



LATINOS EN VIRGINIA
CENTRO DE EMPODERAMIENTO

SURVIVING SEXUAL ABUSE ON THE JOURNEY TO A NEW LIFE

WHAT HAPPENED DOES NOT DEFINE YOUR FUTURE

DID YOU EXPERIENCE THIS WHILE TRYING TO CROSS THE BORDER?

- You were forced to have sexual contact to continue your journey to a new life.
- They threatened to leave you in the desert or hand you over to the authorities if you didn't comply.
- A trafficker, a stranger, or even someone the one you trusted betrayed you.
- You witnessed abuse of others, and you still feel fear or guilt.
- You feel shame, anger, or confusion about what they did to you.
- You don't know if you can talk about what happened, or who to talk to.
- You didn't seek help because you fear your immigration status puts you in danger.

If any of this resonates with you, we want you to know: What happened wasn't your fault. No matter your immigration status, you deserve help, support, and justice.

SEXUAL ABUSE ON THE MIGRATION JOURNEY

- Many border crossers experience sexual violence at the hands of traffickers, corrupt authorities, fellow travelers, or strangers. This type of abuse can include:
- Unwanted touching, rape, exploitation or coercion.
- Threats of physical violence or abandonment if you do not agree.
- Being forced to perform sexual acts in exchange of protection or food.
- It's common for victims to feel shame, fear, or guilt, but the perpetrator is the only one responsible. What you experienced doesn't make you any less brave.

BILINGUAL HOTLINE
FOR VICTIMS OF VIOLENCE

(888) 969-1825

24 HOURS A DAY | ALL OUR SERVICES ARE FREE AND CONFIDENTIAL

HOW CAN IT AFFECT YOU?

Sexual abuse during migration can leave deep wounds, even if it happened a long time ago.

Some consequences may be:

- Constant fear or panic attacks.
- Nightmares or involuntary memories of what happened.
- Difficulty trusting other people.
- Feelings of shame or guilt, even though you didn't do anything wrong.
- Problems with intimacy or personal relationships.
- Depression, anxiety, or thoughts of self-harm.

What you experienced doesn't have to define your life. With help and support, healing is possible.

YOUR IMMIGRATION STATUS DOESN'T MATTER, YOU CAN RECEIVE HELP

At Latinos in Virginia Empowerment Center, we understand the impact of trauma and offer free, safe, and confidential support to people who have experienced sexual abuse, regardless of their immigration status.

OUR SERVICES INCLUDE:



- 24/7 Bilingual Hotline



- Hospital accompaniment for medical care



- Emotional support and counseling



- Accompaniment if you decide to seek justice



- Connection with support groups



- Culturally sensitive services in your language

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