

# Sexual Assault and Abuse

## Impacts on Children and Youth

### Mental

#### Children

- Periods of panic
- Fear or dislike of certain person
- Feeling like they are bad
- Depression
- Suicidal thoughts
- Brain Development

#### Youth

- Feeling damaged
- Feeling like they don't fit in
- Low self-worth / de-value self
- Fears
- Panic
- Depression
- Suicidal thoughts

### Physical

#### Children

- Bed wetting
- Regressive behaviours
- Showing Aggression towards family, friends, toys and pets
- Physical trauma to genital area
- Engaging in persistent or aggressive sexual play with friends
- Excessive masturbating

#### Youth

- STI's
- Pregnancy
- Substance use
- Eating disorders
- Self Harming
- Early involvement in sexual activities
- At risk for prostitution/sexual exploitation
- Aggressive physically
- Aggressive sexually

## Emotional/ Social

### Children and Youth

- Withdrawing from previously enjoyed activities
- Isolating self from friends, family, people in general
- Changes in school productivity
- Initiating advanced sexual behaviours with adults/peers
- Asking unusual amount of questions about sexuality

## Spiritual

### Children

- Confusion
- If "God" is used as a threat it sets stage for fear of "God" to develop

### Youth

- Feel betrayed by "God"
- Confusion
- Feel betrayed by faith if abused within the faith