



# What is sexual trauma?



***Nothing good comes from sexual trauma for our people.***

***It can impact our feelings, our body, our thoughts, the way we behave and our relationships with others.***

***Intergenerational trauma has made it hard to break the cycle of sexual trauma.***

***Many people learn about sex through pornography. It's important to know that pornography creates violent ideas and behaviours about sex. It does not show healthy and safe sexual relationships.***

## **Immediate impacts can include feeling**

- Confused, isolated and/or unsafe
- Dirty, guilty and/or feel like being sick
- Anxious and nervous
- Empty and numb
- Mistrusting of others

## **With no support, a person can develop longer term impacts which can include**

- Mental health issues and/or addiction to alcohol or other drug use
- Increased self-blame, loss of libido and/or withdrawal
- PTSD symptoms, changes in relationships and/or increased suicidal thoughts

# Are you a survivor of sexual trauma?

There are people who understand you have survived a traumatic event and can help. Know that you are not alone.

- Counsellors who understand trauma can help you with your feelings.
- You can talk about what happened, how it's hurting you, and learn how to prevent unhealthy ways of coping.
- You can learn about intergenerational trauma.

**If you've been recently assaulted, you might need to consider the following:**

- Physical injury
- Sexually transmitted infection/s (STI)
- Unplanned pregnancy

You may need medical attention and treatment for these things.

If you need medical attention, go to your nearest emergency department.

If you need immediate help, contact the police.

In the Perth metropolitan area, you can contact SARC or the Sex Assault Squad.



## Remember

It can be helpful to remind yourself that a positive, healthy relationship includes:

- Having respect for each other
- Showing care and kindness to each other
- Being free to see friends and family
- Each having your own interest
- Feeling safe in the relationship
- Enjoying each other's company and having fun together
- Having a mix of shared time together and time on your own
- Being free to have a career and control your own money
- NO physical violence

## Sexual Assault Resource Centre (SARC)

**Metropolitan area:** A free 24-hr emergency service providing medical and counselling services for people who have experienced a recent (within 14 days) sexual assault, and counselling services for any form of unwanted sexual contact that has happened in the past for all genders ages 13 years and above.

**State-wide area:** Advice and education and training can be provided to services across Western Australia.

Call SARC on (08) 6458 1828 or Freecall 1800 199 888.

Email SARC Education and Training on [SARCTraining@health.wa.gov.au](mailto:SARCTraining@health.wa.gov.au)

### Yorgum Healing Services

Disability counselling, intensive family support and National Redress services

**Call 1800 469 371**

### 13 Yarn

The first national crisis support line for mob who are feeling overwhelmed or having difficulty coping, 24hrs/7 days a week

**Call 139 276 (13YARN)**

### WA Police

#### Sex Assault Squad

To report a sexual assault

**Call (08) 9428 1600  
131 444 (after hours)**

### Non emergencies

**Police assistance  
and reporting**

**Call 131 444**

**Emergency Call 000** Police, Fire, Ambulance