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## SEXUAL ABUSE

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If someone is giving you physical attention (touching you) and you are not sure how you feel about it . . .

If you are being touched by a family member, adult friend, or someone else, and it makes you uncomfortable, unhappy, or confused . . .

You may be the victim of sexual abuse.

**It is not your fault.** You don't have to keep this secret anymore. If this is happening to you now or has happened in the past, it will help you to talk to someone you trust who will listen to you.

Your feelings about the person who is abusing you might be all mixed up; you might sometimes feel angry, sometimes afraid, possibly even guilty – or you might not know *what* to feel.

This is especially scary if the person who's abused you is someone you care about and depend on. It's hard to believe someone you love is doing something so wrong. You may be afraid to tell anyone about it, but "telling" could be the only way you – and your abuser – can get the help you need.

Talking with SOMEONE – a relative, or a friend's parents – can help you sort out your feelings and start finding ways to help yourself.

To get more support and help, call:

**The Women's Community . . . . .(715) 842-5663 8am-4:30pm  
or, 24 hours a day . . . . .(715) 842-7323  
Or, access their website at: <http://womenscommunity.org>**

*Long-distance callers may call toll-free. . .(888) 665-1234*

Helps people who are affected by sexual harassment, assault and abuse, confidentially and free of charge.