



Sexual Abuse is not our way...



Sexual Assault can affect someone in the following ways...

- ◇ **DENIAL** Do you tell yourself... “It only happened once.” “It wasn’t that bad.” “I am fine, I don’t need to tell anyone.” These are some forms of denial.
- ◇ **MINIMIZING** Do you convince yourself the abuse wasn’t as bad as someone else’s? This is one way survivors cope with the assault. You are right to feel upset, traumatized or hurt from it.
- ◇ **AMNESIA** Do you suffer from loss of memory? If abuse occurred before the survivor could speak it could be difficult to verbalize what happened.
- ◇ **DISSOCIATION** During a sexual incident did you feel as if you were “Floating up out of your body” or “looking over your own shoulder during the abuse” This can happen after an assault takes place.
- ◇ **COGNITIVE** Are you unable to block thoughts of the assault or forget entire parts of it? Do you relive the experience and wonder what you could have done different?
- ◇ **ISOLATION** Do you have thoughts that you don’t deserve support, have feeling of being tainted or that no one will want your love? Do you feel family/community will avoid you as a result of the reporting?

it's **NEVER** the survivors fault.

IF YOU ARE IN IMMEDIATE DANGER, CALL 911

Crime Victim Services
520-562-4106

Domestic Violence Shelter
520-562-2740



DV Crisis Line
855-203-5849

