

SOME FEELINGS THAT YOUNG WOMEN EXPERIENCE AFTER SEXUAL ASSAULT

- Heart Races
- Can't Concentrate
- Tense
- Crying
- Flashbacks
- No Appetite
- Nightmares
- Sick in Stomach
- Weakness, Collapse
- Self Hate
- Alcohol & Drug Use
- Eat, Eat, Eat
- Dazed
- Stressed
- Jumpy
- Sleepy & Tired
- Feel 'Dirty'
- Upside Down Inside
- Emotional Rollercoaster
- Baggy Clothes – hide my body
- Triggers Everywhere
- Body Shaking
- Empty Feeling Inside
- Exhausted
- Hurting Myself
- Dermatitis
- Pregnancy
- Physical Pain, Vomiting
- No Energy



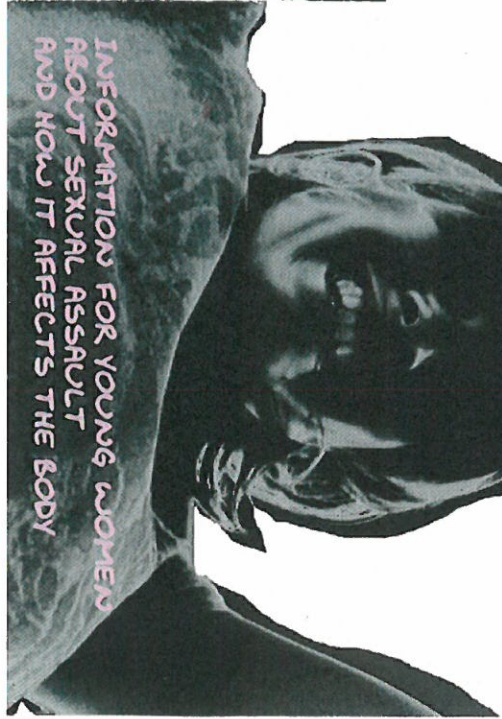
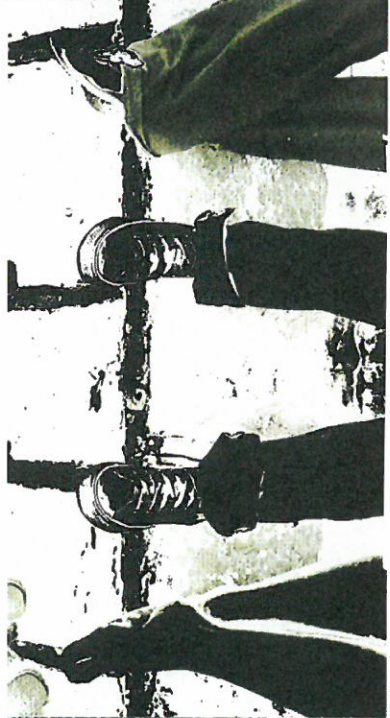
WHERE TO GO FOR



Talk to a parent, school counsellor, family member, school nurse, trusted adult or your local CASA.



CASA  
 Barwon Centre Against Sexual Assault  
 Wimmera Counselling Services  
 Ph: 03 53811 211  
 24 Hour Sexual Assault Line  
 1800 806 292  
 www.barwoncasa.org.

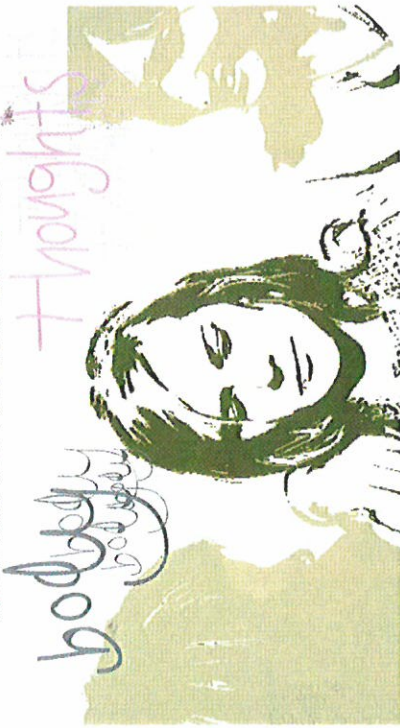


INFORMATION FOR YOUNG WOMEN ABOUT SEXUAL ASSAULT AND HOW IT AFFECTS THE BODY



## SEXUAL ASSAULT

CAN AFFECT YOUNG WOMEN IN DIFFERENT WAYS.  
YOU MIGHT NOTICE CHANGES IN YOUR...



**THERE IS NO  
RIGHT OR WRONG  
WAY TO FEEL**

This pamphlet will focus on the 'BODY' and the physical effects of sexual assault. Young women who have survived sexual assault share some ideas that might help.

Young women who have experienced sexual assault talk about having both physical and emotional reactions.

SOME THINGS THAT MIGHT HELP  
YOU FEEL BETTER IN YOUR...

*body*  
*body*  
*body*

Talking with people you trust

Playing music

Doing physical 'stuff'

Drawing

Walking... Swimming... Dancing

Writing a journal

Playing sport

Yoga

Joining in group activities

Looking after yourself

Eating healthy foods

Staying in touch with friends

Trying new sports you didn't think you could do

Writing songs

Having more fun

SEXUAL ASSAULT SURVIVORS  
MOVE ON WITH THEIR LIVES

*Thoughts*

“What young women say after they have talked to someone and got help:

“It's not just me this has happened to”

“I can trust people”

“I don't put myself down anymore”

“Take it one day at a time”

“I will not be so hard on myself”

“I'm stronger than I thought”

“I can build confidence easily”

“I have more self esteem”

“I have a high tolerance level”

“Be yourself and no one else”

“I'm happier than I was”

Take one day at a time,  
some days are better than others.”

