

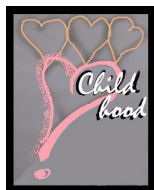
Allied in
Trauma
Prevention and
Healing

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

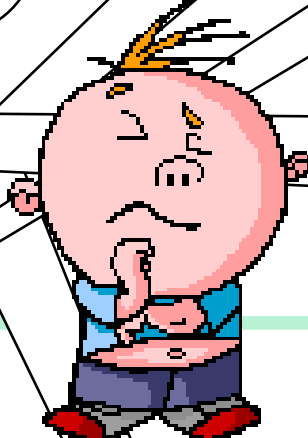
It is not helpful to hear:

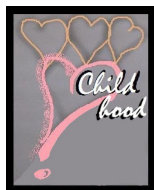
*She
looked
for it*

*Just get
over it !*

*Are you
frigid?*

*She is
mental*





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| How you can help

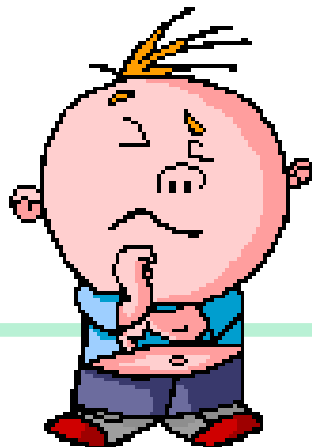
Remember ...

**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***