

# The Advocate

The Wichita Area Sexual Assault Center Newsletter

## Adult Survivors of Childhood Sexual Abuse

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Adult Therapist

Many may believe that most survivors we see in our office have been recently victimized by that stranger that jumps out of the bushes. This is rarely the case. The survivors that seek services may have been recently victimized; however, they may also be suffering with trauma from childhood sexual abuse. Many of the perpetrators were someone they knew, loved and trusted. An estimated 54% of female rape victims were younger than 18 when they experienced their first attempted or completed rape (U.S. Department of Justice).

When a child experiences sexual abuse by family members or in their home environment, basic needs and their psychological development may become impaired. For instance, learning to trust and feel secure can be challenging. Additionally, their emotional skills may be limited and their self-esteem can be lowered. Often times, a child may be told they are lying or their support system pretends that nothing happened. These factors, and many others, can contribute to the adult survivor taking a very long time to connect what happened in their childhood and understand how it may be affecting them today.



Some common signs for childhood sexual abuse survivors:

- Feeling like it was their fault
- Guilt/Shame/Low Self-Esteem
- Difficulty developing and maintaining relationships
- Isolation
- Physical ailments, such as stomach and gynecological problems
- Anxiety
- Depression
- Post-Traumatic Stress Disorder
- Alcohol and Drug Abuse or Addiction
- Numbing or feeling disconnected from their bodies

Some helpful tips on how to support a disclosure of childhood sexual abuse:

- Believe the survivor, even if their memories are vague or they are still trying to accept that this may have happened to them.
- Listen to them with respect.
- Validate their feelings but don't try to "fix" them.
- Let the survivor know that it was not their fault, no matter the circumstances.
- Encourage them to seek help and support services.
- Educate yourself as to what the survivor may be experiencing.
- Treat them as the strong courageous person they are.

Is healing possible? Absolutely! However, it is not something that happens overnight. Making the decision to go through the healing process is a first step. At times it can be very painful, but with support and commitment it can be done. WASAC offers many services to aid in a survivor's healing. Survivors and their support system can always reach a crisis counselor on our 24-hour Hotline, 7 days a week. Therapy, Support Groups, Trauma-Sensitive Yoga and alternative methods such as writing and art is also provided.

## WASAC Calendar of Events

**June 15: 6:00-8:00 p.m.**  
**Protective Parenting Program**  
**(court approved)**

**June 28: 12:00-1:00 p.m.**  
**WASAC Lunch and Learn**  
**LGB-What?:**  
**The underrepresented letters**  
**within a marginalized acronym**

**FREE & CONFIDENTIAL**  
**316-263-0185**

All services are free and confidential. For more information, feel free to contact us, Monday-Friday at 316-263-0185. You may also contact me directly by email [Catharine@wichitasac.com](mailto:Catharine@wichitasac.com).

Reference: Full Report of the Prevalence, Incidence, and Consequences of Violence Against Women: Findings From the National Violence Against Women Survey. Washington, DC:U.S. Department of Justice, National Institute of Justice, November 2000, NCJ 183781.

**JOIN the MOVEMENT**

**LET'S END  
CHILD SEXUAL  
ABUSE.**



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[www.wichitasac.com](http://www.wichitasac.com)

## June Lunch and Learn

### LGB-What?: The underrepresented letters within a marginalized acronym

In this month's Lunch and Learn, we will focus on individuals who identify as transgender, gender non-conforming, and gender non-binary. Media outlets are slowly bringing to light the increased incidence of sexual violence faced at the intersection of gender identity, race and poverty. Participants will expand their vocabulary, gain confidence in relating with people who present "outside the norm," and become equipped with ways to support these marginalized groups within our community. This session will be approximately 45 minutes followed by Q&A.

#### Objectives:

1. Participate in a vocabulary building activity.
2. Discuss LBGTQI+ related history and current events.
3. Explore the link between sexual violence and intersecting forms of oppression, including unique barriers to disclosure and healing.

Hosted by: Lanna Allen, Outreach Advocate, Elle Boatman, and Brenda Way

Date & Time: June 28 from 12:00 p.m. - 1:00 p.m.

Location: 355 N Waco, Suite 100, 67202



Pictured above from left to right. WASAC staff supporting IT'S ON US campaign:  
Mary (Assistant Director), Cami (Outreach Advocate), Lanna (Outreach Advocate), Ronnie (Crisis & Hotline Advocate), Amy (Volunteer Coordinator), Sarah (Court Advocate), Laura (Court Advocate), Sam (Outreach Advocate), and Wendy (Latino Outreach Coordinator).



# Wichita Area Sexual Assault Center

**2016**



**Free and open to all! No RSVP required.**

Bring your lunch and join us from 12-1 p.m. on the last Tuesday of each month to learn more about the reality of sexual violence in our community.

<b>January 26</b>	<b>Supporting Disclosures</b>
<b>February 23</b>	<b>Rape in Detention: It's not the penalty</b>
<b>March 29</b>	<b>Sexual Violence against Men and Boys</b>
<b>April 26</b>	<b>What is Rape Culture?</b>
<b>May 31</b>	<b>Sexual Violence in the Latino Population</b>
<b>June 28</b>	<b>LGB-What?:</b> The underrepresented letters within a marginalized acronym
<b>July 26</b>	<b>Trauma-Informed Services</b>
<b>August 30</b>	<b>Sexual Violence against People with Disabilities</b>
<b>September 27</b>	<b>Risk and Benefits of Protection Orders</b>
<b>October 25</b>	<b>Sexual and Domestic Violence: Connections</b>
<b>November 29</b>	<b>Navigating the Criminal Justice System</b>
<b>December 27</b>	<b>Practicing Self Care While Caring for Others</b>

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All WASAC Lunch & Learn sessions are held at our office at 355 N Waco, Suite 100. For more information, call (316) 263-0185 or visit us online at [www.wichitasac.com](http://www.wichitasac.com).



# Wichita Area Sexual Assault Center

## Teen girls (age 13-17)

- Support group  
Monday, 5:30 - 6:30 pm
- Trauma-sensitive yoga  
Monday, 6:30 - 7:30 pm

## Parents and caregivers

- Support group  
Monday, 6:45 - 7:30 pm

## Adult women (age 18+)

- Support group  
Tuesday, 5:30 - 6:30 pm
- Trauma-sensitive yoga  
Tuesday, 6:30 - 7:30 pm

WASAC also offers short-term individual therapy for men, women, and children.

To schedule an appointment, please call our office between 8:30 am and 5:00 pm.

WASAC support groups are confidential, free, and open to survivors at any point in their healing. All groups meet weekly and are open-ended, with no appointment necessary to participate. At this time, child care is not available.

WASAC office

355 N Waco,  
Suite 100

SW corner of 3rd/Waco

316-263-0185