

How Sexual Abuse Can Affect Survivors and their Families

FEELINGS

- Confusion
- Fears
- Anxiety
- Depression
- Nightmares
- Sleeplessness
- Self- Blame
- Shame
- Guilt
- Feeling dirty
- Anger
- Hostility towards men /women
- Loss of: -
 - confidence
 - self respect
 - self esteem
 - trust in men
 - trust in women
 - childhood
- Problems with touch
- Sexual difficulties
- Sexual disinterest
- Sexually overactive
- Phobias
- Suicidal thoughts
- Dependency on others
- Victim mentality
- Emotionally 'cut off'
- Denial
- Lack of 'GO'

HEALTH

- Medication needed
- Injuries
- Gynaecological problems
- Injuries
- Long term disabilities
- Sterility
- Drug dependence
- Alcohol dependence
- Psychiatric admissions
- Self- inflicted wounds
- Weight gain
- Weight loss
- Eating disorders
- Memory loss
- Vaginal/anal problems

PRACTICAL

- Financial loss
- Schooling difficulties
- Career affected
- Job loss
- Restrictions on activities
- Relationship difficulties
- Broken relationship
- Affects all other relationships with family
- Have to move house
- Loss of virginity
- Feeling unsafe
- Unable to have children
- Pregnancy
- Blames victimised by community
- Blamed by others
- Further abusive relationships