

Supporting a Child After Sexual Abuse

Key steps to navigate the path to recovery together

Begin with empathy and validation

- "I'm proud of you for telling me."
- "It took courage to share your experience."

Stay calm and composed

- Manage your own emotions to be more present for your child.

Be curious and listen attentively

- Allow your child to share their story in their own words.
- Observe their emotions and stay present with their feelings.

Offer reassurance and support

- "What happened to you is not your fault."
- "I'm here to keep you safe and help you through this."

Take action to ensure that this does not happen again

- Prevent contact with an offending adult or older child/teen
- Prevent unsupervised contact with an offending peer

Seek professional help

- Reach out to a therapist or support group.
- Consider involving authorities and accessing voluntary services if necessary.

Keep the conversation open

- Check in regularly without overwhelming them.
- Create a safe space for ongoing discussion and healing.

"What is mentionable is manageable."

- Mr. Rogers

