

CHILDHOOD SEXUAL ABUSE

**RAPE
CRISIS
SCOTLAND**

Rape Crisis Scotland

The **Rape Crisis Scotland Helpline** offers initial and crisis support and information on the phone and by email for anyone aged 13 or over who has been affected by sexual violence, no matter when or how it happened. Support is available on the helpline and by email.

It is **free and confidential**.

The **helpline** supports survivors of stalking and can also put you in touch with local Rape Crisis Centres or other services for ongoing support. There is a minicom for deaf or hard of hearing people and we can arrange for language interpreters if your first language is not English. RCS Helpline runs an LGBTI access service every Monday and Thursday from 7pm – midnight.

Contact Rape Crisis Scotland Helpline on

Telephone: 08088 01 03 02

(every day from 6pm to midnight)

Email: support@rapecrisisscotland.org.uk

Website: www.rapecrisisscotland.org.uk

What is Child Sexual Abuse?

Child sexual abuse is any form of sexual assault on a child under 16. This can take many forms including sexual intercourse, oral sex, masturbation, sexual touching, explicit sexual talk, showing pornography and prostituting young people.

No child deserves to be abused and no child is to blame for the abuse, the responsibility is always with the abuser.

The extent of Child Sexual Abuse

It is difficult to know exactly how many people have been sexually abused, as it is often hidden and secret, but it is far more common than most people realise. Figures from some studies have shown that 1 in 2 girls will experience some form of sexual abuse (from flashing to rape) by the time they are 18¹. 1 in 6 boys have experienced sexual abuse by the time they are 16².

It is important to remember that you are not alone.

¹ *An exploratory Study of the Prevalence of Sexual Abuse in a sample of 16-21 year olds*, 1991 Child Abuse Studies Unit, University of North London

² *Sexual Abuse in a national survey of adult men and women: Prevalence, characteristics and risk factors*, 1990 Child Abuse & Neglect, D Finkelhor, G Hotaling, I A Lewis & C Smith

Why children don't tell

Many young people are abused by people they know, trust and/or are their carers. Abusers often go to great lengths to ensure they have access to a child, that the child trusts them, and then when the abuse starts the child is kept silent. This process, often called grooming, can also apply to the whole family.

Children don't tell because:

- They may have been threatened with violence or further abuse either against themselves or others they care about
- They may think that no one will believe them
- They may think that it is their fault
- They may think that it is happening because they are bad or deserved it
- They may not understand what is happening to them or not have the words or means to tell anyone
- They may fear being taken away or having others in the family taken away
- They may like some positive aspects of the contact with the abuser and be fearful of losing this
- They may want to protect their family or even the abuser
- They may feel they will have to disclose personal information such as being LGBTI

Feelings of fear, isolation and confusion can make it difficult to know what to do or who to trust and for some these feelings stay well into adulthood.

No matter what the circumstances, no child is to blame for being sexually abused.

Possible effects of abuse

Everyone is different and no two people will be affected in the same way. Some common effects include:

- Finding it difficult to trust people and form positive close relationships
- Having low self esteem, self worth and confidence
- Having a range of powerful emotions including feeling sad, angry, ashamed, guilty, self blaming and suicidal
- Feeling anxious, unsafe and panicky
- Experiencing flashbacks, nightmares and unwanted thoughts of the abuse
- Having difficulty sleeping
- Feeling different, dirty or not deserving of good things or happiness in life

These effects can impact on your sense of self, your relationships with others and your daily routines. There

are useful techniques that can be helpful in dealing with some of these effects, such as flashbacks and panic attacks. Speak to someone on our helpline or look on our website for further information.

Often the messages you may have been given as a child can stay with you. You may have been told negative things repeatedly until you started to believe them. It can take time to change these thoughts about yourself, but you can do it.

It is important to remember that you have survived this far, and that to get here has taken courage and strength. Survivors can and do go on to heal. At times this may feel far away, but it is possible and you are worth it. You deserve to have a life free from abuse, and to feel good about yourself.

Coping and feeling safe

We all cope with our feelings, thoughts and memories in different ways. Some of these can be helpful and others can cause further problems in our lives. Some common ways of coping include:

- Talking to people
- Writing a diary, letters or poetry

- Using drugs or alcohol
- Self harming
- Withdrawing from others
- Eating difficulties
- Cleaning

What do you do to cope with your feelings? Are there coping strategies you find helpful? Why not make a list of everything you do that helps? It could be watching TV, listening to music, having a bath or going for a walk... whatever works to keep you safe.

There may be times when you don't feel safe, when you are struggling to cope with different aspects of life and your thoughts may turn to suicide. It is important if this happens that you get the support you need. Your safety and well being is very important. When you feel like this it can be helpful to make a safety plan including your safe ways of coping and the supports that are there for you. Let someone else know how you are feeling. For more information on coping and self help tips, please see the Help and Information section on the RCS website
www.rapecrisisscotland.org.uk

Supports

We all need supports. People we can talk to and trust where we feel valued and listened to. It is important that the people in our life treat us with respect. If you are in a situation where you are still unsafe it will be difficult to do any healing about what has happened.

If you are a young person who is living with sexual abuse it is important to know, no matter what you have been told, that you have a right to be safe and that you are not to blame for what is happening.

If you are under 13 years old and looking for support or information contact Childline on 0800 1111 or www.childline.org.uk

Many survivors of sexual abuse find talking to someone a useful part of the healing process. There are a range of supports which you may find helpful, some offer face to face support, others by letter or phone. It is important you know that there are people who will listen to you, support and believe you.

Local Rape Crisis Centres

**Aberdeen Rape & Abuse
Support:** 01224 591 342

**Argyll & Bute Rape Crisis
Centre:** 0800 121 46 85

Dumfries & Galloway:
01387 253 113 (Dumfries)
01776 889 331 (Stranrear)

**Dundee Women's Rape &
Sexual Abuse Centre:**
01382 201 291

**Edinburgh Rape Crisis
Centre:** 0131 556 9437

**Fife Rape & Sexual Abuse
Centre:** 01592 642 336

**Glasgow Rape Crisis
Centre:** 08088 00 00 14

**East Ayrshire Rape
Counselling & Resource
Centre:** 01563 541 769

**Lanarkshire Rape Crisis
Centre:** 01698 527 003

**Perth Women's Rape &
Sexual Abuse Centre Perth
& Kinross:**
01738 630 965

**Rape & Sexual Abuse
Service Highland:**
03330 066 909

**Scottish Borders Rape
Crisis Centre:**
01896 661 070

**Western Isles Rape Crisis
Centre:** 01851 709 965

Resources

RCS Helpline has a range of support resources that you may find helpful, they are available in print from the RCS Helpline or on our website under the help and information section at www.rapecrisisscotland.org.uk

- Anger
- Coping after sexual violence
- Dissociation
- Flashbacks
- Healing from sexual violence
- Nightmares and sleeping problems
- Panic attacks
- Relationships
- Self-harm
- Sexual health
- Suicidal thoughts / feelings
- Trauma

This leaflet is for survivors aged 13+ and adult survivors of childhood sexual abuse. If you are under the age of 13 years old and have been affected by sexual abuse please contact **Childline on 0800 1111** or visit their website www.childline.org.uk

Other Helpful Contacts

There are many people who want to help. You can phone / email the RCS Helpline for support and information. We can tell you about services in your area including health, police, procurator fiscal services etc. and help to put you in touch with them.



Scottish Women's Rights Centre

Free legal information and advice for women survivors of gender based violence.

Weekly helpline available across Scotland on Wednesday's 1.30 – 4.30pm,

Tel: 08088 010 789

Local legal surgeries available in:

Glasgow Rape Crisis

Mon's 10am – 1pm, **Tel: 0141 552 3201**

Lanarkshire Rape Crisis

Thurs 10am – 1pm, **Tel: 01698 527 006**

If you or someone you know has been affected by any form of sexual violence, no matter when it happened, contact the Rape Crisis Scotland Helpline on **08088 01 03 02** or by email at **support@rapecrisisscotland.org.uk**

Trained female support workers offer free and confidential support and information, and can let you know about support in your area.

Minicom 0141 332 2168

For deaf access services, please see **www.rapecrisisscotland.org.uk**



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