Overview

- One third of sexual assault victims were under the age of 12.\textsuperscript{1}
- Lifetime prevalence of childhood sexual abuse in the U.S. is approximately 10% and also often occurs with physical and emotional neglect. \textsuperscript{\textit{ii}}
- Common coping strategies among those sexually abused are: anxiety, denial, self-hypnosis, dissociation, and self-mutilation; being the passive victim or conformist. \textsuperscript{\textit{iii}}
- “Sexual victimization…creates an overwhelming sense of powerlessness, worthlessness, and a felt inability to change or control one’s environment. It creates self-loathing…it facilitates internalized feelings of shame, not the guilt of feeling one has done something bad, but a more pervasive sense of being bad. It creates self-blame.” \textsuperscript{\textit{iv}}
- During the ages of 12-17, females have the highest incidence of both forcible and non-forcible sexual abuse. \textsuperscript{\textit{iii}}
- “Sexual abuse is associated with changes in the metabolism of serotonin: ’the impact of trauma on the brain’s stress response systems can make children more vulnerable to later stressful events and to the onset of pathology…and suicidality’” (p.158). \textsuperscript{\textit{v}}

Resources and Other Information

Rape, Abuse, & Incest National Network (RAINN) [www.rainn.org](http://www.rainn.org)
National Association of Adult Survivors of Child Abuse [www.naasca.org](http://www.naasca.org)
Pandora's Project [http://www.pandys.org/crisissupport.html](http://www.pandys.org/crisissupport.html)


If you or someone you know is suicidal, please contact a mental health professional or call 1-800-273-TALK (8255).