

**change your
narrative**

**SOMETIMES I STRUGGLE
BECAUSE I'VE BEEN ABUSED,
WHAT DO I DO?**

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www.ChangeYourNarrative.org

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PRESS

SHIFTING INCOMPLETE STORIES
OF ABUSE TOWARDS

TRUTH

How To Use This Book

Depending on what you are looking for, you can use this book in a variety of ways. Feel free to skim, read every line, or just check out our videos.

We believe important topics call for important conversations which is why some of our material is presented via videos. In order to access the videos, you will need to click the link if you are reading via a digital device such as Kindle. If you have a physical copy of the book, you can access the links via QR codes.

A QR Code looks like this and can be scanned using your device's camera:



On an iOS device, simply open the camera app and point your camera over the code. A notification will pop up, asking if you would like to head to YouTube.

On an Android device, you will need to download a QR code app. Our team recommends several options, all of which are free as of this printing:

- QR & Barcode Scanner
- QR Code Reader
- Free QR Scanner by Avira
- QR DROID PRIVATE
- Kaspersky QR Scanner

I Am Glad You Are Here...

It takes courage to begin a journey to seek wholeness. Though many of us will face individual struggles in our own life—there are some struggles which feel as if they have the power to take the pen and write our future.

But you are the author—not any pain, brokenness, or hurt of your past and present.

The goal of this book is to create an environment of support along with hosting resources and tools which guide you towards wholeness.

One question constantly pushes me towards the future.

I would ask you the same question:

WHAT IF YOU ONLY KNEW
the first half of your story?

As you go through the next few pages, know I believe in your future and hope you find all of the tools you need to help you take action and fight back against ISSUE calling the shots in your life.

Because your story—is far from over.

Let's Admit, This Is Hard

I want to acknowledge its hard to know *how* to find ways to take action. Then, once you do find a path, it is difficult to walk it through to wholeness. Healing is not a one-time event. It is a process. Throughout that process, there will be numerous obstacles. This side of the journey must be acknowledged. Yet, even with the challenge, I believe you have what it takes to make it through.

We are rooting for you, not only once you complete your journey, but every step through it.

If you or someone you care for is in danger of harm, please contact one of the numbers below or turn to the resource section at the back of this book.

For Immediate Help:

Covenant House- 1800-999-9999

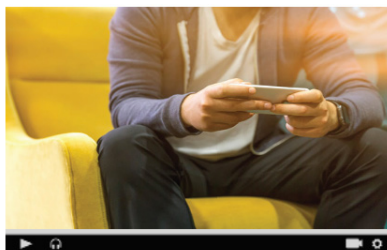
National Suicide Prevention Lifeline - 1-800-273-8255

Youth Crisis Line – 1800 Hit Home

Hopeline 1800-442-5673

<http://www.crisischat.org/chat>

Video: What Is Is Like To Call A Hotline?



<https://youtu.be/6IRGmusmp1M>

SHIFTING THE NARRATIVE
of lost hope

What Is Abuse?

According to [Healthyplace.com](https://www.healthyplace.com), “Abuse is defined as any action that intentionally harms or injures another person.”¹

While the most commonly discussed forms of abuse are emotional/psychological, physical, and sexual abuse—[Healthyplace.com](https://www.healthyplace.com) describes additional forms of abuse. These include:

- Verbal
- Financial
- Elder
- Spiritual²

For a full list of what characterizes each form, we welcome you to visit: [Healthyplace.com](https://www.healthyplace.com)

The Latin origin of the word abuse means “to wrongly use.”³ Do you know what this means? Anything or anyone who has been abused has been treated in a way which was not part of original design or a healthy interaction.

To put it plainly—it was wrong. Anytime abuse occurs—it goes against natural design.

This is why there are devastating outcomes associated with any form of mistreatment from one person to another. And I am here to tell you that those negative impact are 100% valid, legitimate, and real. I have no doubt you carry a significant burden in which you might feel as if you have to carry it alone. But I am here to tell you—you do not have to. And you are not alone.

If you or someone you care for are struggling because of past or present abuse—you have every right to think and feel as you do. Because what happened to you—was wrong.

Though the journey to shift an incomplete story which was affected by abuse is long and comes with numerous challenges, I believe it is possible to find the wholeness you deserve. It was wrong that someone's choice to harm you has cost you such a steep price of healing—yet you are worth every step of the healing you were born to find.

Your name is not unwanted. Your name is not abused. Your name is not victim. Your identity is worth so much more.

What Is Abuse? - Video Discussion



https://youtu.be/653RgC1b_PM



How Many Individuals Struggle?

Physical

1 in 4 women (24.3%) and 1 in 7 men (13.8%) aged 18 and older in the US have been the victim of severe physical violence by an intimate partner in their lifetime.⁴

43% of dating college women report experiencing violent and abusive dating behaviors including physical, sexual, tech, verbal or controlling abuse.⁵

1 in 4 dating teens is abused or harassed online or through texts by their partners.⁶

Emotional/Psychological

48% of both men and women reported experiencing psychologically aggressive behaviors by their partner.⁷

Sexual

1 out of 3 girls and 1 out of 5 boys will be sexually abused before they reach age 18.⁸

90% of child sexual abuse victims know the perpetrator in some way. 68% are abused by a family member.⁹

For male victims, more than half (52.4%) reported being raped by an acquaintance, and 15.1% by a stranger.¹⁰

Nearly 6 out of 10 sexual assaults occur in the victim's home or the home of a friend, relative or neighbor.¹¹

Neglect

CPS protects more than 3 million children. Approximately 3.4 million children received an investigation or alternative response from child protective services agencies. 2.3 million children received prevention services.¹²

Guilt Versus Shame

When it comes to abuse, victims will often take a sense of shame into their identity and believe they are worth less than they are because of another's words or actions. I am here to tell you there is an important distinction between guilt and shame.

Guilt is the aftermath of an action. It can be healthy—as it lets us know *what we did* was wrong. But in the case of abuse, victims didn't do anything to trigger the mistreatment. Instead, an abuser uses shame to try to take power over an individual by claiming they have a right to name another person's identity. But it is not true.

Guilt can be healthy. Our words, actions, and behaviors have consequences. Guilt helps us to take ownership, learn, and grow. Shame, however, doesn't offer a solution. It just grips our thoughts & emotions in a vice. In a sense, it presents a false reality.

How do we escape the trap of shame? I want to continue this critical conversation in the video below.

Guilt Versus Shame - Video Discussion



<https://youtu.be/sRzXXuxH-XE>

PLACE YOUR
HAND OVER
YOUR HEART,
CAN YOU FEEL
IT? THAT IS CALLED
PURPOSE. YOU'RE
ALIVE FOR A
REASON SO DON'T
EVER GIVE UP.
-UNKNOWN AUTHOR

Is It Okay To Talk About Abuse?

The fact you are asking, is a positive thing. The short answer, is “Yes.” And with that, I would also add it is important to find the right place to talk about it. This is not a matter of shame or an indication that your story is not worth listening to. Instead, what I want for you is for you to have every possible option of being heard as you share such an important part of your thoughts and feelings.

Because of this, I want to take the next few pages and talk about how to share, who to share with, and small steps you can take as you work towards discussing the matter with someone who can help you take healthy, positive action.

As always, however, if you are in danger or harm, be sure to consult with a professional immediately; or call 911.

Ways to reach out:

Covenant House- 1800-999-9999

National Suicide Prevention Lifeline - 1-800-273-8255

Youth Crisis Line – 1800 Hit Home

Hopeline 1800-442-5673

<http://www.crisischat.org/chat>

How To Talk About Abuse

It can be scary to think about opening up and explaining what you are thinking and feeling. But, your story is worth sharing. Since the conversation is important, there are a few things you can do which will help it to be heard.

Prepare

If you have the ability to, jot down a few bullet points—things you are thinking and feeling. It is okay to have those with you when you share. It can help you keep going and know what to say next.

Give Them A Heads Up

You do not have to immediately come out with your most vulnerable thoughts and feelings first. In important conversations it can be helpful to frame what you want to share by saying things like, “I need to talk about something important, that might be difficult for me to say.” or “I want to share something but I am afraid you won’t understand—would you be willing to listen?”

Be Clear

It is vital for you to be extremely clear on the extent of your thoughts and feelings.

Take A Healthy Action Step

Opening up about what you are thinking and feeling is the first step. If someone responds positively to you, ask them if you can take an action step together. This might mean talking to a loved one, finding professional guidance, calling a hotline together, or a range of other ways to seek wholeness.

The goal is to leave a conversation with a clear understanding of what you are going through, what your thoughts and feelings are and have been, and what healthy, next steps can be taken.

How To Talk About It - Video Discussion



<https://youtu.be/8yYr55aO0Lg>

What To Share About Abuse

Just like the question, “When is it good to share?” you might wonder exactly *what* to share. When there is a lot going on inside of the head and heart, it can feel overwhelming to decide what to talk about.

Just as in the “When To Share” video, I have a full conversation which discusses “What to share?” below.


But for starters, let’s consider a few key points.

It is good to share:

- What you think and feel right now.
- What you have thought and felt recently.
- What the source might be.
- What you would like to do next.

What To Share? - Video Discussion



 Watch video

<https://youtu.be/H3Hrz6oZu-c>

NOBODY TRIPS

over mountains.

IT IS THE SMALL

PEBBLE THAT

CAUSES YOU

TO STUMBLE.

Pass all the

PEBBLES IN

YOUR PATH AND

YOU WILL FIND YOU

HAVE CROSSED

THE MOUNTAIN.

AUTHOR UNKNOWN

4 Ways To Talk About Abuse

If you are not in immediate danger or harm, and it is safe to take it a bit slower before opening up, consider these steps to begin walking towards reaching out to a loved one or professional support individual:

4 ways to practice taking about abuse:

- Practice telling yourself the story.
- Practice telling an anonymous advocate.
- Practice telling someone who cares about you.
- Practice telling someone who can be with you when you consult a professional.

Each step comes with opportunities for courage.

And yes, each step could face obstacles. So, let's explore those in more detail next.

4 Ways To Practice Sharing- Video Discussion



<https://youtu.be/23ju0VXirqk>

Practice Telling Yourself The Story

Why this is good:

You are 100% in control of telling yourself the story, giving it room to surface however you want, with whatever words you want. No one's reactions are part of your story coming to the surface.

Why this might be hard:

- You may not know where to start.
- You might feel lonely afterwards.

For a more in-depth discussion about these points, check out the video below.

Practice Telling Yourself The Story - Video Discussion



<https://youtu.be/TbqAFnPpk6E>

Practice Telling An Anonymous Advocate

Why this is good:

You are building your courage to let your story be heard by someone else. This can give you confidence to know your story is not invalidated. Through this experience, you are learning how to share your story.

Why this might be hard:

- You wish the connection could last.
- You wish they had given you more.
- Someone may not have been “in the game.”

For a more in-depth discussion about these points, check out the video below.

Practice Telling An Advocate - Video Discussion



<https://youtu.be/cciiuRCg2RI>

Practice Telling Someone Who Cares About You

Why this is good:

Sharing your story with someone who knows you and cares about you allows you to have a conversation with someone who understands your history. This can help you feel the most amount of support and validation.

Why this might be hard:

Sometimes, those who care about us listen and hear us—while they are thinking about how it impacts them. The combination of their own thoughts and feelings might mean they do not react well, even though sharing with them is important.

For more, check out the video below.

Practice Telling Someone Who Cares - Video Discussion



<https://youtu.be/t6mVirQhbh0>

Practice Telling Someone Who Helps You Take Action

Why this is good:

You might know it is time to take a healthy action step and get a professional involved. This might mean a doctor, therapist, coach, pastor, or another trained, skilled individual. But, you may not want to do that alone. Involving someone who can be with you might help you to be able to move forward.

Why this might be hard:

At times, it might feel as if they are pushing you past your comfort zone. Feel free to have a conversation with them letting them know how you feel.

For more, check out the video below.

Practice Telling Someone & Take Action - Discussion



<https://youtu.be/shUSo1U1A2c>

CREATE A

TRAINING PLACE

AND STRATEGY SPACE

What Kind Of Help Exists?

Due to the intensive nature of abuse and the fact it speaks to deep internal struggles, finding help for abuse usually begins by sharing with a skilled professional. This often happens after someone tells a trusted individual life who can help them connect with that skilled professional.

Anything which is locked inside of your thoughts and feelings deserves a place to be processed in a safe environment which can give you actionable guidance and tools.

Additionally, there are a host of tools which can help you find steps to taking action. These include:

- Apps Which Offer Mental Health Support
- Communities With Offer Support
- Finding A Professional

What Kind Of Help Exists? - Video Discussion



<https://youtu.be/A7CNzHsrg0M>



Apps Which Offer Support

TalkLife offers online support similar to group therapy. Share anonymously or with your name.

Moodpath offers 14 days of check ins, providing an overview of your emotional well-being. Plus 100+ exercises.

Happify includes games and activities which elevate mood and build resilience through CBT, mindfulness and positivity.

What's Up aids individuals in discovering the cause of feelings and thoughts through guided questioning.



Self-Help For Anxiety Management (SAM) offers an anxiety toolkit which tracks thoughts and behaviors, while also offering tools to combat negativity.

Panic Relief provides coping strategies, exercise, and breathing techniques to help move through a moment of panic.

PTSD Coach provides ways to understand PTSD along with how to find additional help.

BeyondBlue App provides tools to build and implement a safety plan.



Communities Which Offer Support

Rape, Abuse And Incest National Network

<https://www.rainn.org/>

1 (800) 656-4673

Provides connections to over 1,000 national sources of support for survivors.

The National Domestic Violence Hotline

<https://www.thehotline.org/resources/victims-and-survivors/>

1 (800) 799 – 7233

Provides an extensive listing of support options, resources, videos, and chat or hotline features for numerous abuse situations.

1 in 6

<https://1in6.org/helpline/>

Provides support specifically for men.

Love Is Respect -

<https://www.loveisrespect.org>

1 (866) 331 – 9474

Offers education, support and advocacy to those facing complicated dating issues, along with a live chat feature connecting you to trained advocates.

The Childhelp National Child Abuse Hotline

<https://www.childhelp.org/hotline/>

Provides 24/7 support with trained support counselors in numerous languages.

Lifeline Crisis Chat -

<https://www.contact-usa.org/chat.html>

Offers free, online chatting with trained individuals.

To Write Love On Her Arms -

<https://twloha.com/find-help/>

Offers a search for free or low cost therapy options to connect with a therapist.

Anxiety And Depression Association Of America -

<https://adaa.org/supportgroups>

Provides a listing of support groups, including a search feature to find a group near you.

A thousand disappointments
IN THE PAST CANNOT

equal the power of

ONE POSITIVE

action right

NOW. GO AHEAD

& go for it.

UNKNOWN AUTHOR

A Conversation On Depression Medication And Natural Remedy

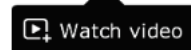
When thinking about sharing your story with a support professional, you may believe the first thing they will do is prescribe talk therapy or medication.

This is likely to be true. If that concerns you, it might help to do a little bit of research in order to understand what it means to take medication, the side effects, and what you can expect when considering your options.

In the video below, we have links to articles and voices which are more qualified to share.

Please note: In the instance of abuse, it is likely individuals will need more guidance and tools than depression or anxiety medication alone. This conversation is only offered as a means of alleviating the unknowns about medication and alternative options. Please consult with a medical doctor for all decisions regarding your health and mental well-being.

What Is The Right Type Of Help? - Video Discussion



<https://youtu.be/Vnch5AvmWAM>

Who Would Want To Help Me?

Why someone would want to help me? I believe it comes down to the fact we see something you can't—your future, your pathway, and your value.

Your Future

We have an intrinsic belief that as you walk a path of wholeness and healing—you have a future.

Your Pathway

Trained advocates have studied to figure out what a pathway to wholeness and healing looked like. They want to offer tangible guidance.

Your Value

We have a foundational belief—that you have value. When we speak with you—it is directly tied into a reason why we believe you matter, have importance, and that the outcome of your life is important to us.

Who Would Want To Help Me? - Video Discussion



<https://youtu.be/xZNbZzgLyk>

The Obstacles In Seeking Help

It is fair to talk about the obstacles along the path, so we are not surprised by them. If you have faced one or all of the following—know that I hear you and I see you. I acknowledge the fact these moments can create tremendous setback or make it difficult to want to continue to fight for your wholeness. I can only hope you know you are not alone in that battle—and it is worth it to continue to fight on.

- Help Seems Hopeless
- A Question Of Worth
- Lack Of Energy
- Disappointing Attempts

For a more in-depth discussion about these points, including guidance on how to overcome them, check out the video below.

The Obstacles In Seeking Help - Video Discussion



Watch video

<https://youtu.be/P3DTsdnz8hA>

Building A Mental Health Safety Plan

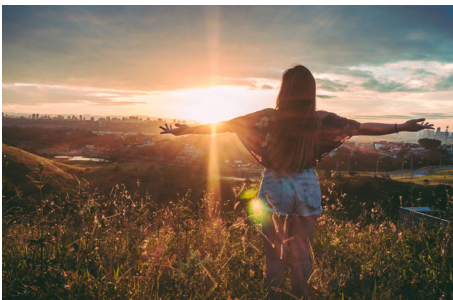
If you are taking a stand to heal from abuse, you know mental health often fights back. Taking action each time is a battle which is not easy. Yet, we hope that having a pathway can help you continue to seek wholeness.

Please note: Even with the best of plans, there are times in which a crisis is stronger than our plan. In those moments, seek immediate, professional help. The following ideas on how to fight back are not intended to take the place of professional help.

One such resource which has a fantastic list of tools and resources for creating a safety plan is *Challenge The Storm*. You can check out their advice here: <http://challengethestorm.org/safety-plans-mental-health/>

They even have a sample plan that any of us are able to use to help us learn how to build our own plan. You can check that out here: <http://www.knowresolve.org/docs/safety-plan-web.pdf>

Building A Safety Plan - Video Discussion



<https://youtu.be/RwLBmGW4-Wg>

Safety Plan Resources

BeyondBlue App provides tools to build and implement a safety plan.

Suicide Prevention Lifeline – Safety Plan Template.

https://suicidepreventionlifeline.org/wp-content/uploads/2016/08/Brown_St StanleySafetyPlanTemplate.pdf

1 page safety plan print off with space to write in warning signs, coping strategies, and more.

Get Self-Help

<https://www.getselfhelp.co.uk/docs/SafetyPlan.pdf>

Offers a second safety plan print off, with tools and resources from the UK.

Therapist Aid

<https://www.therapistaid.com/therapy-worksheets/suicide/none>

Offers free worksheets for building a self-harm safety plan, suicide assessment, and warning signs.

Nick's Experience With Using A Safety Plan

https://youtu.be/jW2Hvv_vN40

One young man's story of how he uses a safety plan in times which feel challenging.

The Goal Is Wholeness

Wholeness is about a state of contentment and peace in a life. It doesn't eliminate the past or any previous pain, instead it acknowledges how that pain has affected us—all while striving to form a new narrative.

Wholeness is about freedom—and I believe it is possible for each individual to discover for themselves.

Is it easy? Not at all. The pathway can be long and come with obstacles which may make us feel as if we may not make it.

But with the right support and tools—I intrinsically believe we can make it.

I welcome you to find it.

The Goal Is Wholeness - Video Discussion



<https://youtu.be/tG18UzeL26w>

Your Identity Goes Beyond The Struggle

In the core of who I am—I am convinced we are not defined by our struggles. Our identity goes far beyond what anyone stole from us, did to us, or how they disappointed us.

While it may be true you have faced a deep struggle or have been treated in ways you did not deserve, I believe this does not have to be the key identifier of what makes you—you.

Wholeness is still available. Though it requires a journey, it's a pathway to be free of pain's influences—as if it was the only thing to define your life. I believe you still have life in front of you and it is filled with the ability for hope, the ability to make a difference in other's lives, and the ability to go out there and have positive and meaningful impact.

Your Identity Goes Beyond The Struggle- Video



<https://youtu.be/CnMJlc8PIRE>

Your Invitation To Shift The Story

If you, or someone you care for, are looking for a way to walk a journey to shift an incomplete story towards truth, you are invited to change your narrative.

Come on a journey through twenty video-based pathway markers which offer guidance on how you or someone you care for can seek wholeness. Change Your Narrative believes everyone has the right to be able to take back the pen of your story.

Come On A Journey To Find Wholeness...



<https://www.youtube.com/watch?v=ThTdleKhcCY&t=6s>

Please Note:

All statements and views within this book, the **change your narrative** website, and the videos on our YouTube channel are strictly opinion based. They are not intended to be utilized as professional treatment or care. If you or someone you care for struggles with mental illness, depression, suicidal thought or destructive life choices, I highly recommend seeking out professional help.

If you are in immediate harm or danger call 911.

Additional Resources:

24/7/365 Crisis Call Center Hotline:

1 (1800) 273-8255

National Suicide Prevention Lifeline

1 (1800) 273-8255

Text "Answer" to 839863

Chat with a Soul Medic:

<http://remedylive.com/soulmedics/>



Resource Guide:

Apps Which Offer Support
Communities Which Offer Support

Resources For:

Survivors

Parents

Families

How To Support A Loved One

Ministry Leaders

Teachers

Men

Teenagers Who Struggle

Teenagers Whose Friends Struggle



Apps Which Offer Support

TalkLife offers online support similar to group therapy. Share anonymously or with your name.

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Anxiety And Depression Association Of America -

<https://adaa.org/supportgroups>

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Resources For Survivors

Understanding Trauma

Why Are Shame And Trauma Connected?

Kati Morton

<https://www.youtube.com/watch?v=noYwPitBdRU>

Defining shame and trauma, how they affect us, and how to break the cycle. She discusses ways to move through the feeling of shame and heal. Note: Some ideas are more progressive than others. Each viewer needs to consider the path they do chose and get wisdom for their own journey and if these steps are right for them.

The Impact of Trauma

TED

<https://www.youtube.com/watch?v=95ovIJ3dsNk>

Offers Insight into the effects of trauma and how early adversity affects a life. Advocates for communities to rally for healing.

The Three Secrets Of Resilient People

TEDxTalks

<https://www.youtube.com/watch?v=NWH8N-BvhAw>

Lucy Hone discusses three ways to administer self-care in the midst of painful circumstances.

Emotional Abuse

What Is Emotional Abuse?

<https://www.statepress.com/article/2017/02/spopinion-emotional-abuse-is-dangerous-trauma>

Educational insight on the effects of psychologically aggressive behaviors, complete with statistics.

5 Must Know Signs Of Emotional Abuse

Kati Morton

https://youtu.be/A5fw-IT_phU

Kati discusses ways to identify emotional abuse and what to do next.

Tools and Resources

Expressive Writing: Words That Heal

By James W. Pennebaker

<https://www.amazon.com/dp/1611580463>

Offers insight into the benefits of processing trauma by writing—along with specific exercises and prompts on how to find resolution.



Resources for Parents

Parents Anonymous

<http://parentsanonymous.org/programs/parents-anonymous-groups/adult-group/>

Offers a network of in-person support groups. From website: “Groups offer a caring and supportive environment where parents and caregivers support each other and explore new parenting strategies, address underlying emotional issues, and create long lasting positive changes in their families.”

How To Recognize Abuse

<https://ourkidscenter.com/learn/how-to-recognize-abuse/>

Downloadable PDF answers the question, “How do I recognize abuse?” and “What should I do if I suspect Abuse?”

ChildWelfare.Gov Tip Sheets

<https://www.childwelfare.gov/topics/preventing/preventionmonth/resources/tip-sheets/>

Description from website: “Tip sheets are designed for service providers to share with parents and caregivers in the context of a particular concern or question. They are not intended to tell the whole story; they merely provide a starting point for a discussion between parent and provider that is grounded in the protective factors.” Tip Sheets can be found in English and Spanish.

Sample Subjects (direct from website) include:

- How to Develop Supportive Communities
- Keeping Your Family Strong
- Connecting With Your Teen
- Building Resilience in Children and Teens
- Preventing Child Sexual Abuse
- Parenting After Domestic Violence
- Helping Your Child Heal From Trauma

Helping Your Teen Through An Unhealthy Relationship

<https://www.womenshealth.gov/blog/unhealthy-teen-relationships>

Article offers guidance for concerned parents to understand what their child is facing, how to discuss difficult subjects and what resources are available.

Parenting Children and Youth Who Have Experienced Abuse or Neglect

https://www.childwelfare.gov/pubPDFs/parenting_CAN.pdf

Printable PDF guide to understanding preventative measures parents can take to safeguard their families, along with tools and resources for youth who have experienced trauma and need strong family support through their healing journey.

Helping Your Child Heal From Trauma (tip sheet):

<https://www.childwelfare.gov/topics/preventing/preventionmonth/resources/tip-sheets/>

Parenting a Child Who Has Experienced Trauma

(factsheet): <https://www.childwelfare.gov/pubs/factsheets/child-trauma/>

Healing The Harm Done: A Parent's Guide to Helping Your Child Overcome the Effects of Sexual Abuse

<https://www.amazon.com/dp/097436262X>

Guides parents through an understanding of their child's perspective—along with offering support and care for parents in their own grief or pain.

Support For Families

The National Alliance On Mental Illness has a directory of support groups for you and your family.

<https://www.nami.org/find-support/nami-programs/nami-family-support-group>

The Society For Adolescent Health And Medicine has a comprehensive listing of additional support options.

<https://www.adolescenthealth.org/Resources/Clinical-Care-Resources/Mental-Health/Mental-Health-Resources-For-Parents-of-Adolescents.aspx>

The Depression And Bipolar Alliance Support Alliance offers connection to local chapters.

https://secure2.convio.net/dabsa/site/SPageServer/PageServer?pagename=help_family_center_support

Family Caregiver Alliance provides a map of network help in your area.

<https://www.caregiver.org/family-care-navigator>



How To Support A Loved One

College Sexual Assault Prevention: A Parent's Guide

<https://www.noodle.com/articles/college-sexual-assault-prevention-a-parents-guide>

Offers parents a comprehensive guide along with questions to ask of your child's campus leadership in order to advocate the safety of your child.

How to Support a Friend or Loved One Who Has Been Sexually Abused

<https://www.nytimes.com/2019/02/27/smarter-living/sexual-abuse-assault-support-mental-health.html>

Offers guidance on how to care for survivors, including what to say, how to provide support, and understanding of the issue.

Things Not To Say And How Not To Approach A Sexual Assault Survivor

UW Medicine

<https://www.youtube.com/watch?v=n4zOZ5xSADk>

A survivor shares reactions she received, how it affected her, and what she needed instead. She offers those of us who seek to provide support to a survivor insight on how to care for those we love.

Why Are Shame And Trauma Connected?

Kati Morton

<https://www.youtube.com/watch?v=noYwPitBdRU>

Defining shame and trauma, how they affect us, and how to break the cycle. She discusses ways to move through the feeling of shame and heal. Note: Some ideas are more progressive than others. Each viewer needs to consider the path they do chose and get wisdom for their own journey and if these steps are right for them.

The Impact of Trauma

TED

<https://www.youtube.com/watch?v=95ovIJ3dsNk>

Offers Insight into the effects of trauma and how early adversity affects a life. Advocates for communities to rally for healing.



Resources For Ministry Leaders

Becoming a Church that Cares Well for the Abused

<https://churchcares.com>

A video-based curriculum series from

professionals who are equipped to train churches and the communities they represent on how to offer the right type of support and care for those who have faced a variety of forms of abuse.

How Your Church Can Support Sexual Abuse Survivors

<https://www.rca.org/we-are-speaking/resources-pastors-and-congregations>

Keys for how to create an environment of support for women who are domestic violence victims.

We Too: How the Church Can Respond Redemptively to the Sexual Abuse Crisis

By Mary DeMuth

<https://www.amazon.com/dp/0736979182>

From Amazon's description, "We like to think the church is a haven for the hurting. But what happens when it's not?" Title is a firsthand account of one woman's journey to find support within the church—and a call for the church to be there as a place of safety for others like her.

Understanding Sexual Abuse: A Guide for Ministry Leaders and Survivors

by [Tim Hein](#), [Debra Hirsch](#)

<https://www.amazon.com/dp/0830841350>

Provides firsthand insight of someone experiences abuse, how it shapes their views of life and themselves, along with what needs they have. Combined with both theological and psychological insights.

Ministry Safe Prevention & Awareness Training

<https://ministrysafes.com/the-safety-system/awareness-training/>

How to put a system of prevention in place in your community. Includes prevention plans for churches, camps and conference centers, schools, youth sports, foster and adoption, child services, daycares and preschools.

What To Do When A Young Person Talks About Abuse

<https://fulleryouthinstitute.org/blog/when-a-young-person-discloses-abuse>

Provides insight and practical tools for leaders to support students who talk about abuse, along with how to guide them towards healing.

What Should You Do When You Suspect Child Abuse?

<https://www.scholastic.com/teachers/articles/teaching-content/what-should-you-do-when-you-suspect-child-abuse/>

Scholastic provides an in-depth analysis of what to do, as a teacher, when you suspect a child you know is being abused.

Supporting Brain Development in Traumatized Children and Youth

<https://www.childwelfare.gov/pubs/braindevtrauma/>

Provides education on the impact of trauma and brain development, screening guidelines and treatment options for affected youth.

The Role of Educators in Preventing and Responding to Child Abuse and Neglect

<https://www.childwelfare.gov/pubs/usermanuals/educator/>

The Office on Child Abuse and Neglect, Children's Bureau has provided tip sheets and resource sheets for educators and community leaders. Complete with resources, educational insight, and informed guidance.



Resources For Teachers

What Should You Do When You Suspect Child Abuse?

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To read more, visit: <https://www.washingtonpost.com/news/innovations/wp/2017/09/25/teenage-suicide-is-extremely-difficult-to-predict-thats-why-some-experts-are-turning-to-machines-for-help/>

Tips For Talking About Your Mental Health

<https://www.mhanational.org/time-talk-tips-talking-about-your-mental-health>

Includes several prompts which help students get started with beginning an important conversation, including a letter template. Can be utilized as a means for helping young people frame the discussion.

Resources For Men

Understanding Male Sexual Abuse & Challenges For Healing

<https://www.youtube.com/watch?v=jbYPpxBqOYY>

APA Division 56 - Trauma Psychology

Provides concise factors which affect male survivors, along with what protective factors exist.

Men Need To Talk About Their Sexual Abuse

<https://www.youtube.com/watch?v=r4Cl0p1zIVM>

TEDxTalks

Survivor Seth Shelley discusses the value of speaking your story—and finding ways to challenge the narrative of abuse.

Reimagining Masculinity: My Journey

<https://www.youtube.com/watch?v=BWWPZlaq35U>

TEDxTalks

One man shares his story of assault as an adult male—and his journey of recovery.

What Is Emotional Abuse?

<https://www.statepress.com/article/2017/02/spopinion-emotional-abuse-is-dangerous-trauma>

Educational insight on the effects of psychologically aggressive behaviors, complete with statistics.

5 Must Know Signs Of Emotional Abuse

Kati Morton

https://youtu.be/A5fw-IT_phU

Kati discusses ways to identify emotional abuse and what to do next.

The Three Secrets Of Resilient People

TEDxTalks

<https://www.youtube.com/watch?v=NWH8N-BvhAw>

Lucy Hone discusses three ways to administer self-care in the midst of painful circumstances.

Expressive Writing: Words That Heal

By James W. Pennebaker

<https://www.amazon.com/dp/1611580463>

Offers insight into the benefits of processing trauma by writing—along with specific exercises and prompts on how to find resolution.

Resources For Teenagers Who Struggle

The Sexual Trauma Workbook for Teen Girls: A Guide to Recovery from Sexual Assault and Abuse

by Raychelle Cassada Lohmann PhD LPC, & Sheela Raja PhD

<https://www.amazon.com/dp/1626253994>

Provides guidance from survivors, along with short, actionable prompts to build a circle of support, tools, and healing resources.

The PTSD Workbook for Teens: Simple, Effective Skills for Healing Trauma

by Libbi Palmer PsyD

<https://www.amazon.com/dp/1608823210>

Provides insight combined with short, actionable prompts to build a circle of support, tools, and healing resources.

Beyond PTSD: Helping and Healing Teens Exposed to Trauma

by Ruth Gerson, Patrick Heppell

<https://www.amazon.com/dp/1615371109>

Collaborative voices join together to address multiple sources of trauma, how it affects teens, and how to offer informed guidance and support—all with student perspectives in mind.

Time To Talk: Talking To Your Parents

<https://www.mhanational.org/time-talk-talking-your-parents>

Includes reactions to thoughts and feelings you might be having about talking with your parents and how you can build courage in order to find support.

Tips For Talking About Your Mental Health

<https://www.mhanational.org/time-talk-tips-talking-about-your-mental-health>

Includes a letter template to help you get started with beginning an important conversation.

Expressive Writing: Words That Heal

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change your narrative

The Place Where The Discussion Continues...

THE SAFE PLACE TO TALK ABOUT THE **ISSUES THAT MATTER** TO YOU



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