

# Supporting Sexual Abuse Survivors: Resources for Youth Victims

The impacts of sexual abuse among youth can be detrimental to their mental health and result in long-lasting effects. Victims of abuse are more likely to experience mental health concerns than non-victims.

**4 times more likely to experience PTSD as adults**

**3 times more likely to experience a major depressive episode as an adult**

**4 times more likely to misuse substances**

**66%** of all victims of sexual abuse under 18, 66% are between the ages of 12-17.

**82%** of all victims under 18 are female.

**93%** among cases of sexual abuse reported to law enforcement, 93% of perpetrators are known to the victim.

## What to Say When Someone Discloses an Instance of Harm

**I believe you. Thank you for sharing your story with me. That must have taken a lot of courage.**

Survivors may experience difficulty when coming forward to share their story. They may have feelings of embarrassment, so acknowledging their strengths in telling their story and letting them know you believe them can alleviate any burden they may be feeling.

**This is not your fault. You didn't do anything to deserve this.**

Survivors often times blame themselves for the incident. Telling them that it isn't their fault gives the survivor reassurance that they are not to blame.

**You're not alone. I am here for you.**

Letting the survivor know that they have a support system can lift a heavy weight off of their shoulders. Telling them that they don't have to go through this process alone can help them heal.

### Remember to maintain privacy

The survivor's story is only theirs to tell.

### Empower their reporting decisions

Whether or not the survivor decides to report their story to law enforcement.

### Avoid judgement

Everybody responds to trauma and grieves in their own ways.

## Resources

Sexual Assault Support Services of Lane County: 844-404-7700

Rape and Sexual Assault Hotline: 800-656-4673

National Domestic Violence Hotline: 800-799-7233

**SIMPLE**

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