

# WAS I SEXUALLY ABUSED/TRAUMATIZED?

The following is a list of some experiences and interactions that are inappropriate, abusive, or traumatic. Some are direct and obvious; some are less direct and more subtly harmful.

- \*Being bathed in a way that feels intrusive to you.
- \*Being ridiculed or teased about your body.
- \*Being told all you are good for is sex.
- \*Being involved in child prostitution or pornography.
- \*Being shown sexually explicit movies.
- \*Being made to pose for seductive or sexual photographs.
- \*Being subjected to unnecessary intrusive medical treatments.
- \*Being kissed in a lingering or intimate way by an authority figure, adult, older or intimidating youth.
- \*Having your breast, abdomen, genital area, inner thighs or buttocks fondled, or being asked or forced to do this to an authority figure, adult, older or intimidating youth.
- \*Being involved in oral genital contact.
- \*Experiencing finger or object penetration.
- \*Experiencing penetration of the rectum and/or the vaginal area.
- \*Being exposed to adult talk about specific sexual acts.
- \*Being exposed to chronic nudity or nudity at inappropriate times.
- \*Being forced or exposed to hearing or watching adults or teens having sex.
- \*Being exposed to sexual name-calling.
- \*Living in constant fear of sexual abuse occurring in your life.
- \*Lack of privacy in bath or changing rooms, being watched.