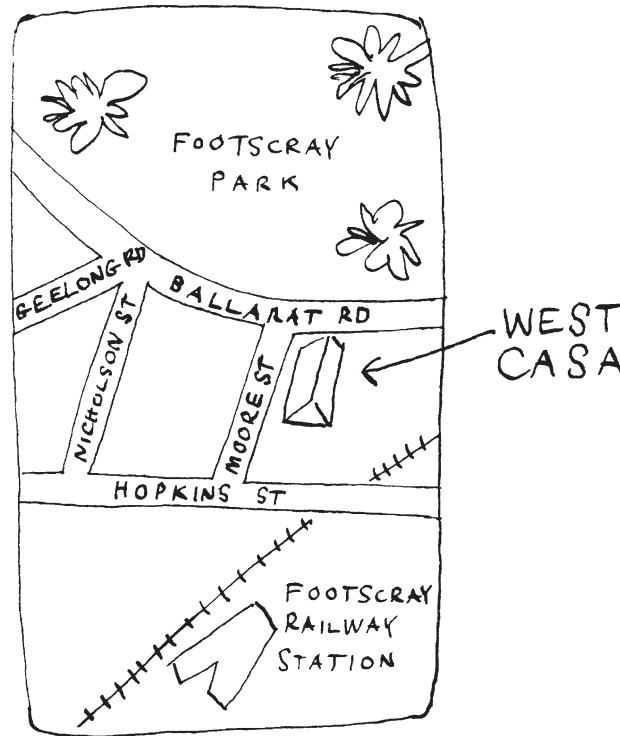


You may feel many things after sexual abuse.

There is no typical way to feel but sometimes it is helpful to know that you are not alone in what you feel.



For help, counselling and more information contact:

### WestCASA

53 Ballarat Road, Footscray  
(cnr Moore St and Ballarat Rd)

03 9687 5811

1800 806 292

[info@westcasa.org.au](mailto:info@westcasa.org.au)

[www.westcasa.org.au](http://www.westcasa.org.au)

Young people and feelings after sexual abuse  
sexual abuse is not your fault  
Young people and feelings after sexual abuse  
difficulty trusting others  
Young people and feelings after sexual abuse  
It is possible to get on with your life after sexual abuse  
Young people and feelings after sexual abuse  
Worry about what they might think and say  
You people and feelings after sexual abuse  
and feelings after sexual abuse  
sexual abuse is not your fault  
Young people and feelings after sexual abuse  
feeling bad  
Young people and feelings after sexual abuse  
The is no typical way to feel  
Young people and feelings after sexual abuse  
confusion  
and  
Young people and feelings after sexual abuse  
Want to block it out and forget it ever happened  
Young people and feelings after sexual abuse  
sexual abuse  
Young people and feelings after sexual abuse  
Have unpleasant dreams of sexual abuse  
Young people and feelings after sexual abuse  
feeling bad  
Young people and feelings after sexual abuse  
is not your fault  
Young people and feelings after sexual abuse  
difficulty trusting others  
Young people and feelings after sexual abuse  
It is possible to get on with your life  
Young people and feelings after sexual abuse  
Worry about what others may think and say  
Young people and feelings after sexual abuse  
sexual abuse is not your fault  
Young people and feelings after sexual abuse  
There is no typical way to think  
Young people and feelings after sexual abuse  
Want to block it out and forget it ever happened  
Young people and feelings after sexual abuse  
Young people and feelings after sexual abuse  
anger  
Young people and feelings after sexual abuse  
Young people and feelings after sexual abuse  
Have unpleasant dreams or nightmares  
Young people and feelings after sexual abuse  
feeling bad  
Young people and feelings after sexual abuse  
embarrassment  
Young people and feelings after sexual abuse  
difficulty trusting others  
Young people and feelings after sexual abuse  
Sexual abuse is not your fault  
Young people and feelings after sexual abuse  
difficulty trusting others  
Young people and feelings after sexual abuse  
Worry about what others may think and say  
Young people and feelings after sexual abuse  
Young people and feelings after sexual abuse  
after sexual abuse  
Want to block it out and forget it ever happened  
Young people and feelings after sexual abuse  
sexual abuse is not your fault

# Young people and feelings after sexual abuse...



# a lot of young people ...

worry about what others might think and say

worry about being believed

are upset over seeing the reactions of family members and friends

have difficulty sleeping

have difficulty concentrating on school work

have mood swings

have difficulty trusting others

have difficulty returning to a normal eating pattern

have unpleasant dreams or nightmares

want to block it out and forget it ever happened

see or hear things that lead to bad feelings

a lot of young people keep asking ...

Why me? Why didn't I scream? If only I said no!

other people may ...

be angry or upset and not support you the way you want

not believe you

**Remember  
sexual abuse is  
not your fault.**

**Make sure you have  
people around you  
who are on your side  
and care about you.  
It is not your fault if  
other people don't  
cope with this.**

**Keep doing the things  
that make you feel good.  
Work out what helps  
to keep you strong.**

**You will get through this.  
It is possible to get on  
with your life after  
sexual abuse.**

confusion

feeling dirty

disgust

anger

feel sick

feeling bad

embarrassment