

RESOURCE SHARING PROJECT: #2

As you know, I have many professionals, pastors, teachers, professors, and leaders come to me asking questions about how to help in specific issues regarding domestic violence and sexual assault.

When it is appropriate to share, I am creating the "Resource Sharing Project" where I give ALL those whom I consult with answers to ONE particular consult question.

I hope you find this helpful!

Question: "Do you have a couple of go-to resources for friends and support people of adult survivors of sexual abuse? Like on how to support someone who is discovering or dealing with the effects of childhood sexual abuse now that they are adults."

Answer: "I'm not quite as knowledgeable in the area of childhood sexual assault. My expertise lies more in the adult realm, those who are assaulted in adulthood. So, my recommendations will tend to be based around this (although there is some crossover).

1. The best national resource is RAINN. <https://www.rainn.org/about-national-sexual-assault-telephone-hotline>

This includes:

- a. Types of Sexual Violence: <https://www.rainn.org/types-sexual-violence>
- b. Specifics on child sexual abuse here: <https://www.rainn.org/articles/child-sexual-abuse>
- c. What to expect in the effects of sexual violence: <https://www.rainn.org/effects-sexual-violence>
- d. Learning the laws around sexual assault in your state: <https://apps.rainn.org/policy/>
- e. Tips for talking to a survivor of sexual assault: <https://rainn.org/articles/tips-talking-survivors-sexual-assault>
- f. Safety Planning around Sexual Assault: <https://rainn.org/articles/safety-planning>
- g. How to help a survivor: <https://rainn.org/articles/help-someone-you-care-about>

2. The organization doing the most work in our nation around sexual assault outside of 24-hour care is NSVRC (The National Sexual Violence Resource Center).
<https://www.nsvrc.org/>

This includes:

- a. Directory of national organizations focusing on sexual assault;
https://www.nsvrc.org/organizations?field_organizations_target_id=8&field_states_territories_target_id=All
- b. About Sexual Assault: <https://www.nsvrc.org/about-sexual-assault>
- c. Practical ideas, healing after sexual assault: <https://www.nsvrc.org/what-you-can-do>
- d. Friends and Family resource page: <https://www.nsvrc.org/friends-family> (includes, what to do, what to say, safety, prevention, and more).
- e. And most importantly, they have a huge, massive library of resources here:
<http://n80002.eos-intl.net/N80002/OPAC1/Index.aspx>

