



RASAC

Kirklees, Calderdale and Wakefield

Self Help Guide

Easy Read

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Introduction

This booklet is about **sexual abuse**.



Abuse is the word we use when someone hurts us or does bad things to us.

Different people can abuse us.

They can be:



People we know



People we have only just met

Sexual Abuse

Sexual abuse is when someone makes you do something **sexual** when you **do not** want them to or **do not** understand what is happening.

This could be:



Kissing you



Making you touch them
in a sexual way or
touching you in a sexual
way



Having sex with you when
you do not want to

Sexual Abuse



Taking photos of you without your clothes on



Making you look at pornography in magazines, films or the internet

Sexual Abuse can happen once or many times.

It can happen anywhere and by different people.

Sexual Abuse is always wrong.

It is never your fault.

Sexual Abuse

Sexual Abuse is **traumatic**.



When something **traumatic** happens it can make you feel very frightened and upset.

When something is **traumatic** it can make you feel, think and behave in different ways. This is normal.



This booklet will explain this and help give you ideas about how to feel better.

Feelings

If you have been abused you might feel:



Angry



Sad



Tired

Feelings



Confused



You want to
stay in bed



You don't
trust people



You can't relax
or concentrate

Feelings

You might feel scared of things like:



- Busy Places
- The Dark
- Other People
- Being Touched

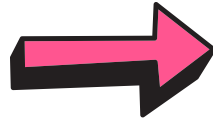


Your feelings can change. You might feel sad or scared and then okay. This is normal.

Feelings

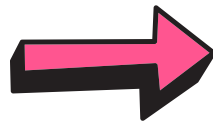
If you have been abused you might feel:

I'm bad



You are not bad

It's my fault



It's not your fault



If someone hurts you they have done something wrong. You have not.

Thoughts

If you have been abused you might think:



I don't like myself



It's my fault



I want to hurt myself

Thoughts



About death and dying



About scary things



Nobody will
understand or believe
me

It can be hard to make the thoughts go away.

Some of these thoughts and feelings can cause you to act differently. These are called behaviours.

Behaviours

These are some common behaviours:



Eating more or less
than usual



Self Harm - you might
want to hurt yourself

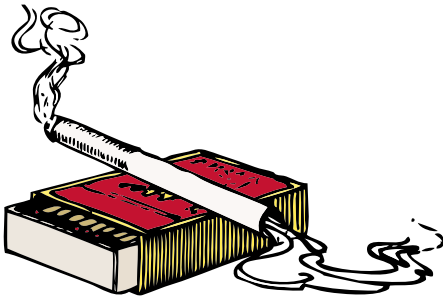


Difficulties sleeping or
having nightmares

Behaviours



Drinking more alcohol
than usual



Smoking more cigarettes
than usual



Living dangerously



Taking drugs

Behaviours



Not having sex or
wanting to be touched



Having lots of sex and
wanting to be touched



Pushing people you know
away



Not going out

Flashbacks

Lots of people who have been sexually abused have **flashbacks**.

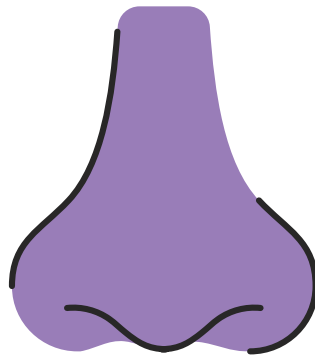
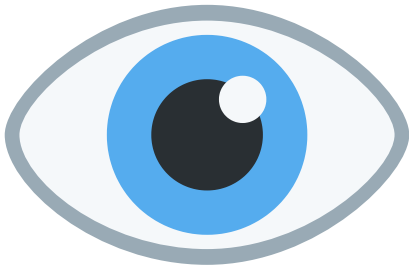


Flashbacks are like having a nightmare when you are awake.

Flashbacks can be really scary and it can feel like you are experiencing the abuse again.

Triggers

Flashbacks are caused by triggers.



Triggers are things that you might hear, see, feel, taste or smell that makes you think of a scary memory.

Grounding can help with flashbacks.

Grounding

Grounding can help if you have a scary memory.

It helps you to stop thinking about the past and focus on what is happening now.

It can be done anywhere. No one needs to know you are doing it.

The more often you practice the better it will work.



We will now give you some ideas on how to stop scary memories.

You will like some of these ideas better than others. That is okay. Choose the ones that works best for you.

Grounding



Take some slow breaths



Think of somewhere that
makes you feel safe



Think about someone you
care about



Make a list of things you like

Grounding



Hug something soft



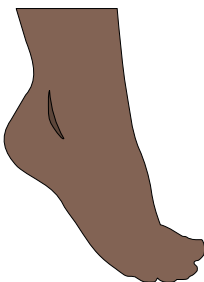
Listen to music



Tell yourself you are safe
now



Tell yourself what day and
time it is



Dig your heels into the floor

Looking after yourself

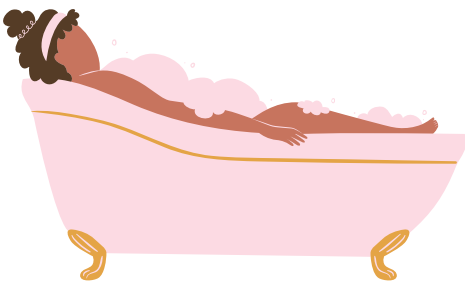
Lots of people feel unhappy after something bad has happened to them. Looking after yourself can help.

Treat yourself like you would treat a friend.

It can help to do nice things for yourself like:



Eat a good meal



Have a bath



Go outside in the fresh air

Looking after yourself



Exercise



Talk to a friend or family member



Laugh



Draw or paint

Getting Support



It can help to talk to someone about how you are feeling.

You can talk to someone when you are ready.

Talk to someone you trust.

You won't get in trouble for talking to someone.

You can talk to RASAC

We will believe you



We will support you



We will listen to you



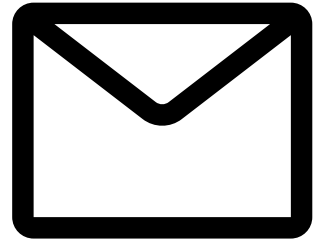
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