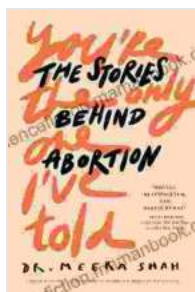


You're the Only One I've Told: Confessions of a Teenage Sex Abuse Survivor

I finally told my mother about it when I was 18 years old, but she didn't believe me. I was devastated. I felt like I had no one to turn to. I finally told my therapist about it when I was 22 years old. She was the first person who believed me, and she helped me to start healing from the trauma of sexual abuse.

Sexual abuse is a serious problem that can have lasting effects on survivors. It's important to remember that you're not alone, and that there are people who care about you and want to help. If you've been sexually abused, please don't hesitate to reach out for help. There are many resources available to help you heal from the trauma of sexual abuse.

Here are some tips for coping with the aftermath of sexual abuse:



You're the Only One I've Told: The Stories Behind

Abortion by Meera Shah

★★★★☆ 4.7 out of 5

Language	: English
File size	: 1833 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 308 pages
Lending	: Enabled
Screen Reader	: Supported

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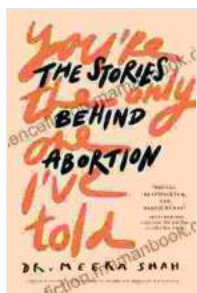


- **Talk to someone you trust about what happened.** This could be a friend, family member, therapist, or other trusted individual. Talking about your experience can help you to process what happened and to start healing.
- **Get professional help.** A therapist can help you to understand the impact of sexual abuse on your life and to develop coping mechanisms. Therapy can also help you to heal from the trauma of sexual abuse.
- **Join a support group.** Support groups can provide you with a safe and supportive environment where you can connect with other survivors of sexual abuse. Sharing your experiences with others who have been through similar situations can help you to feel less alone.
- **Take care of yourself.** Eat healthy, get regular exercise, and get enough sleep. Taking care of yourself physically can help you to cope with the emotional and psychological effects of sexual abuse.
- **Don't blame yourself.** It's important to remember that sexual abuse is not your fault. You did not ask for it, and you did not deserve it. Blaming yourself for what happened will only make it harder to heal.
- **Be patient with yourself.** Healing from sexual abuse takes time. Be patient with yourself and allow yourself to heal at your own pace.

If you've been sexually abused, please know that you're not alone. There are people who care about you and want to help. Please don't hesitate to reach out for help.

- The National Sexual Assault Hotline: 1-800-656-HOPE

- Childhelp USA: 1-800-422-4453
- The Rape, Abuse & Incest National Network (RAINN): 1-800-656-HOPE You can also get help online at RAINN's website:
<https://www.rainn.org>



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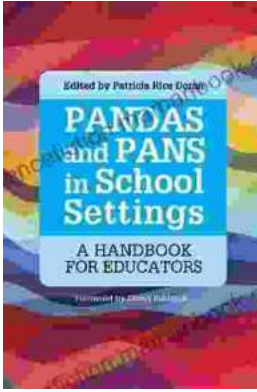
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