





**What young people  
need when they  
have been sexually  
assaulted**

***em.***

## What young people need when they have been sexually assaulted....

- You don't need to have a solution for it. There is no "right way" through this, but with your support we will find our own way.
- Ask us what support we need, so that we can feel as safe, protected and supported as possible. Be open to learning what we need to feel like this. 
- Respect what we say as it helps us to heal when we feel respected and have control over ourselves and our journey. This includes who knows and how they find out.
- Remind us that it wasn't our fault, because it never is. It is always the fault of the person who did this to us, so let us decide how we will interact with that person. It is not our shame, but theirs.
- Don't ask us the detail of what happened – that can feel like you are blaming us, or making us relive the details which is not good for us. 

- But let us talk about it if we want to that helps us heal.



- You might feel bad about this – you can show us some sadness, but don't blame yourself in front of us or make us go into family therapy with you. That can make us feel like we need to take care of you instead of you taking care of



us. Talk about your worries and feelings with those who support you, or call HELP on 0800 6231700 to talk with someone who understands.

- Let go of your ideas about how you want this to be – this experience will change us so things won't go back to how they were. Instead of holding onto the “old us” focus on being comfortable with creating a new normal. There needs to be an acceptance towards the fact that we cannot be the exact same people that we were before the experience, so the way we will want to be or live may also have changed.

From the Dear Em team



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