

THE COPING WORKBOOK



Information for
adolescent (11-18)
survivors and their
support system

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2025

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A MESSAGE FROM STAFF & VOLUNTEERS



Dear Survivor...

Here at the Sexual Assault Response Center, we understand sexual assault happens, and there's no way to plan for it if it does. It touches the lives of thousands each year and brings with it much pain and confusion.

We're sharing this booklet to sexual assault survivors, friends, and family. We hope it can answer questions and address specific issues of concern that are sometimes hard to talk about.

As you are working through your healing process, you may find it helpful to talk about your experience and your feelings. We encourage you to call our 24-hour Crisis Line at 706-774-5200 any time to talk with an advocate. You may also set up an appointment with our in-house counselors for an individual counseling session or join a support group by contacting our office at 706-774-5200.

We care about you and want to help.

ABOUT US



Our Mission:

Our Mission is to provide crisis intervention, advocacy, counseling, and prevention education to all members of the community, including men, women, children, and anyone who may be in need.

Our Services:

- 24-hour Crisis Hotline
- Advocacy and Crisis Intervention
- Information and Referrals
- Counseling and Support Groups
- Community Education
- Promotion of Survivor's Rights

Sexual Assault Response Team:

Your Advocate can act as a liaison with the following:

- SANE nurse: forensic evidence collection
- Law enforcement detective: investigation process
- Assistant District Attorney (ADA): prosecutorial process
- Compensation to victims
- Other community partners

If you have any questions about the process, an advocate is available to help 8:30am - 4:30pm during the week by calling the Sexual Assault Response Center office at (706) 774-5200.

24/7 Crisis Line: (706) 774-5200
Website: www.sarcgeorgia.org
Email: info@sarcgeorgia.org



COMMON QUESTIONS

Everything you have gone through to get to this point (having this very book in your hands) was probably very hard for you and your loved ones. We know that you may be confused and have a lot of questions. It is normal to feel the way you do, and it is okay to have questions.

Am I in Trouble?

No, you are not in trouble. **It is not your fault that this happened to you**, and you are doing the right thing by telling someone about it.

Was I really sexually assaulted?

Sexual assault takes many forms, and no two incidents will look, or feel, exactly the same. The term “sexual assault” refers to sexual contact or behavior that occurs without full consent. This includes, but is not limited to, rape, attempted rape, incest, indecent exposure, child molestation, forced sexual contact, and sexual harassment. If someone does not have your clear consent and still touches you, forces you to touch them, exposes themselves to you, or forces you to expose yourself to them, it is sexual assault.



Who are all these people?

There are many different kinds of people you could come across after a sexual assault. They are all there to do different jobs for one combined goal: to help you.

Doctors and Nurses do medical check-ups to help heal any wounds, test for STDs, and collect evidence. Police Officers and Investigators can take your statement so they know where to start looking for the people responsible for the assault. There will also be a person called an Advocate, and they are there solely to support you by protecting your law-given rights, answering your questions, backing you up when you're uncomfortable, and providing extra emotional support when you need it. Social Workers and Case Workers can connect you to much-needed resources, and Counselors can give you longer-term attention to process the trauma of an assault.

Do I have to tell everyone what happened?

You only have to say what you feel comfortable saying, and you only have to talk about it with the people you feel comfortable talking to. A lot of people will be asking you questions, and they ask them for a reason. It's all in an effort to bring accountability to the person who assaulted you and to keep it from happening again to you or anyone else. It's important to be fully honest when you do talk about it, even if that means saying, “I don't really remember” instead of trying to fill in blanks.

MYTH VS. TRUTH

Because sexual assault is an uncomfortable subject to talk about, there are many myths around how it happens, who does it, and who it happens to. The statements below contain 3 myths and 2 truths. See if you can figure out which are which by drawing a line to connect them.

Boys don't get sexually assaulted.

Not every survivor has injuries or is crying after assault.

Most sexual assaults are committed by strangers.

Being forced into sex only means being physically held down.

Rape is more about power and control than about sexual desire.

TRUTH

MYTH

MYTH

TRUTH

MYTH

Let's take a closer look at these statements.

- According to the Center for Disease Control and Prevention (CDC), 1 in 6 boys will be abused before they turn 18 years old. Although women do offend, it's often men who assault both boys and girls.
- Some survivors have injuries, are very emotional, and ask for help immediately, but not all. Everyone responds to trauma differently. They may not want to ask for help right away, may need more time to process what happened to them, or may be afraid to speak up.
- Most sexual assaults offenders are actually someone the survivor knows. The offender is usually an acquaintance, friend, or family member, not a stranger. This is especially true for minors.
- While it's true that survivors can be physically forced into unwanted sexual contact, "force" can also come from grooming, coercion (by threatening the survivor or their loved ones), or other manipulating tactics. An offender might say, "If you don't let me touch you, I will hurt your sister." This is coercion and a kind of force.
- Sexual assault and rape are acts of asserting power and control over someone else. Some people believe that survivors are at fault because they "entice" the offender or "ask for it," either by flirting or simply looking "too good." This is not true, and **the actions of the offender are never the fault of the survivor**. People commit rape because they want to feel powerful and to make the survivor feel powerless.

FEELINGS & REACTIONS



I can't believe this happened to me...

I feel like I'm going crazy...

Will I ever feel safe again?...

If you find yourself making statements like these, you are not alone. Other survivors of sexual assault have similar feelings. The trauma you have experienced may affect your feelings about yourself, your relationships with others, and your physical and mental health for many months, or in some cases, even years.

There are two types of reactions that usually follow an assault:

1. *You show your feelings out in the open:*

You may express anger, fear, anxiety or confusion.

You may be restless or tense. You might cry or scream.

2. *You hide your feelings:*

You appear to be calm and collected.

You have many feelings, but you hold them inside.



Physical reactions may include:

- Soreness all over, including headaches
- Sleep disturbances and nightmares
- Appetite disturbances and nausea
- Specific complaints/physical pain associated with the attack

A wide range of emotional reactions is a normal part of processing the trauma of a sexual assault. These reactions may include:

- A variety of fears
- Feelings of humiliation, degradation
- Guilt, shame, embarrassment
- Anger or a desire for revenge
- Mood swings
- Depression

Every survivor of sexual assault reacts differently and may feel, respond, and recover in their own way.



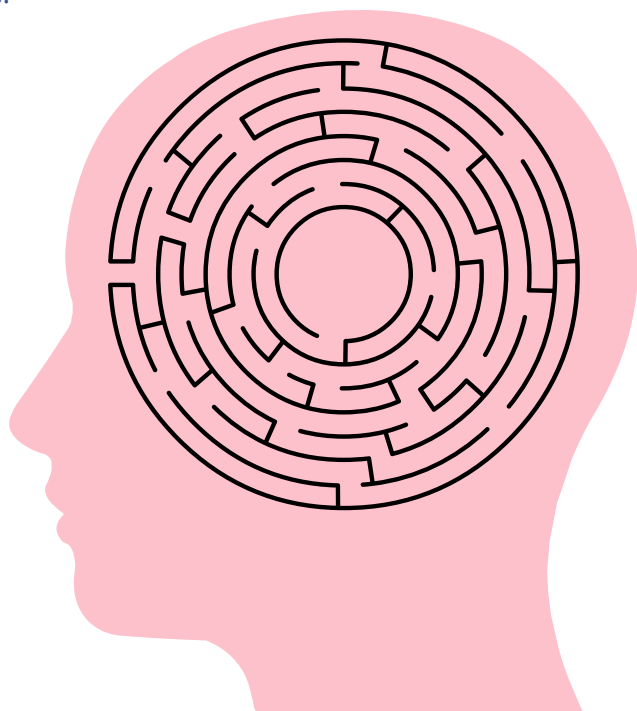
FEELINGS & REACTIONS

There are no right or wrong feelings after a sexual assault. You will heal at your own pace. What you are experiencing will become easier as time passes, and you will begin to feel more in control again. Making your own decisions, no matter how small, can be a helpful part of the healing process. Talk with your guardian or counselor about what steps are right for you, and remember that you know yourself best.

Brain Maze

It may be more confusing to navigate your thoughts and emotions after experiencing trauma. Going through the process to understand your thoughts and feelings might remind you of walking through a maze like the one below. It can look like a jumbled mess, you may seem lost at times, and you may even get the sense that you are back-tracking, but don't give up on yourself.

It is often important to talk with a friend, relative, or counselor as you work through your feelings about the assault. Having someone who can listen without judgment can be like a light helping you around each bend in the maze.



FEELINGS & REACTIONS

Why me?

Wondering why this happened to you is normal. You were not assaulted because of anything you did or said. You did not deserve it, and you did not “ask for it.” The act of sexual assault is the fault of the offender. Sexual assault is an act of violence; it is a way to humiliate, to express rage and hatred, and to gain power and control.

Be assured that there was nothing you did to invite such an attack. The assailant is responsible for the crime, not you. Whether you left the door unlocked or walked down a dimly-lit street at night, the assailant is still the one to blame. Whether you fought back or were too terrified to make a sound, it doesn't matter. The assailant is at fault, not you.

What stages will I go through?

After a sexual assault, the stages you will go through are a lot like those you might experience when grieving, such as **loss, fear, anger, guilt and depression**. However, there is no particular order to the stages that you will experience. You may walk through one stage and then, seemingly out of nowhere, some of the same feelings may come back. Your reactions, as upsetting as they may seem, are perfectly natural.

How do I protect myself?

Feeling an increased concern for your personal safety is a normal reaction after being attacked. Many offenders threaten to return to harm the survivor again. Although very few ever do this, the threat is very frightening. You may find you have more anxiety and awareness at times that remind you of the assault.

If you find yourself second-guessing what you could have done differently during the assault, please don't. **You are alive, and you reacted the best way that you could in order to survive.** You can ask your guardian about self-defense classes to help build your confidence.

MENTAL HEALTH

Counseling can be an important part of the healing process after trauma. A counselor is someone who you should be able to trust, who listens to you, and who teaches you how to identify your emotions, react in a healthy way, and build up your mental strength. It is important for your mind and body to be able to vent and sort out your feelings; everything you say is between you and the counselor.

No matter how long ago you were assaulted, you can talk to a SARC advocate at (706) 774-5200 to work you through your feelings and options. With a guardian's help, you can set up free counseling with SARC. We may not always have counselors who are qualified to help survivors under a certain age, but we will do what we can to refer you to other great options. SARC can also offer counseling to your loved ones.

Whether or not you do counseling, it is important to care for yourself. After an assault, try to keep doing the things you normally like to do, or try new things to keep you relaxed and grounded. You're still you!

Journaling



Playing games and sports



Listening to music



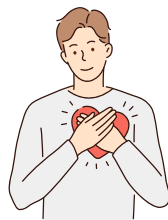
Creating art



Hanging out with friends



Being kind to yourself



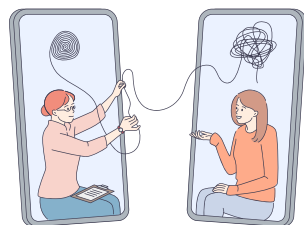
MENTAL HEALTH

If your family doesn't feel ready to start counseling but you still want someone to talk to in the moment, these resources offer hotlines and/or chatlines. They can help talk you through your feelings, concerns, and questions, and they can go over your options with you.

Anti-Violence Project (AVP)

For LGBTQ+ survivors of sexual assault...

- 24/7 English-Spanish Hotline: (212) 714-1141
- Website for more info: www.avp.org



Lesbian, Gay, Bisexual and Transgender (LGBT) National Help Center

- Hotline (hours vary): 1 (888) 843-4564
- Hotline (LGBT under 25): (800) 246-7743
- Website for more info: www.lgbthotline.org

Childhelp National Child Abuse Hotline

If you need help understanding, responding to, or reporting abuse...

- 24/7 call or text: (800) 422-4453
- Chat Online: www.childhelpline.org

Rape, Abuse, & Incest National Network (RAINN)

For all survivors of sexual assault throughout the nation...

- 24/7 National Sexual Assault Hotline: (800) 656-4673
- Chat Online: www.online.rainn.org
- Para Español: www.rainn.org/es



Suicide & Crisis Lifeline

If you are are afraid you might hurt yourself and want to speak to someone safe and trained to help you...

- 24/7 call or text: 9-8-8

SUPPORT FOR ALL

Male Survivors

Many people believe that sexual assault is only a women's issue; therefore, the shock of the assault you have experienced may be very upsetting and difficult to accept. The truth is that sexual assault is committed against both men and women. One out of every ten rape victims is male (www.rainn.org/statistics/victims-sexual-violence).

If you are a male survivor, you may feel alone, but there are others just like you—men, women, boys, and girls—who are feeling the same things you are. Just like them, you have done nothing that justifies this violent attack. You may experience some of the same emotions and feelings that female survivors have, but also remember that the assault has nothing to do with your sexual orientation or masculinity.

LGBTQIA+ Survivors

We recognize that survivors who are lesbian, gay, bisexual or transgender may face additional challenges after a sexual assault.

You may be afraid to ask for help and report the assault because of the possibility of facing discrimination. We know this is a valid concern, and while we can't promise this won't happen at times, there are people who want to help, regardless of your LGBTQIA+ identity. SARC has advocates who will not treat you differently for who you are and will do everything they can to give you supportive and understanding resources.



You don't have to face this pain alone. Being a part of a welcoming community and connecting to other people who are going through the same things as you can be very helpful. SARC and other places may offer support groups for survivors and their communities.

CONSENT

At first, consent might seem like a tricky subject. Take a look at the situations below. How many do you think have given consent?

1

Derek (16) and Jill (16) are not dating, but Jill really wants to. She kisses him, and he doesn't stop her. She starts touching his legs, and he doesn't stop her. Jill keeps going.

2

Anna (18) and Makayla (17) are at a party. Anna took some shots of tequila and started tripping on herself. Makayla took her in a room to lay down. Anna asked if Makayla wanted to make out with her, and Makayla agreed.

3

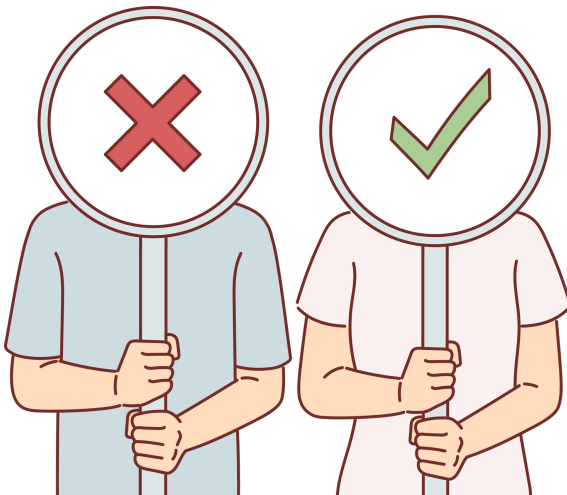
Taylor (16) and Bianca (17) go on a first date, and at the end of the date, Taylor asks if they can kiss. Bianca smiles and nods her head up and down excitedly.

4

Jackson (20) is Lydia's (15) brother's friend. Jackson sees Lydia drawing in her room and asks her questions about her body. Jackson asks if he can touch her chest, and she says yes.

5

Maria (17) and Brandon (17) are kissing. Brandon asks if he can touch her butt, and she says yes. Brandon then starts touching her butt and chest, and Maria pushes him away.



CONSENT

Let's take a closer look at these scenarios.

1. No, consent was not given.

Even though Derek doesn't stop Jill from kissing him or tell her "no," that does not mean "yes." *Silence is not consent.* He could be too overwhelmed or afraid that he might be thought of as "less of a man" for stopping Jill. Remember that setting a clear boundary to protect your comfort and safety is not unmanly.

2. No, consent was not given.

Yes, Sarah did ask for consent and Makayla gave it, but Sarah was drunk at the party. No matter what, a person who is intoxicated with drugs or alcohol cannot consent.

3. Yes, consent was given.

Taylor asked clearly, and Bianca answered clearly. Consent does not have to be a verbal "yes," but it is encouraged to still say it aloud. Nonverbal signs can be interpreted in the wrong way. In this case, the smile and excited nod together made positive consent.

4. No, consent was not given.

Although consent was clearly asked and verbally given, Lydia is too young at 15 years old to give consent to Jackson. Under Georgia law, no one under the age of 16 is able to consent to sexual activity of any kind.

5. Only some consent was given.

It is possible to consent to some acts and not to others, and it is also possible to retract consent if you no longer want to be touched. Maria consented to being touched in other areas, not her chest. Brandon acted without consent, and then Maria pushed him away, meaning she no longer consented to be touched at all.

So, how do you know if consent was given? Truthfully, it is very simple: either they give a clear "yes," or they do not. "Maybe," "I'm not sure," "I don't know," "I think so," a shoulder shrug, or silence are all examples of consent *not* being given. Even if you are dating, **you still need consent.**

Best practice is to communicate: ask questions, check in with each other, and listen to and respect each other. It might seem a little awkward, but you don't have to sound like a robot. Ask things like, "Can I kiss you?" or "Are you good?"

If you are uncomfortable with what is happening, don't be afraid to say something. You can always say, "No," "I don't want to do that," or, "Slow down."

FORENSIC MEDICAL EXAM (FME)

The most common medical concerns following a sexual assault are physical injuries, sexually transmitted diseases (STDs), and pregnancy. Treatment should be sought as soon as possible.

Before your FME, try not to bathe (or douche), eat, drink, use the restroom, or change clothes, as this could destroy evidence. However, if you have done so, do not let that stop you from seeking medical attention and reporting the crime. Your FME can be completed up to 120 hours after the assault.

During an FME

The purpose of an FME is to collect DNA evidence. The physical exam will be completed either by an emergency room doctor or a **SANE (Sexual Assault Nurse Examiner)** and can involve the collection of an **SAK (sexual assault kit)**. The exam may consist of the following based on what details the patient discloses about the assault.

The medical professionals will explain more when it happens, but an SAK collection can include cotton swabs of the genitals, mouth, anus, or external skin for blood, semen, or spit. Sometimes, hair samples, skin under the fingernails, pictures of wounds, or clothes can be taken as well.

You can choose to not consent to any part of the exam, or even refuse the exam itself. Both you and your legal guardian (usually your parent) have to consent to the exam for it to be completed. An **advocate** should also be there to walk you through the steps, protect your rights, and hold your hand, if you want.

Your guardian should still take you to more appointments with your regular doctor to follow up on possible health concerns, like STDs and pregnancy.



During a Forensic Interview

If you have not yet reached puberty (the biggest indicator being if you have gotten your period yet or not), you may not get an FME. Instead, you will be scheduled for a forensic interview, where a specialized interviewer will ask you questions about your assault. You may still get a forensic interview even if you have an FME completed and an SAK collected.

The purpose of the forensic interview is to understand, from your own words, what really happened with you and the offender. The interview will be given in an environment that is much more comfortable, and it is completely secure and safe for you to say what you want to say.

THE LAW

Georgia Law

The State of Georgia says what is illegal for underage sex. You are a growing person with new feelings and behaviors, and it is normal to want to explore. Still, it is important to protect the youth from damaging, sexual experiences that are just too early in a person's development.

In Georgia, no one under the age of 16 years old has the ability to consent to sex. Anyone who engages in sexual activity with someone younger than 16 years old is then guilty of **Statutory Rape**, which is a felony.

The Romeo and Juliet Clause was added to the statute to say that if the victim is between 14 and 16, the offender is younger than 18, and they are no more than 4 years apart, the charge can be brought down to a misdemeanor. However, they are still guilty of Statutory Rape.

Other states have similar laws, but they may be slightly different. In South Carolina, the age of consent is also 16, but they have no Romeo and Juliet Clause. This means that no matter how close in age they might be, anyone under the age of 16 cannot consent to sex with anyone over 16.

Mandatory Reporting

Mandatory reporters are people who are mandated, or required, to report to law enforcement and to the **Georgia Department of Family and Children Services (DFCS)** if they hear of child abuse. This includes physical abuse, neglect (like not feeding your children or ignoring their illness or injuries), and sexual abuse. If a mandatory reporter is told that anyone under the age of 18 has had sex, consensual or not, they are required by law to tell the authorities (DFCS and the police).

Mandatory Reporters are people who work around minors, including teachers, doctors and nurses, daycare workers, and even SARC advocates.

Don't let this stop you from calling and asking for help. If you call the SARC crisis line, an advocate can still talk with you, explain your options, and help you form a plan moving forward. If you just need some support in the moment and are not ready to tell the police, SARC will still be there.

It is still important to consider reporting. Oftentimes, someone who is hurting you won't stop unless you speak up. They could also be hurting someone else, so telling a trusted adult can help others, too.

THE LAW

When a minor experiences sexual assault, a criminal investigation will be started to find who is responsible and how. Depending on certain things, like if you are above the age of consent, it will be your family's choice to press charges, or "prosecute," the offender. The legal system exists to protect you and to ensure that justice is served, but it can be confusing and frightening at times. SARC and other organizations have advocates who can help you and your loved ones through the court system. The advocate is not a lawyer but is available to provide you with information and support, every step of the way.



FORENSIC INTERVIEW:

At times, when a child has been assaulted, someone specially trained will speak to them in a forensic interview. This is mostly for younger children but may still happen to other minors.

POLICE INTERVIEW:

In most cases of sexual assault, the survivor will need to talk directly to a police officer or investigator to give a report. Sometimes, for minors, they can use the forensic interview instead. Each case is different, but there is a chance that the police may still want to speak with you.

INVESTIGATION:

During the course of the police investigation, you may be asked to look at any pictures of possible suspects or to look at evidence. If a suspect is detained, you may be asked to identify the assailant in a lineup.

YOU ARE A WITNESS:

As a victim of a crime, you are legally considered a witness for the State. Your guardian should be keeping in contact with the people investigating the case and the assistant district attorney (ADA; in place of a private lawyer). As a witness, there may be times when you are asked to appear in court, however this is less likely for minors.

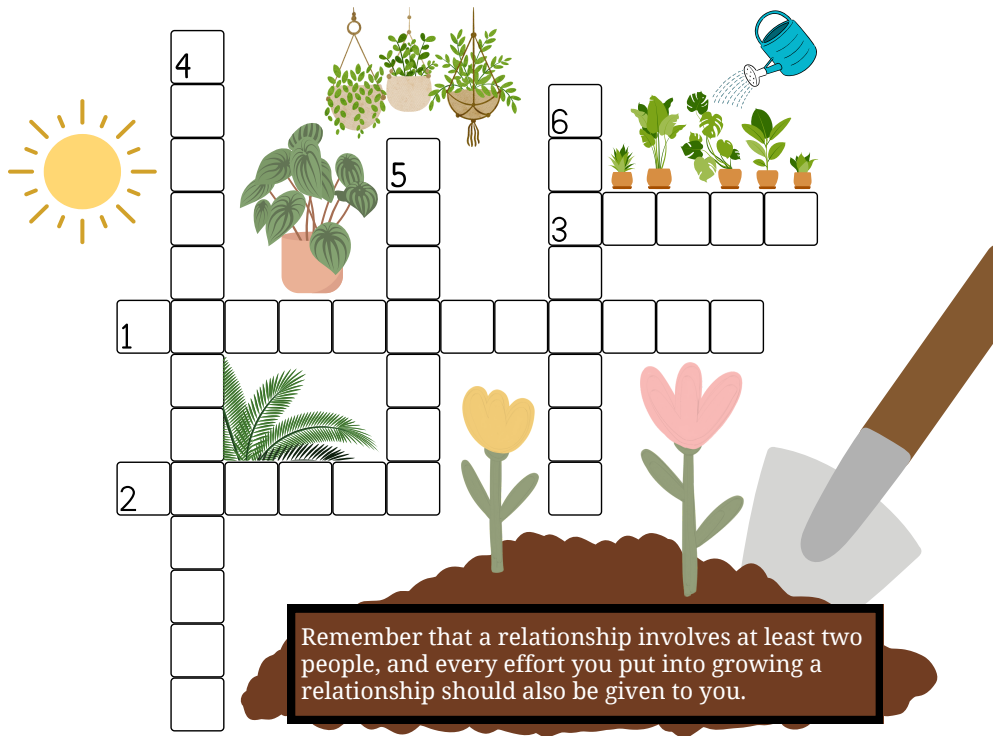
THE LEGAL PROCESS:

There are many, many steps to the legal process, and it may take as soon as a few months to as long as a few years to complete the process. This depends on if there is enough evidence to move forward with the case, if the offender pleads guilty or innocent, and many other things.

RELATIONSHIPS

There are many different kinds of relationships, and this is a time in your life where you are learning the skills to grow them. Among others, you may have friendships, family bonds, and romantic relationships.

Although you don't treat family the same way you treat a romantic partner, every healthy relationship has some key similarities. Just like how plants grow with good soil, strong sunlight, and water, you also need to grow relationships with a few basic elements. Otherwise, it will be unhealthy and may rot or wither. The crossword below should help you to discover which key elements apply to *all* types of relationships.



Across:

- 1. The ability to rely on yourself and freely make your own choices
- 2. Being free from danger, both physically and emotionally
- 3. Relying on someone and believing in them

Down:

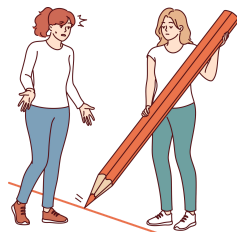
- 4. Open exchange of thoughts and feelings without being an argument
- 5. Being truthful without manipulation or hiding information
- 6. The ability to wait calmly and behave without frustration

RELATIONSHIPS

Greatest of all, every healthy relationship is built on **RESPECT**. A good relationship will always involve paying attention to, understanding, and respecting...

Your Boundaries

This is a big one. If you set a boundary about something with someone, they should respect it. For example, if you say, "I don't want to be called that mean name," they should respect that boundary and not call you that. If you say, "I'm not comfortable with you being in the bathroom while I shower," then that person should make an effort to give you that space.



Your Words

A healthy relationship is one where two people can speak with each other and know that they are being listened to and understood without being interrupted or ignored. They hear your words and acknowledge what you are saying. You both should use language that is positive and encouraging, but be careful to avoid manipulation.



Your Feelings

No matter how you feel, your feelings are valid. In a healthy relationship, you should be able to share your feelings with someone without them acting aggressively or dismissing you.



Your Beliefs

If someone is always fighting you about your closely-held beliefs, thinks less of you, or calls you stupid for the way you understand the world, that is not healthy. It is more healthy to have an open mind and discuss calmly about what makes you different.



For romantic relationships, it is even more important that each person shows respect to the other and has the key elements from before. Healthy partnerships do not put pressure on each other or get angry when one doesn't want to have sex.

If you ever feel pressured into having sex or doing sexual things, whether they are your romantic partner or not, tell them to stop. If they don't stop, find someone who you trust and feel safe around, and ask them for help.

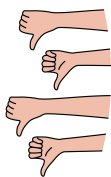
TECHNOLOGY

It is exciting to have all of the internet right at your fingertips and to be able to talk to anyone across the world at any time. Unfortunately, some dangerous people also make it hard to use technology safely.

Harassment

Harassment can take many forms. Online, it can be leaving uncomfortable or mean comments under your social media posts, posting about you on their own, or constantly trying to message or call you.

If you feel uncomfortable with the way someone is speaking to or about you, find an adult you trust to help you. They can try to ban their account, block them, or tell them to stop for you. If you speak with the police, they might advise you not to erase messages, but you don't have to look at them.



Harassment is another way someone tries to assert control or power over you. They want to feel seen, like they can't be ignored, and like they can hurt you. **They *can't* control you**, and the best way to fight back is to say nothing at all. Try not to answer them at all.

Sexting

It is common in young adults to feel pressure from their romantic partners, or even friends to “prove” themselves. Some people may ask you to send sexually-explicit or suggestive pictures or videos of yourself to them. Some of these relationships may feel comfortable and healthy, but remember to ask yourself: “Why do they want these pictures?” and “Is it safe?”

Any nude photos taken of minors can fall under “child pornography.” It is a crime to create, carry, and distribute child pornography. Even if you fully trust the person who you send pictures to not to show them to someone else, they can get into trouble for just having them. Anyone who has access to their phone or account will also have access to them.

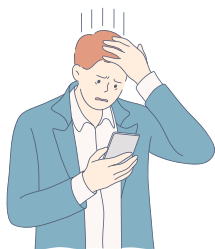


TECHNOLOGY

Sextortion

“Sextortion” is a relatively new term that is made up of two words: “sex” and “extortion.” **Extortion** is when someone tries to benefit through **coercion**, often with the use of blackmail. For example, a sibling might say to their brother, “If you don’t buy me ice cream, I will tell your crush that you wet the bed.” In this case, the sibling is coercing their brother with the fear of embarrassment to buy them ice cream.

Sextortion is when sexual material is a part of the coercion tactic. The Federal Bureau of Investigation (FBI) explains that sextortion often occurs to adolescents when they engage online with people who they believe are trustworthy, who says they are the same age, or who claims they already have some sort of sexual images of them. These people will encourage you to share nude photos or other explicit or suggestive materials. Once they have them, they will threaten to post the pictures publicly, send them to your family and friends, or otherwise threaten to ruin your life using the material unless you keep sending more pictures or send money.



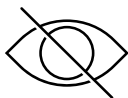
Remember that even if you send pictures to someone you trusted, it is not your fault how they choose to use those pictures. They are the ones who have breached your trust and are breaking the law. It is best practice to not trust people who you meet on the internet with anything sensitive like:



Money



Sexual Content



Birthday



Home Address



Social Security Number



If you choose to trust someone online who now wants to hurt you, the best thing you can do is tell someone. **The person extorting you is at fault, not you**, so do not hesitate to ask for help when you need it. You are not alone; more adolescents are threatened with sextortion every year. They can never really ruin your life, and we want to stop them from hurting you or anyone else.

SUGGESTED READINGS

- *The Rape Recovery Handbook: Step-By-Step Help for Survivors of Sexual Assault* (2003) by Aphrodite Matsakis
- *Recovering from Rape* (1994) by Linda Ledray
- *The Sexual Healing Journey: A Guide for Survivors of Sexual Abuse* (2012) by Wendy Maltz

Books for Male Incest Survivors:

- *A Beautiful World* (2009) by Gregg Milligan
- *Father's Touch* (2010) by Donald D'Haene

Books for Teens:

- *It Happened to Me: Teens Guide to Overcoming Sexual Abuse* (2002) by William Lee Carter
- *How Long Does It Hurt: A Guide to Recovering from Incest and Sexual Abuse for Teenagers, Their Friends, and Their Families* (2014) by Cynthia Mather & Kristina Debye
- *Speak* (2011) and *Shout* (2019) by Laurie Halse Anderson

Books for Adult Survivors of Childhood Sexual Abuse:

- *Courage to Heal: A Guide for Women Survivors of Child Sexual Abuse* (2008) by Ellen Bass
- *Hush* (2007) by Nicole Braddock Bromley
- *The Courage to Heal Workbook: For Women and Men Survivors of Child Sexual Abuse* (1990) by Laura Davis

Books for LGBTQ Survivors:

- *Queering Sexual Violence - Radical Voices from Within the Anti-Violence Movement* (2016) by Jennifer Patterson
- *Written on the Body: Letters from Trans and Non-Binary Survivors of Sexual Assault and Domestic Violence* (2018) edited by Lexie Bean

Additional Resources:

- *Believe Me: How Trusting Women Can Change the World* (2020) by Jessica Valenti & Jaclyn Friedman
- *False Report: A True Story of Rape in America* (2018) by T. Christian Miller & Ken Armstrong
- *I Never Called It Rape: The Ms. Report on Recognizing, Fighting, and Surviving Date and Acquaintance Rape* (1988) by Robin Warshaw
- *Know My Name* (2019) by Chanel Miller
- *Not That Bad: Dispatches from Rape Culture* (2018) edited by Roxane Gay
- *We Believe You: Survivors of Campus Sexual Assault Speak Out* (2016) by Annie E. Clark & Andrea L. Pino
- *Voices of Courage: Inspiration from Survivors of Sexual Assault* (2005) by Michael Domitrz
- *Yes Means Yes: Visions of Female Sexual Power and A World Without Rape* by (2008) Jessica Valenti & Jaclyn Friedman

PERSONAL SAFETY

Everyone deserves the right to feel safe in their life, especially within their own home, school, and workplace. At SARC, we understand that not every home or school are as safe as we would hope for them to be, and we want you to know that there are people who care about you and want you to feel safe.

Take a look at the questions below, and write down any answers that come to mind. Really think about this. There are no right-or-wrong answers—this section is for you to understand for yourself.

Who is in your support system (guardian, parent, aunt, grandparent, sibling, friend, etc.)?

Who of these people do you fully trust to support you and care about your best interest if you needed help?

Do you feel more comfortable going to someone else instead (teacher, counselor, police officer, etc.)?

Do you feel unsafe, threatened, or like you need help?

Remember that SARC and other agencies, like DFCS, want to help you. You can always call the SARC crisis line (706) 774-5200 if you feel unsafe in your life, and we will do what we can to connect you to the people who can make it better.

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