

Playing it S.A.F.E.



Negative Effects of Sexual Violence on the Survivor

Short-term effects – Feelings of shock, disbelief, confusion, shame, withdrawal, flashbacks, emotional numbness, intense fear of the perpetrator, and negative shifts in belief systems.

Long-term effects – PTSD, depression, substance abuse eating/sleeping disorders, suicide attempts, and unsafe sexual behaviors.

You Are NOT Alone!



The Impacts Interpersonal and Sexual Violence have on Sexual Health

Sexual Harassment: Comments, gestures, actions, or attention focusing on things like a person's appearance, sexual orientation, or sexual activity.

Sexual Assault: Any type of unwanted sexual contact. Sexual assault includes any contact with your body that is unwanted, not consensual or forced on someone.

Domestic Violence: Violence or threats of violence towards a romantic partner or a household member. The threat can involve physical violence, sexual assault, or the threat of either one.

What Can You Do?

- Realize what happened was NOT YOUR FAULT!
- Tell a grownup you trust what happened and keep telling different grownups until someone helps you.
- Talk to a counselor who can help you deal with your feelings and prevent negative consequences.

WWW.SEMONASV.ORG
573.332.1900