



LATINOS EN VIRGINIA  
CENTRO DE EMPODERAMIENTO

# **SURVIVING SEXUAL ABUSE DURING CHILDHOOD:**

## **HEALING YOUR STORY, RECOVERING YOUR LIFE**

### **HAVE YOU EVER FELT THIS WAY?**

- You feel anxiety or depression for no apparent reason.
- You avoid certain places, people, or situations without knowing exactly why.
- You struggle with intimacy or personal relationships.
- You have confusing or fragmented memories of your childhood.
- You have a hard time trusting others or yourself.
- Have you felt guilt or shame about something that happened to you when you were a child?
- You feel like no one would understand what you've been through.

If any of this resonates with you, you're not alone. There are reasons for what you feel and what you've experienced. Childhood sexual abuse leaves its mark, but healing is possible.

### **CHILD SEXUAL ABUSE WASN'T YOUR FAULT**

Child sexual abuse is any unwanted sexual contact, exposure, or manipulation of a minor by an adult or older person. It may have been committed by a relative, family friend, teacher, religious leader, neighbor, or anyone in a position of power.

The abuse may have occurred once or repeatedly. No matter how it happened, it wasn't your fault. Responsibility always falls on the aggressor.

**BILINGUAL HOTLINE FOR  
VICTIMS OF VIOLENCE**

**(888) 969-1825**

**24 HOURS A DAY 7 DAYS A WEEK | ALL OUR SERVICES ARE FREE AND CONFIDENTIAL**

## HOW DOES IT AFFECT ADULT LIFE?

The impact of child abuse can manifest itself in many ways in adulthood, including:

- Difficulties in establishing healthy relationships.
- Fear of intimacy or emotional disconnection.
- Anxiety, depression, panic attacks or insomnia.
- Constant feeling of emptiness, guilt, or shame.
- Use of substances to cope with pain.
- Flashbacks or involuntary memories of the experience.
- Each person reacts differently, but there is one thing in common: it is possible to heal and regain control of your life.

## WE ARE HERE TO HELP YOU

At Latinos in Virginia Empowerment Center, we understand the impact of child sexual abuse and are here to support you safely, confidentially, and free of charge.

## OUR SERVICES INCLUDE:



- 24/7 Bilingual Hotline



- Resources for healing trauma



- Emotional support and guidance



- Support in the process of seeking justice (if you decide to do so)



- Connection with support groups



- Culturally sensitive services in your language

### THIS PROJECT IS SPONSORED BY:

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