

#IJUSTFROZE

I  
JUST  
FROZE

[www.rapecrisisscotland.org.uk](http://www.rapecrisisscotland.org.uk)

Survivors of rape often say they just froze.  
They couldn't move, or cry out.

It's a normal response to trauma.

**RAPE  
CRISIS  
SCOTLAND**

  
The Scottish  
Government  
Riaghaltas na h-Alba

Produced by  
**media  
co-op**