

# Recovering from Sexual Assault



Recovery from sexual assault is a complicated and controversial concept. Some people believe that with counseling and time you can recover completely from a sexual assault. Others maintain that some aspect of a sexual assault will be with the victim of the assault forever. Some argue that recovery is the wrong term because it is associated with illness or disease and that the effects of a sexual assault should not be viewed in such a light. No matter what your perspective on this debate may be, the information provided below may help you think about different aspects of the process following a sexual assault.

## **Medical Information** <sup>[1]</sup>

If you have been sexually assaulted, there may be medical concerns that arise both immediately following the assault and much later.

## **Help a Loved One** <sup>[2]</sup>

There are many ways that you can help a friend or family member who has been raped or sexually assaulted.

## **Self-Care for Friends and Family Members** <sup>[3]</sup>

If a loved one has been assaulted you may have many questions and emotions on your mind. This is normal. Seeing someone you love in pain can lead to a wide range of feelings.

## **Self Care for Survivors** [4]

The following are steps you can take to help take care of yourself as you recover from the assault that you experienced.

## **What Should I do?** [5]

Important steps to follow after you have been sexually assaulted from finding a safe place to being tested for STI's and pregnancy.

## **Safety Planning** [6]

If you or someone you know has been sexually assaulted or is in an abusive relationship, there are things to consider when thinking about safety.

## **Media Awareness** [7]

Movies, TV shows and Talkshows that show rape, sexual assault or child sexual abuse can be very difficult for survivors to watch. Use the suggestions here to make your experiences safer.

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### **Links:**

[1] <http://www.rainn.org/get-information/sexual-assault-recovery/medical-information>

[2] <http://www.rainn.org/get-help/help-a-loved-one>

[3] <http://www.rainn.org/get-information/sexual-assault-recovery/tips-for-friends-and-family>

[4] <http://www.rainn.org/get-information/sexual-assault-recovery/self-care-for-survivors>

[5] <http://www.rainn.org/get-information/sexual-assault-recovery/tips-for-after-an-attack>

[6] <http://www.rainn.org/get-information/sexual-assault-prevention/safety-plan>

[7] <http://www.rainn.org/get-information/sexual-assault-recovery/challenges-for-survivors-movies-and-tv>