

Devon Rape Crisis & Sexual Abuse Services

Easy Read Self Help Guide



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Introduction

This booklet is for survivors
of sexual abuse.

This booklet says about how people who
have been abused might be feeling.

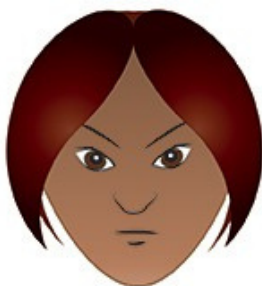
This booklet will give you ideas
about how to feel better.



Feelings

If you have been abused you might feel:

Angry



Sad



Tired



Feelings

If you have been abused you might feel:

I'm bad → You are not bad

It's my fault → It is not your fault



If someone hurts you **they** have done something wrong

Feelings

If you have been abused you might feel:

You want to
stay in bed



You might sometimes
feel sad and
sometimes feel ok



Confused



Feelings



- If you have been abused you might feel like you don't trust people.
- If you have been abused you might feel scared of being touched.
- If you have been abused you might feel scared even when you are safe.
- If you have been abused you might feel scared of busy places.

Thoughts



Nightmares

A scary dream. You might have nightmares about what happened to you.

Flashbacks

Flashbacks are like having a nightmare when you are awake.



Thoughts

Memories

You might keep remembering scary things. It can be hard to make the thoughts go away.



Self harm

You might want to hurt yourself.



Triggers



You might hear, see, feel or smell something that makes you think of a scary memory. This is called a trigger.

Triggers can make you have bad dreams or flashbacks.

How to stop scary thoughts

Hug something soft



Listen to music



Tell yourself what day
and time it is



How to stop scary thoughts

Think of something nice
before you go to bed



Take some slow breaths



Think about someone
you care about

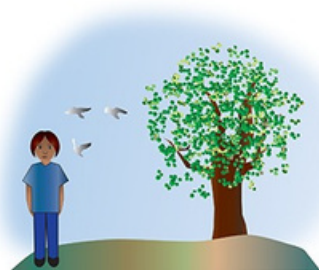


How to stop scary thoughts

Make a list of things
you like



Go outside in the
fresh air



Think of somewhere
that makes you
feel safe



You can use this space to make a
list of things you like.

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.....

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.....

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.....

.....

Where do you feel safe?

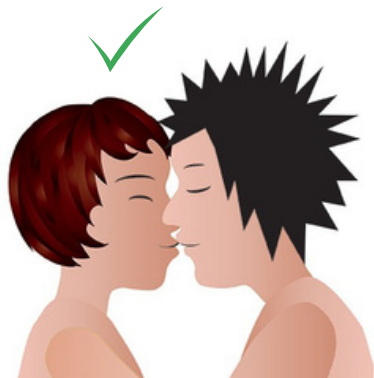
Relationships

When someone has been abused it can change their relationships.

You might not want to have sex or do any touching with your boyfriend or girlfriend. That's ok. It is normal to feel like this.



Only have sex or do touching if you want to.



Can you make a list of people
you trust?

1

2

3

4

5

6

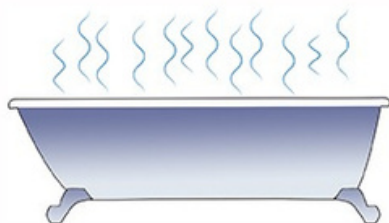
Looking after yourself

Lots of people feel unhappy after something scary has happened to them. You can feel better. Looking after yourself can help.

Eat a good meal



Have a bath



Do something fun

Do some exercise



Looking after yourself

You are important. Treat yourself like you would treat a friend. Be nice to yourself.

Talk to a friend



Laugh



Do a drawing



Talking about what happened



- It can help to talk to someone about how you are feeling.
- You can talk to someone when you are ready.
- Talk to someone you trust.
- You won't get in trouble for talking to someone.

Talking about what happened

You can talk to someone at
Devon Rape Crisis & Sexual Abuse Services.

We will believe you



We will support you



We will listen to you



Talking about what happened

If you want, you can also talk to:

Devon & Cornwall SARC
Sexual Assault Referral Centres

- **The Sexual Assault Referral Centre (SARC)**
Call **01392 436967**

They can help you with:

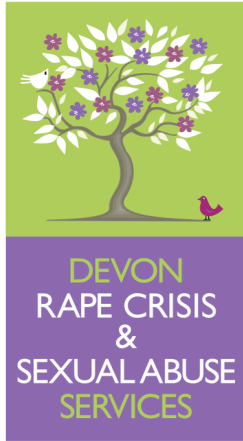
- Deciding whether to report what happened to you to the Police
- What happens next if you have already reported to the Police



- **The Police**

- Call **101** to report
- Call **999** if you feel unsafe **right** now

They will help you to report what happened to you.



www.devonrapecrisis.org.uk
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Dignity Hope Justice