

Sexual Abuse

- Sexual abuse is any sexual activity that occurs without consent. Also referred to as sexual assault or sexual violence, it includes unwanted sexual touching, forced oral sex, and rape, among other sexual acts. No matter which act occurs, it's not the survivor's fault that they were assaulted—and help is available to begin healing from such abuse.

Signs of Sexual Abuse

- • Anxiety about specific situations that didn't previously prompt anxiety
- • Avoiding specific people or places
- • Persistent sadness or depression
- • Low self-esteem
- • Disturbed sleep or nightmares
- • Self-harming behavior
- • [Suicidal](#) thoughts
- • New sexually transmitted infections

- Drastic change in personality and behaviour
- Anger and aggression
- Unusual interest in sexual matters
- Sleep disorders
- Fear of adult or a particular sex
- Reluctance to be left at some specific place like Home alone
- Aversion to touch or closeness with anyone
- Injuries in body

Effect of sexual abuse

- Depression
- Shame
- Guilt
- Disturbed sleep
- Isolation
- Physical pain
- Not be able to concentrate
- Not be able to work or study

Importance of addressing sexual abuse

- Preventing future
- Raising awareness
- Provide security to boys and girls
- Maintain the integrity of work place and will to work
- Increase the happiness index of the country
- Prohibit gender discrimination
- Creating harassment free environment
- Removing social evils of the society

Ways to address problem of social abuse

- Strict laws
- No discrimination and comparison
- Must have code of conduct, strong rules and regulations
- Must have good communication
- Creating awareness
- Active involvement of NGOs
- Have zero tolerance for mishandling

Sexual Abuse in Family

- Forms of Harassments
- Physical
- Emotional
- Financial
- Child abuse and neglect
- Forced marriage
- Elder abuse
- Sexual

