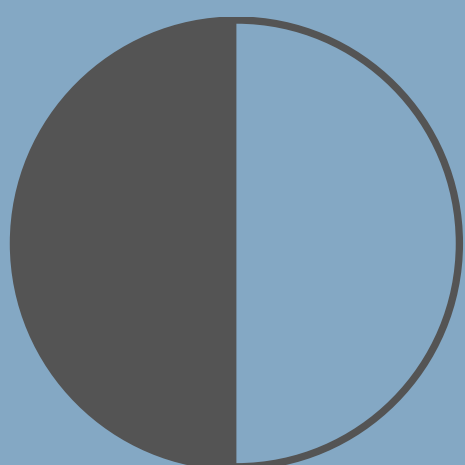
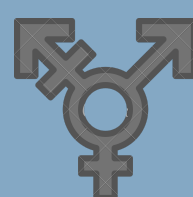


RECOVERING FROM CHILDHOOD SEXUAL ABUSE: RESEARCH RESULTS

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140 people answered a survey. 21 of them also took part in interviews. Half were under 8 when they were first abused. Three quarters were under 12.



Gender - 120 female, 20 male and 1 trans.



63% were abused by a family member, 53% by an acquaintance, and 11% by a stranger. 23% were abused by more than one perpetrator which is why the percentages don't add up

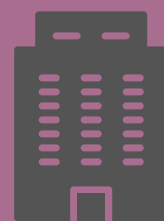
PEOPLE HELP AND HINDER RECOVERING

BEING HEARD



Three quarters valued counselling and therapy. A quarter said relationships were the most important factor in recovering.

CHANGING SOCIETY



Participants were very clear that society, at every level, doesn't help recovering. This means we need to stop judging and shaming people.

HAVING DIFFICULT CONVERSATIONS



We need to talk about things we find very difficult; why most abusers are known to the child, often they are within their own family. Families frequently don't want to face that truth. We must value people who are abused, not their abusers. We also need to fund support services and challenge preconceptions.

SELF DETERMINATION

People who have been abused need to define their own happiness. Someone else took it away. Taking it back is vital.



Nearly half said they found exercise, touch and movement helped such as sport, yoga, massage, walking and dance



Nearly three quarters found creative activities helped such as art, reading, writing, gardening, design, poetry and gaming



Whatever people chose to do remaking connections with their body was really important for recovering.