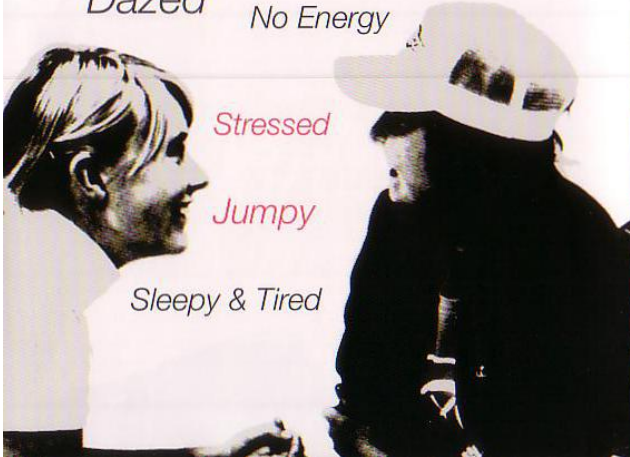


SOME FEELINGS THAT YOUNG WOMEN EXPERIENCE AFTER SEXUAL ASSAULT

feelings

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



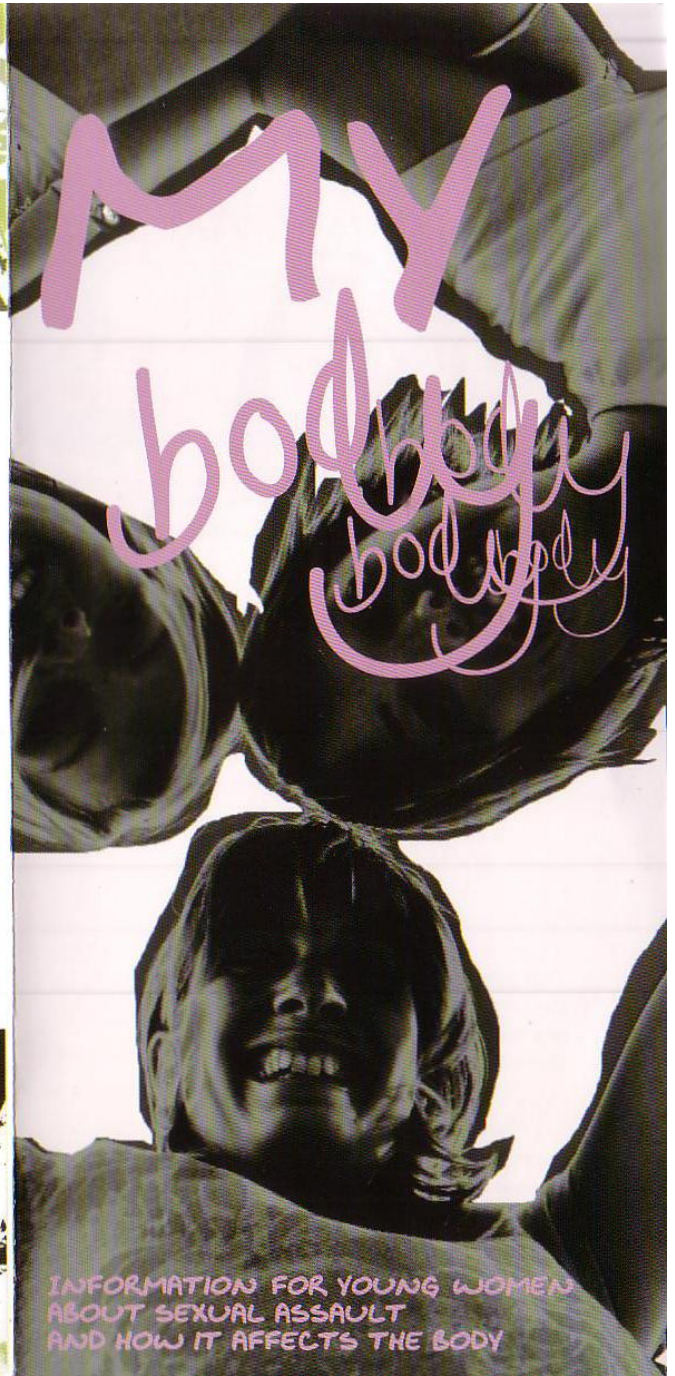
WHERE TO GO FOR

HELP

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



CASA
Barwon Centre Against Sexual Assault
Ph: 5222 4318
Youth Outreach: 5222 3290
After Hours Crisis Line: 1800 806 292
www.barwoncasa.org



MY body body body

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

Graphic design artwork produced by Gordon Institute of TAFE, Graphic Arts Students, Rochelle Eakin and Holly Hancox.

SEXUAL ASSAULT

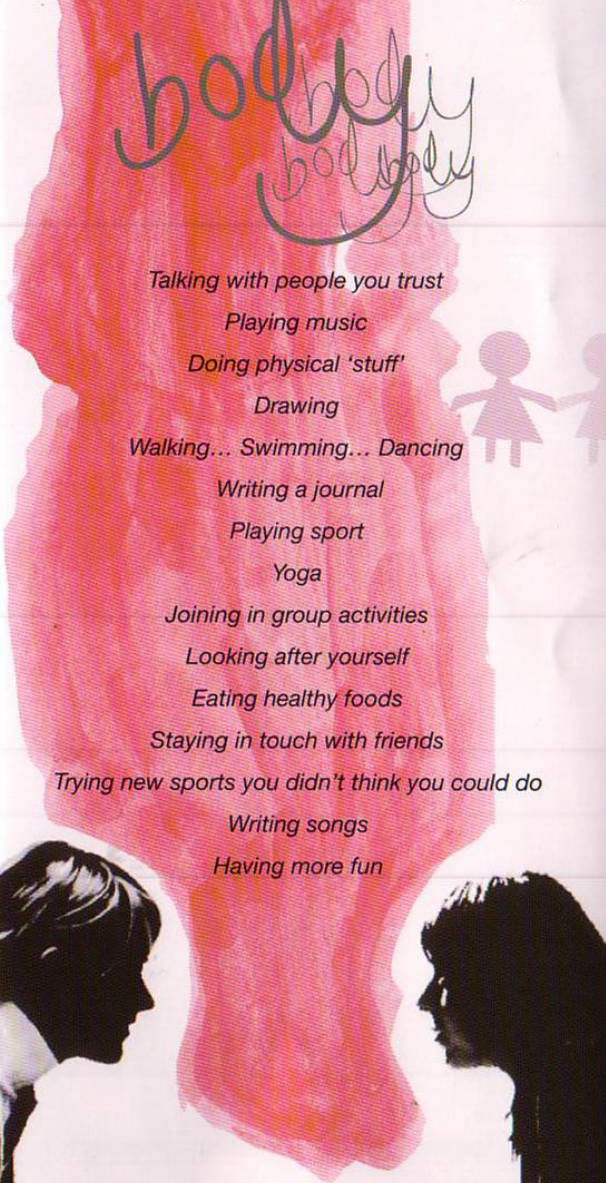
CAN AFFECT YOUNG WOMEN IN DIFFERENT WAYS. YOU MIGHT NOTICE CHANGES IN YOUR...



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.

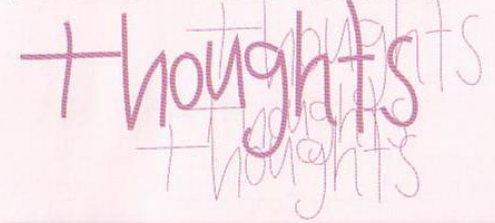
Young women who have experienced sexual assault talk about having both physical and emotional reactions.

SOMETHINGS THAT MIGHT HELP YOU FEEL BETTER IN YOUR...



- 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



“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.”

