

# Workshop: **The professional role in limiting the impacts of child sexual abuse**

# Looking after yourself

Sexual abuse can be difficult to think about and talk about. Thinking about it and talking about it will affect us all in **different ways**, at **different times**.

It is important that we...

- Be aware of the feelings and experiences of other delegates
- Be kind to ourselves (personally and professionally)
- Respect each other's learning journey

***“What he did to me affected my whole life,  
every relationship, my personal identity and  
the general trajectory of my life’s path.  
Childhood sexual abuse manifested in all  
aspects of my life.”***

One In Four (2015)

# The impacts of child sexual abuse

**Sexual abuse can affect every aspect of a child's development**

**Individuals are affected differently and to varying degrees**

**10 – 53% show no psychological ill-effects into adulthood**

(Domhart et al, 2015)

# How impact differs...

The nature of the abuse

Whether the abuse is chronic

The relationship between the child who has been harmed and the person who has harmed them

The nature of the child's previous life experiences

The support within the family and wider support networks

The child's inherent resilience

# Susan

We will watch the video

Please make notes of anything that stands out for you during the video, we will discuss it afterwards

**Remember to look after yourself**



Physical health	Emotional wellbeing, mental health and internalising behaviours	Externalising behaviours	Interpersonal relationships	Socio-economic	Religious and spiritual belief	Vulnerability to revictimisation
<ul style="list-style-type: none"> <li>Physical injuries</li> <li>High BMI</li> <li>Problems related to childbirth</li> <li>Unexplained medical problems</li> </ul>	<ul style="list-style-type: none"> <li>Emotional distress</li> <li>Trauma / PTSD</li> <li>Anxiety</li> <li>Depression</li> </ul>	<ul style="list-style-type: none"> <li>Substance misuse</li> <li>Risky and inappropriate sexual behaviour</li> <li>Offending</li> </ul>	<ul style="list-style-type: none"> <li>Reduced relationship satisfaction and stability</li> <li>Issues with intimacy and parent-child relationships</li> </ul>	<ul style="list-style-type: none"> <li>Lower educational attainment</li> <li>Higher unemployment</li> <li>Financial instability</li> <li>Homelessness</li> </ul>	<ul style="list-style-type: none"> <li>Disillusion with religion</li> <li>Faith as a coping mechanism</li> </ul>	<ul style="list-style-type: none"> <li>Sexual revictimization in childhood and adulthood</li> <li>Other types of victimisation</li> </ul>

## Sense of responsibility

I joined in

I encouraged it

I should have told someone

It was something about me

I should have stopped it

I enjoyed it

I could have protected my siblings

## And this might lead to...

Guilt

Shame

Self-hatred

**Self-punishing  
feelings, thoughts  
and behaviours**

**Beliefs that they are  
deserving of the  
abuse**

# Impact on family

Blame

Torn  
loyalties

Guilt



Distress

Anger

Jealousy

# The part we can play in mediating impact

- ✓ **Act on concerns when we have them** – the quicker we can identify abuse is taking place, the better
- ✓ **Talk about abuse** and the impact of abuse with those who have experienced it
- ✓ **Listen** to what victims and survivors say they need and want
- ✓ **Help people access services** as soon as possible
- ✓ **Offer support** to those around them
- ✓ **Have hope** in their recovery

# Key messages from research



Centre of  
expertise  
on child  
sexual abuse

Key messages  
from research  
on the impacts  
of child sexual  
abuse

Fiona Vera-Gray, Child and Woman Abuse  
Studies Unit, London Metropolitan University  
March 2023

[www.csacentre.org.uk](http://www.csacentre.org.uk)



## Tell us what you think

Remember to complete our post event survey to tell us what you thought about the CSA Centre Roadshow



# Thank you!

For more information please contact:  
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