

SAPREA ONLINE RESOURCE INDEX

[RESOURCES FOR SURVIVORS OF CHILD SEXUAL ABUSE](#) - A collection of research-based online resources to help survivors address symptoms that are commonly associated with child sexual abuse trauma.

[EFFECTS OF CHILD SEXUAL ABUSE](#) - An overview of the whys behind the effects that childhood sexual abuse can have on a survivor, with information about trauma and its impact on the brain and body, the long-lasting effects of shame, and the connection between trauma and physical symptoms.

[COMMON SYMPTOMS EXPERIENCED BY SURVIVORS OF CHILD SEXUAL ABUSE](#) - When experiencing high levels of stress, the body releases hormones (adrenaline, cortisol) to prepare the body to respond to the stressor; this starts a chain of physiological responses in the body, which can disrupt sleep, negatively affect mood, hinder metabolism, interfere with the immune system, obstruct concentration and memory, or create a sense of discontent that may lead a survivor to try to numb the pain with substances, relationships, or other distractions.

[3 HEALING PRACTICES: ACKNOWLEDGEMENT, MINDFULNESS, ASPIRATION](#) - Saprea's core practices that are clinically sound and inform and enhance the way a survivor engages in activities and learning.

Responding to a Child Who Discloses They've Been Sexually Abused

[SIGNS OF SEXUAL ABUSE AND HOW TO RESPOND](#) - Parents learn the signs of sexual abuse and important first steps to take in their response.

[HOW TO HELP A CHILD WHO HAS EXPERIENCED SEXUAL ABUSE](#) - Parents learn the importance of responding, supporting, and prioritizing the child who has recently disclosed.

[HOW TO REPORT SEXUAL ABUSE IN THE UNITED STATES](#) - This resource explains the process of reporting sexual abuse in the US, and provides short answers to common questions and concerns of parents.

Prevention Resources

[REDUCE THE RISK OF CHILD SEXUAL ABUSE](#)

[PROACTIVE PARENTING](#) - These resources highlight what parents should know, do, or be that will provide a positive example, strengthen their relationships with their children, and identify risks specific to their kids and/or family situation.

[BOND WITH YOUR CHILD](#) - Every interaction between a parent and child is a chance to grow closer, and can help parents have important conversations, identify red flags, develop trust, and help their child form an identity that is tied to supportive, loving relationships.

[MANAGE YOUR EMOTIONS](#) - Parents who show their child how to experience feelings without letting the emotion control their response are modeling resilience. They are also reducing the likelihood that their child will engage in unhealthy behaviors as a way to cope with distressing emotions.

[COMMUNICATE OPENLY](#) - Parents who communicate effectively are more likely to have children who feel they can open up about challenging situations and ask questions about sex, their bodies, or anything else they want to discuss.

[IDENTIFY RISKS](#) - Parents can learn to identify risky situations that can be mitigated with family rules, increased communication, or monitoring of online activity.