



WOMEN'S RAPE AND SEXUAL ABUSE CENTRE

A free and confidential service

Information for adult survivors of child sexual abuse

How to contact us...

P.O. Box 83, Dundee, DD1 4YZ

Helpline : (01382) 201291

Mondays 12pm-2pm, Tuesdays 10am-12pm

Thursday 2pm-4pm, Wednesday and Friday 7pm - 9pm

Answering machine at all other times

Business Line : (01382) 205556

email : wrasac@btconnect.com

THE EXTENT OF CHILD SEXUAL ABUSE.

It is estimated that 1 in 2 girls and 1 in 4 boys are sexually abused.

In more than three quarters of cases, an adult the child knows and trusts commits the abuse. The vast majority of abusers are men but women are also capable of sexual abuse.

Child Sexual Abuse is any type of sexual assault on a child under 16. Sexual abuse takes many forms: explicit sexual talk; showing pornography; sexual touching; lack of privacy to bath or undress; masturbation; or sexual intercourse.

WHY DO CHILDREN STAY SILENT?

Children may not speak out for many reasons:

- They may have been threatened with further abuse and violence if they tell.
- They may fear / feel that no one would believe them.
- They may feel entirely to blame for the abuse.
- They may not be able to describe or understand what has happened to them.
- They may want to protect the family or even the abuser.

Children are powerless to stop abuse.

You cannot be responsible for consenting to an act you didn't understand or which you were forced into or had no choice about.

THE ABUSER IS ALWAYS TO BLAME FOR THE ABUSE

We recognise however that some children are made or forced to abuse other children as part of their abuse. These children often have no choice, e.g. if you don't do this, you will be killed. These children are not to blame.

No matter how long ago you were abused, your feelings about what happened to you are important. You have the right to be listened to, no matter what you want to say. Through speaking about your abuse you may well be able to overcome any difficulties that you experience as an adult.

SOME POSSIBLE EFFECTS OF SEXUAL ABUSE...

- A loss of self-confidence, self esteem, self respect.
- Feeling dirty, ashamed, suicidal, guilty, angry, sad, confused or to blame.
- Being unable to trust people.
- Experiencing flashbacks of what happened.

SURVIVORS MAY COPE WITH PAST ABUSE BY..

- Self-harm/self-injury e.g. cutting, scratching, burning.
- Forgetting or minimalising the abuse e.g. with alcohol and/or drug use.
- Breaking ties with, or confronting, the abuser.
- Speaking about it and receiving support. Writing about the abuse.

WHO CAN I SPEAK TO?

A lot of survivors feel the need to speak to someone about the effects child sexual abuse has had on their lives. Your feelings are as individual as you are - no two survivors will feel exactly the same. Talking to someone can help the healing process.

The Centre offers telephone, letter and one-to-one support, for survivors of Rape, Child Sexual Abuse and any other form of sexual abuse. The Centre can be contacted via our Helpline (opening times on front of this leaflet). There is a 24 Hour answering machine, if you leave a message with your name and contact number we would get back to you discreetly and as soon as possible. One-to-one support can be arranged at a time suitable for you and your support worker/s.

We provide support groups for survivors. This can help reduce the isolation so often felt by survivors and provides a safe setting to meet people who have had similar experiences.

The service we offer is run by women for women, and is free and confidential. We can reimburse reasonable costs for traveling and childcare. Signers and translators are available on request.

USEFUL CONTACT NUMBERS

Dundee Women's Aid	(01382) 202525
Samaritans	(08457) 909090
Genito-Urinary Clinic	(01382) 425542
Police (Family Protection Unit)	(01382) 665117

LEAFLETS AVAILABLE

Sexual harassment at work.
Information about the police and court.
Information for friends and family of survivors.
Information for survivors of rape or sexual assault.
Information for adult survivors of child sexual abuse.
Information for women who would like to volunteer.
Information for workers.
Information on ritual abuse for survivors and supporters.
Survivors and flashbacks.
Survivors self-harm – self-injury.
Useful contacts.
W.R.S.A.C service information.