



April 2013

Stewards of Children® Participants...Never Stop Learning!

You are receiving this email because you have attended a Stewards of Children training with Chaucie's Place. We want to continue to provide helpful information, tips, stories in the news, trainings, and other valuable resources to expand your awareness and strengthen your role as a steward of children. Without ongoing education and dialogue in our community, it is impossible to move forward and end this epidemic.

Secondary Survivors: Tips for families and friends surviving sexual abuse

Given the statistics, it is likely each of us knows a survivor of sexual abuse and it can be difficult to know what to do to help someone through their journey. This month we want to share tools to help you understand ways to offer support to survivors of sexual abuse. It is important to keep in mind that survivors of sexual abuse are each impacted differently from one another, but having a strong support system is crucial for every survivor.

DOs and DON'Ts

DO tell them the abuse wasn't their fault.
 DO thank them for telling you.
 DO let them know you are always there for them.
 DO offer to accompany him/her to therapy session.
 DO allow him/her to tell you as much or as little as he/she needs to.

DON'T tell them it was their fault.
 DON'T tell them you could have avoided it if had you _____.
 DON'T assume he/she does or doesn't want to be touched. Some people can't stand a hug at this point; others can't make it without one.
 DON'T demand to know every detail of the abuse.
 **DON'T be afraid of silence. If you don't know what to say, that's okay. The most powerful statement a friend or family member can make is by simply being there; not trying to fix everything or pretending it's okay. Silence often says more than words.

LEARNING MORE ABOUT CHILD SEXUAL ABUSE

Becoming more educated about child sexual abuse will help you better understand what survivors may experience in their lives and how you can offer support and prevent child sexual abuse.

A few suggestions:

- Continue to participate in programs like Stewards of Children that educate you on the role you play as a member of society to prevent child sexual abuse.
- Research this topic on your own. Visit our website for resources: <http://chauciesplace.org/child-abuse-resources>
- Read about current events related to child sexual abuse.
- Volunteer!

TAKE CARE OF YOURSELF!

As a secondary survivor you can expect to experience a variety of emotions when helping someone you love work through the issues that follow sexual abuse. You may feel anger, shock, sadness, anxiety and/or fear. It can be difficult to handle your own emotions, as well as supporting someone else at the same time. You will need time to process those emotions. It may be helpful to keep a journal or even talk to a therapist, but it is equally as important to remember to take time for yourself. You don't want to become burnt out as a support and you don't want the survivor to become dependent of you.

WHAT SURVIVORS WANT YOU TO KNOW

[Pandora's Project](#), a website that offers support for survivors of sexual abuse, provided the following insight to what survivors want you to know.

- We often take a lot of responsibility for the abuse. Telling us it is not our fault may help to lessen the guilt or shame, but it can't take it away.
- We deal with a lot of shame. Please don't shame a survivor. It is the pattern we are trying to break.
- The healing process for a survivor may take years. We may be in and out of therapy several times. New memories may surface, and new experiences may trigger us.
- People who are survivors are often caretakers. It is a survival technique. It takes a long time to unlearn that behavior.
- Survivors resent being judged. We have judged and punished ourselves for years. We are usually harder on ourselves than anyone else can be.
- People who are survivors don't want your pity.
- Don't try to excuse the abuser's behavior.
- Don't categorize survivors. Each case of abuse, although it may be similar, is a unique case.
- We don't all follow the same pattern of healing or behavior.
- Not all survivors have clear memory of the abuse or assault. We may need to deal with that lack of memory on a regular basis.

We hope these tools help you better understand ways you can offer support to a survivor of sexual abuse. It can be a difficult role, but incredibly important given all the challenges that come with being a survivor of sexually abuse.

*"Unless someone like you cares a whole awful lot, nothing is going to get better, its not."
- Dr. Seuss' The Lorax -*

Information made available through
[Pandora's Project](#)
[RAINN](#)

Please forward to your friends, family and colleagues!

Stewards of Children Training Schedule:

April 17, 2013

5:30pm - 8:00pm

White River Elementary School, LGI Room
19000 Cumberland Rd.
Noblesville, IN 46060

\$15 per person

To register:

<http://chauciesplace.org/april-stewards-of-children-registration>

May 14, 2013

5:30pm - 8:00pm

Fishers Public Library, Stage Room
5 Municipal Dr.
Fishers, IN 46038

\$15 per person

To register:

<http://chauciesplace.org/stewards-of-children-registration>

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About Chaucie's Place

Chaucie's Place works passionately to ensure the welfare of children by offering evidence-based; high-quality prevention programs to end the cycle of abuse and to empower children and adults to ensure that children of central Indiana have the opportunity to live to their highest potential. Additionally, the center provides a neutral, child-focused environment where forensic interviews may take place for cases of alleged child sexual and physical abuse and neglect to help reduce trauma for child victims.

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