

# Your reactions & role modeling influence your child's recovery.

## Ways to take care of yourself:

- Address any shame or guilt you feel over the abuse and refocus negativity back on the offender
- Acknowledge trauma in your own history
- Make time for your own healing
- Talk to other trusted adults about your feelings
- Exercise and find ways to decompress
- Utilize relaxation techniques to help you through difficult moments
- Seek professional support if needed

## Helpful Websites:

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

[www.rainn.org](http://www.rainn.org)

[www.d2l.org](http://www.d2l.org)

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



## **Believing & Responding to Sexual Violence Against kids**



## **Standing Together Against Rape**

1057 West Fireweed Lane, Suite 230 Anchorage, AK 99503

Business Line: 907-276-7279 Crisis Line: 907-276-7273  
Statewide Crisis Line: 1-800-478-8999 TTDY: 907-278-9988

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



**Healing your family is never easy. STAR is here to help.**

**Support Services available:**

- 24-hour crisis line
- Immediate crisis support
- Hospital and police accompaniment
- 1-on-1 advocacy sessions
- Support groups
- Information and referral to community resources
- Legal advocacy and court accompaniment

**Commonly requested Services:**

- Assistance completing the Violent Crimes Compensation Application (VCCB) to pay for counseling, medical expenses, loss of wages, relocation, and other crime-related costs
- Assistance connecting with a pro bono attorney for Family law matters.
- Support and accompaniment to Grand Jury hearing, District Attorney meetings, and additional court hearings.
- Assistance registering for VINE Link which notifies you in the event that an offender is released or escapes incarceration.
- Referrals to community resources for assistance with housing, employment, and counseling.
- Case Management for intensive follow-up and support.



**Call STAR when you need to know what to say and how to help a child heal from sexual abuse.**

- ★ **Believe him/her:**  
There may be some confusion about details, but that doesn't mean the child isn't telling the truth. The assault is a traumatic situation and details can become confused.
- ★ **"It is NOT your fault":**  
Children are never at fault for sexual advances, sexual attention, or sexual violence. The adult or older child holds the responsibility.
- ★ **Listen carefully:**  
Your reaction will set the tone for how much the child will talk with you during their healing process. Stay calm and keep listening so the child knows you can handle this tough situation.
- ★ **Normalize his/her feelings:**  
The shock of violence or a disclosure that ends years of abuse can be very disruptive to a child's normal behavior and personality. Survivors experience a range of emotions when healing from sexual violence. Normalize and avoid judging the reactions a survivor may experience.
- ★ **Support him/her in talking about the assault:**  
The secret to healing is talking about the experience, but only when the survivor is ready. Forcing someone to talk or constantly asking questions about the abuse may delay the process of healing.
- ★ **Be confidential and respectful:**  
Survivors often talk about trying to avoid being known as a "victim." For that reason, limiting the number of people who know that a child has been hurt is ideal. Talk with the child about this concern and how not telling others will impact their privacy. Children should be known for who they are, not for what has happened to them.
- ★ **Don't pry or ask questions:**  
Allow her/him to share the experience, as she/he is ready. She/he may not want to share specific information with you. Respect this boundary and don't take it personally.
- ★ **Identify other supportive adults:**  
Building a supportive net around a child is very helpful. Help the child identify safe people in his/her life that are available to talk and listen.

**"I believe you."**

**"You did nothing wrong."**

**You are not in trouble."**



**"You can talk to me when you are ready."**

**"You are so brave."**

**STAR is available 24 hours a day.**