



Allied in
Child Abuse Prevention
and
Recovery

Child Sexual Abuse

How would you feel ... ?

| How you can help

- if you had just been raped and you heard: *'She looked for it'*
- if when trying to recover from child sexual abuse and make changes in your life you heard: *'Just get over it'*.
- if when trying to establish a healthy relationship you were told: *'Oh, you have been sexually abused, you must be frigid'*
- if you were undergoing mental health treatment – whether anti-depressant, a stay at Bloomfield hospital to get over a crisis, or attending the local support group and you heard: *'She's mental'*.



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| How you can help

It is not helpful to hear:

*She
looked
for it*

*Just get
over it !*

*Are you
frigid?*

*She is
mental*





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| How you can help

Remember ...

No one deserves
to be raped
no matter what

We can't just get
over it.

It takes time to
recover from
trauma

No sexual pattern
it's a **MYTH**
Love and Trust will
heal the wounds

Like broken bones
broken heart will heal
given time and support

