactions or difficulties are distressing or bothering you, it is a good idea to find a trained counsellor who understands sexual assault and sexuality to help you make sense of this.



Trust, intimacy and relationships

Women who have experienced sexual abuse face the same pressures that all women face about self-reliance, dealing with things yourself, and so on.

However, there may also be other struggles that are connected to sexual abuse when it comes to closeness and relationships.

Trust is often used as a tactic of abuse, especially child sexual abuse. Such a profound betrayal of trust can lead to the conclusion that trusting people or getting close is dangerous. This conclusion is not 'wrong', because it was a sensible conclusion to draw from your experience.

However, while being careful and not trusting people can be important in some circumstances, it can get in the way of intimate, close relationships with people you really care for. If you want to feel closer to the people you care for, it might take time and feel like a slow process, but it is possible. The first thing to realise is that you can't build intimacy by yourself – it is a shared project.

Some women have said that, related to this betrayal of their trust, they struggle with some of the following things:

- Reluctance to trust someone or let anyone get close
- Perceiving any expression of care or attention as a sign of sexual interest, or an attempt to get something from them
- Feeling vulnerable
- Wariness about sharing personal information
- Feeling uncomfortable with gentle touch or touch without prior specific agreement
- Difficulties with any sexual intimacy

These issues can make for unsatisfying relationships for both partners. Many women feel frustrated that they just can't seem to get close to people, including their partner.

It is important to remember that it is not trust that causes sexual abuse, but the misuse of trust. In fact, children need to trust adults in order to survive. You did not cause the abuse or deserve to be abused because you trusted someone. The abuse happened because someone abused that trust. Intimacy means more than sexual intimacy. It is also about sharing special and important moments with close friends. Intimacy can develop through connections you make with a friend or partner: spending time, playing together, discussing ideas, including disagreeing, sharing parenting experiences, supporting family members and enhancing spirituality.

This way of relating is profoundly different from abuse. The dynamic of abuse is where one person's ideas and wishes are important and the other person's wishes are not considered at all. Intimacy is about developing mutuality, equality and negotiation. It can be helpful for you and your partner to talk about some of the things that bring you together, to work out what ideas you share about your relationship and what differences can be appreciated and respected, as well as what areas could do with some extra work and time being put into them.

You could take some quiet time to consider

- What kind of relationship would you like?
- What brings you closer to people, what pushes you away?
- Are you aware of your friend's or partner's likes or dislikes?
- What builds connections in your relationship with them?
- How close a relationship do you/they want?
- What time and energy are you willing to put into developing intimacy in this relationship?
- How might you start to do this?



Flashbacks

Many women who have been subjected to sexual abuse experience flashbacks. Flashbacks are memories or fragments of memories from recent or past events.

They can be jarring, painful and intrusive. Flashbacks can last a few brief seconds or be very drawn out and detailed.

Flashbacks can be visual, auditory (sounds), emotional, physiological, and/or sensory (smells, tastes, touch). One of the most confusing things about flashbacks is that they can seem like you are right back in the situation.

If the flashback is related to times when someone was doing something sexually abusive to you, this can be extremely distressing.

Flashbacks are often triggered by things or events in the present.

Triggers can be very specific, like a certain smell or sound, or general, like some kind of personal crisis.

Although flashbacks can be very unwelcome and distressing, sometimes they can contain information and feelings that fill in gaps in your memory. Some women have said they provided the 'piece in the jigsaw' that helped them make better sense of what happened, especially if their memories were foggy or unclear.

It can be a good idea to find a counsellor to help you work out how these memories 'fit' into place.

Be kind to yourself

After experiencing a flashback, you might want to rest or distract yourself for a while, have a sleep or a warm drink, relax and listen to some music, watch TV, do some gardening or just take some quiet time for you. Words of support and encouragement to yourself are more likely to help you deal with flashbacks than questioning and evaluating yourself.

Try and work out the triggers. Choose a time when you are feeling safe and steady, and think about your last flashback:

- What was happening when the memory appeared?
- Where were you? Who was around? What were you feeling/thinking, smelling/hearing/seeing/sensing?
- Does this relate to an event in your past?

If you can identify the triggers, your reactions begin to make more sense and become less confusing. You might still get triggered by these things, but it will be easier to put them in their place, understand what is going on and put yourself back on track.

You might want to explore these questions with the help of a counsellor.

It is not always helpful to explore this by yourself if you are feeling unsteady, so try not to put yourself under pressure to 'work it out' on your own.

Tips for dealing with flashbacks

When the flashback happens...

- Try to bring yourself back to the 'here and now'. Deliberately and slowly notice what you can see, hear and touch where you are right now. Touch your chair or the fabric of your clothes, and describe the texture to yourself (rough, smooth, etc.).
- Focus on your breathing. Deliberately slow down your breathing, in and out. Count to five while breathing out. Try to breathe deep into your diaphragm.
- Remind yourself that you are not back where the original event happened, but here in this place, in this time. Some people find it useful to ground themselves by touching a watch, wristband or piece of jewellery that they have now but did not wear back then.

Asking yourself these questions can help bring you back to the here and now:

- How old am I now? Where do I live/work now?
- What options do I have now that I didn't have then?
- Who can I ask for support and encouragement?
- How do I like to spend my time?
- Where do I want to put my energy now?

Nightmares

In some ways, nightmares can be like flashbacks you have when you are asleep.

They might be very clear reminders of the abuse that you experienced, and can have the same unsettling, confusing and distressing after-effects as flashbacks.

However, while flashbacks are usually recognisable memories of actual events, the content of nightmares can be less concrete. Nightmares might also be about things that represent the abuse or trauma in some way.

It might not always be clear exactly what they mean. They might seem very odd or bizarre, yet leave you with a definite sense of being afraid, scared, alone or disorientated. They might also trigger feelings of shame or anger associated with the abuse.



Similarly to flashbacks, nightmares can seem to come from 'out of the blue' and leave you feeling out of control. As well as the emotional and psychological aspects of nightmares, they can also have physiological effects (sweating, increased heart rate, breathing troubles). If nightmares happen regularly, they can also cause anxiety about sleeping.

The same ideas that can help you deal with flashbacks are also useful for nightmares. Again, there are two parts to this. First is the immediate work of calming or grounding yourself just after a nightmare; and second, you may like to explore their meaning in more depth.

On the next page is a specific exercise that helps some people to deal with persistent nightmares.

What you can do if nightmares persist

If, in the morning, you can put aside the nightmare and concentrate on getting on and doing what is important to you, then do. If, however, a nightmare persists or becomes particularly disruptive you might try the following exercise.

1. Pick an unpleasant dream/nightmare, one that is not a direct replay or a reenactment of a distressing event, and write it down.
2. Write the unpleasant dream down in as much detail as you can. Only, in this telling of the dream, change the ending so that it suits you. Remember that it is your choice to do this and that you can stop writing or thinking about the dream and do something else any time you want.
3. Now, get to know this new preferred version of the dream, rehearse it each night for about 5-15 minutes prior to going to sleep.
4. Once you have rehearsed the dream, perform a relaxation exercise, one that you are familiar with and which helps you to fall asleep peacefully. If you wake up, it can be useful to repeat this relaxation exercise, breathing deeply and slowly.
5. When you are satisfied that you have re-storied the unpleasant dream to suit you better, you can choose to work on another nightmare that is slightly more intense than the last. Make sure that this process is a gradual increase in intensity, and do not work with more than two nightmares in one week. Also, take care of yourself: you do not have to over-describe the upsetting content within the dream.

Panic attacks and anxiety

A common issue for people who have experienced sexual abuse is intense anxiety and panic attacks.

This can take the form of distressing physiological symptoms (difficulty breathing, or shaking, or tightness in the chest), coupled with thoughts that prompt dread or fear (being convinced that something bad will happen).

The combination of physical and psychological aspects can lead to a kind of vicious cycle that can be debilitating. People find themselves worrying that they are going to have more panic attacks, which can prompt more anxiety, and so on. People often say it feels like they are 'going crazy'.

Some tips for dealing with panic attacks

- Learn the signs of your panic attacks.
- When you notice the signs, say to yourself, 'I know what is happening, it's just a panic attack'.
- Remind yourself that you have got through this before and you will get through this again.
- Use your sense of touch – deliberately pay attention to the feel and texture of your chair or clothing.
- Get yourself a glass of water if you can (don't ask someone else to get it for you).

You can also try some of the tips for dealing with flashbacks and nightmares. Again, when you are in a quiet, safe place, you might like to try and work out the triggers.

Deciding to tell?

At one time, keeping the abuse secret might literally have been a matter of life and death for some people.

The person that carried out the abuse might have made threats to hurt or kill the person they abused or people they cared about, or made some other awful threat. Not telling may have been the safest thing to do. Or if you have already tried to tell someone, either in the past or recently, and they did not respond in a very helpful or supportive way, it can be hard to work up the courage to tell someone else.

Who can you tell?

While it can be helpful to find someone you can tell about your experiences, it is also important to take care how you do this. Not everyone you know will be ready to hear about your experiences or what you are dealing with. Even friends or family who you get along well with are not always going to be able to support you in the way you would like.



It can be useful to ask yourself:

- What am I looking for from this person?
- What kind of response would I like?
- What tells me that this person will be able to hear what I am saying?
- What are my worries and concerns?
- How might I prepare them for what I am about to say?
- How might I take care of myself and not place too high an expectation on this person?

Unfortunately, sexual abuse is such a secretive issue that you might have to educate your 'supporters' about how to help along the way.

Some people might want to be there for you but simply don't know what to do. Let them know that just being there to listen or to be with you is helping; that takes the pressure off both of you. You might like to show them this book or some of the other resources at the back of this book.

“Do not feel you are alone – there are those who share your pain, hurt and grief. Find someone you can trust – partner, friend, counsellor, doctor – and tell them what happened. This will not be easy the first time, but it is better to talk than to keep it bottled up. The hardest part of the whole experience is keeping the secret – once you begin to talk about it you can begin on the road to recovery. Know that there is hope, a better life.”

Words of encouragement from a professional woman, aged 51, sexually abused from age 9 to 15 (from www.livingwell.org.au)

Remember, it is your decision if, who, when and how much of your story you want to tell. If someone presses for details that you are not ready or willing to share, it's OK to let them know this. If you feel unsure about what someone is thinking, try asking them: sometimes their silence might be because they are uncertain what to do, not because they are making judgements.

Telling people about your experiences of abuse is not necessarily a one-off event. It is often more of a process, involving a lot of thinking, hesitations, 'checking out' people's responses, and so on.

Suicidal thoughts

Thoughts of suicide are more common than you think.

Suicidal thoughts can range from fantasies through to detailed plans. Even if your thoughts seem like they are 'just' passing ideas or fantasies, it is still important to find someone to talk to. The more detailed your thoughts about suicide, the more important it is to get help.

Thoughts and actions are not the same thing. Suicidal thoughts are one way of your mind telling you 'I am not happy with things the way they are'.

The important thing is that you talk with someone who is going to help you improve the situation. Be persistent. Keep asking until you find the help you need.

Finding help

If you think you might harm or attempt to kill yourself, call for help immediately:

- Reach out to someone you trust and ask for help. Tell them honestly how you feel including your thoughts of suicide
- Call 999 (police and ambulance), or
- Contact Samaritans, 116 123 for 24/7 crisis support or visit www.samaritans.org
- Go, or have someone take you, to your local hospital emergency department
- Text 'Shout' to 85258 (24/7)

Self-harm / injury

When someone is hurting themselves, it is not always an attempt to kill themselves.

Self-harm can be a way of both expressing and managing the physical and psychological pain you are experiencing. Many people say that self-harm serves a purpose, usually to do with the idea that feeling physical pain seems easier than dealing with intense emotional or psychological pain. Other people describe self-harm as a way of feeling something.

Self-harm can be quite controlled and deliberate with the specific purpose of causing pain and/or injury. Some forms of self-harm are easily hidden, such as overwork, over-training or taking extreme risks.

Self-harming behaviours can escalate over time, as both tolerance and desire for pain increases. In some cases it can lead to permanent injury and disfigurement.

The difficulty is that self-harm often only works for a short period, when you are looking for more effective long-term solutions that allow you to get on with your life.

Learning some techniques to tolerate and contain distress can be helpful alternatives to self-harm. The relaxation and mindfulness exercises in this book might work for you.

Writing or drawing, talking with someone, setting and achieving small goals and staying healthy can reduce distress.

Alcohol, drugs and self-judgement

If you have made a decision to stop or cut down on alcohol or drug use, it can be a positive step.

Keep in mind, however, that using alcohol or drugs is a common coping strategy for dealing with uncomfortable thoughts and feelings and that when you take away the 'numbing' effect of alcohol and drugs, memories can return with force. It can get tough if there is nothing else to fall back on. (Hint – make use of your solid base - see page 7).

In cases of a high level of dependence on alcohol, medical assistance may be required to help the body adapt. The challenge of stopping using alcohol and drugs can be added to by negative judgements about yourself or about the process of change.

Common self-judgements include:

- I'm too damaged to get through this
- I'm not strong enough to handle it
- I'm really losing the plot/going crazy
- It's easier not to feel all this
- I wanted to feel better but all this is making things worse

Some women have spoken about the benefits of taking a questioning position in relation to self-judgement, checking in with themselves and asking 'Is this judgement useful for me right now?', and 'Do I want to spend time with it?'

If the answer is no, then it is best to leave the judgement and to focus on doing things that are useful for you right now. Remember that these judgements are not truths about you: they are ideas and pressures that women can face. It's OK for you to decide that some judgements are not really useful for how you want to live your life.

What am I feeling?

When you are asked 'How are you feeling?', it can sometimes be difficult to know how to answer.

This not because women don't have feelings; obviously we do.

Distraction, 'numbing' or avoiding emotions are strategies for dealing with intense emotional pain that are sometimes useful in stopping us from feeling overwhelmed.

One emotion that women may be quite familiar with is anger. Anger can be useful in encouraging action against injustice; however, it can also lead to aggression and become a 'cover' for some uncomfortable yet important emotions.

What we hear from a lot of women, however, is that eventually these difficult emotions find ways to grab your attention, often at a time of crisis.

We also hear that when shutting down has become a habit, it can make it more difficult to experience pleasant feelings or any sense of joy in life.

Tips for making sense of emotions

- The idea of making space, room or time for all of life's emotions can be helpful. It is not about some emotions being good or bad, but about being able to tolerate and experience a range of emotions as part of living life to the full.
- You might be ready to start taking some risks with allowing yourself to really notice what you are feeling.
- This can be extremely challenging, because it can initially feel like things are getting worse. Feelings that have been buried or ignored for a long time are starting to be noticed and experienced.
- As we said before, this is why it can be important to have a reasonably 'solid base' when doing this work. Without a solid base, it is very difficult to experience distressing feelings without getting thrown off course.
- As you get used to these feelings, you slowly begin to realise that you can actually cope with them.
- Over time they will become less daunting, and you might even find that you experience other, more positive feelings in a different way too.

An exercise to get to know your emotions

- Try to pay attention to your physiological responses to different situations. This includes your heart rate, breathing, sweating, shaking/ trembling, tension in some muscles, 'the hairs on the back of your neck standing up'... All these are clues to what's going on emotionally.
- Start with 'big' categories. Is my heartbeat fast or slow? Is my breathing deep or shallow? Does my face feel hot or cool? Then try narrowing it down with more precise descriptions (cool as tap water or cold like ice?), or creating a visual scale (from 1-10) rating how fast or slow, how hot or cold, etc.
- Once you've noticed and described these physiological sensations, try naming the emotion that goes with them. Again, start big (e.g. sad), and get more detailed (grief, regret, disappointment...).
- Once you have given it a name, ask yourself, is it OK for me to feel this? Why/why not?
- Are there social judgements about women expressing this emotion? Where would it be OK to express this feeling without being negatively judged? Who with?

Getting to know your feelings and emotions in this way can gradually help with making decisions about whether to try and 'stay with' your feelings. We are not suggesting that there is a wrong or right decision, but that you can make your own decisions.



Pregnancy, childbirth and parenting

While all women may have new or mixed feelings during pregnancy and becoming a parent, victims/survivors of child abuse and/or sexual assault may find some of their experiences during this time can remind them of the assault and provoke feelings they had then.

These might include:

- Memories of the abuse
- Feelings of being out of control
- Fear, distress or shame

You have a right to ask:

- Why the touch, examination or procedure is needed and to have the process fully explained beforehand
- To have a female practitioner, if one is available
- What alternative options are available, i.e. a less invasive procedure such as an external instead of an internal ultrasound
- To have support person with you
- To slow, pause or stop the procedure if you feel confused, uncomfortable or distressed

Even when the long term effects are small or non-existent some women have been surprised and distressed by the feelings or memories that came up when they got pregnant, gave birth or mothered their child.

Women have described the following concerns or feelings. Some or all may be relevant to you. On the other hand none may be relevant for you right now but they might come up later. There is no way to predict exactly what might happen.

Whatever your experience, if you have been sexually abused as a child it may be worth talking about it to a midwife or doctor you trust so that you can get the right support.

Pregnancy to parenting - for survivors of child sexual abuse.

www.dvrcv.org.au/help-advice/mothers/pregnancy-parenting

Pregnancy

There are many aspects of pregnancy that can feel outside a women's control.

You may find that you have:

- Concerns about whether you might lose your pregnancy because your body has been damaged by the abuse.
- Worries about loss of control over your body during the pregnancy.
- Concerns about whether your unborn child is a boy or a girl.



You may not want to have a male doctor or midwife because a man was responsible for the childhood sexual abuse (or a woman if relevant).

Vaginal examinations may be uncomfortable and traumatic. To help you feel more comfortable and in control of your body, ask questions of your doctor or midwife, so that you know what is happening and why.

Labour and birth

You may find you experience:

- Fear of vaginal examinations
- Concerns that a doctor or midwife might notice you are damaged even if you don't have scars
- Fear about being touched without consent.
- Fear of loss of control

Research has shown that birthing is the most likely time for problems to occur. Some women have experienced extreme distress, flashbacks or a feeling of not being present (sometimes called dissociation).

Effects on parenting

You may find that you:

- Have difficulty bonding to your baby
- Are overly concerned about the safety of your baby now and for their future
- May not want to breastfeed as it is triggering
- May experience post natal depression

Criminal justice

Sexual abuse is a crime

Unfortunately, it is still the case that the vast majority of those committing sexual offences are never convicted in court, even if they are actually charged. However, there have been big steps forward in the way our legal systems deal with crimes of sexual abuse, and you have every right to pursue prosecution through the legal system.

Prosecuting those who commit sexual offences

It is very common for people who have suffered sexual abuse to delay reporting it to the police. Thankfully, the law in the UK recognises this, and child sexual abuse that happened in the past can still be reported to police and investigated even if it was many years ago. It's entirely your choice about whether to report sexual abuse to the police or not. The first step can be talking to a friend or counsellor who will not pressure you one way or another but will help you to think through in a realistic way the reasons for reporting or not reporting.

There are now specialist police who are trained to understand and be alert to how well you are coping with the process. In order to do their job, the police will ask you about details of your experience. Some of these could be the very details you have been trying your best not to think about for years.

Generally, giving a statement to police about sexual abuse is an exhausting and painful process. It is common to feel quite depressed or distressed afterwards. It's important to have realistic expectations about both the process and the eventual outcome, and to have a good support team in place.

Visit **www.suffolk.police.uk** for more information about reporting sexual crimes.

Compensation is available to victims in the UK via the Criminal Injuries Compensation Authority (CICA)

www.justice.gov.uk/about/criminalinjuries-compensation-authority

They can pay compensation regardless of a successful prosecution. The process, while potentially distressing, is relatively easy. However, you may wish to instruct a lawyer to support you in your application if you feel unconfident in arguing your case yourself. The Association of Child Abuse Lawyers (**www.childabuselawyers.com**) can advise you on specialist legal advice in Suffolk. It may also be possible to pursue 'civil' action to claim compensation from those offending, especially if the abuse happened in an institution such as a school, church or children's home; again, legal advice should be sought as any such action could impact on any CICA claim. While the amount of compensation will rarely feel like it comes close to being adequate, it can help with the cost of things like counselling, safety measures or other expenses related to recovering from sexual abuse.

In any legal matter, it is worth getting quality legal advice. In cases where lawyers offer to waive upfront fees, it is useful to keep an eye on legal costs being incurred and on how much will be deducted from any compensation obtained.

Revenge and injustice

When the abuser(s) do not face court or they are found not guilty in court, this can cause immense frustration and anger. It is completely legitimate to want those who commit sexual offences to be held to account, and to have the injustice of the abuse acknowledged by the courts (which hold a special position as a kind of 'representative' of society). When this doesn't happen, ideas of revenge and retribution can start to appear.

Women can feel pressure to take matters into their own hands and personally seek revenge from those who commit abuse. Revenge can get confused with justice and when this happens it rarely leads to a positive outcome. It may result in further abuse and violence, increased frustration, or, at the extreme, can result in you appearing before a court.

Confrontation

Some people may feel that they need to confront the person who committed the abuse, to have them acknowledge their actions and hear about the impacts. In our experience, this is only helpful when it has been carefully planned with professional support. The person who committed the abuse must be willing to acknowledge their crime and take some steps towards publicly accepting responsibility, such as making admissions to police and undergoing counselling.

If the person is not willing to admit their crimes or to respectfully hear the people who have experienced abuse speak, such confrontations have the potential to increase distress, anger and feelings of powerlessness.

'The best revenge is to live well'

It is important not to lose sight of the bigger purpose of these thoughts about justice, revenge and so on: to live a satisfying, fulfilling life. Try to focus on your own priorities and preferences for your life.



Celebrating life

It is worth noting that, despite the abuse you have experienced, and whatever problems it may have brought into your life, you are still here.

Not only are you still here, but you are doing things to build the life you want, instead of a life that is determined by your experiences of abuse.

Take time to acknowledge what you have achieved. What do you feel good about? What are you proud of?

It could be a relationship, parenting, success in work, or sports achievements.

It could be something you have done to help someone else.

It could be standing up against injustices, no matter how small or large.

It could be anything that reflects the life you want to build for yourself, based on your own values, beliefs and preferences.



Useful contacts

East Anglia Sexual Assault Referral Centres (SARC) / Independent Sexual Violence Advisor (ISVA services (for men and women):

Bedfordshire: www.emeraldcentre.org

Cambridgeshire: www.theelmssarc.org

Essex: www.oakwoodplace.org.uk

Hertfordshire: www.hertssarc.org

Norfolk: www.theharbourcentre.co.uk

Suffolk: www.theferns-suffolk.org.uk

Specialist services for UK female sexual violence survivors:

Rape Crisis (E&W)

www.rapecrisis.org.uk

Rape Crisis (Scotland)

www.rapecrisisscotland.org.uk

The National Association for People Abused in Childhood (NAPAC)

www.napac.org.uk

The Survivors Trust

www.thesurvivorstrust.org

Suffolk specialist sexual violence support for female survivors:

Survivors In Transition

www.survivorsintransition.co.uk

Suffolk Rape Crisis

www.srchelp.org.uk

Fresh Start New Beginnings (for under 18's)

www.fsnb.org.uk

Under 18's who haven't reported

www.tope.org.uk

UK specialist children's services:

Barnardos

www.barnardos.org.uk

NSPCC

www.nspcc.org.uk

Acknowledgements


This self-help guide is originally adapted from Living Well's Australian publication and then with kind collaboration with Survivors West Yorkshire.



It is regarded as one of the most accessible and most user-friendly in the world. It is also written using best practice research and lots of front-line experience working with male survivors, and we have adopted it accordingly for women.

For more information about Living Well and more useful material, see www.livingwell.org.au

Notes



When the Japanese mend broken objects they aggrandize the damage by filling the cracks with gold, because they believe that when something's suffered damage and has a history it becomes more beautiful."

Barbara Bloom



www.survivorsintransition.co.uk