Centre of expertise on child sexual abuse

Looking after yourself

Sexual abuse can be difficult to think about and talk about. Thinking about it and talking about it will affect us all in different ways, at different times.

We know that a high number of people have been directly impacted by child sexual abuse and we can therefore assume that some of you attending this session today have either been sexually abused yourself or have a family member or friend who has been sexually abused – this may be your own child, a partner, a parent.



In light of this session being delivered online, most or all of you will be taking part from your own homes. This presents particular issues around:

- Privacy – the risk of exposing your family members to difficult material or feeling restricted as to how much you can contribute to discussions
- Boundaries – not being able to leave the content at work in the same way you would do if attending face to face sessions
- Time to debrief – not having the usual periods of time to either be alone or catch up with colleagues after a face-to-face session, for example, during the drive home
- Containment – not being 'held' by the facilitator in the same way as in face-to-face sessions



You may decide that today isn't the day to do the session, and you may not realise this until you are in it! It's important to be kind to yourself:

- If you need a break from the material, then you can do this by leaving the session at any point
- If you find any parts of the session particularly hard, you can do the following grounding exercise at any point. We will also practice this within the session.

Grounding five senses exercise

5 things you can see
4 things you can feel
3 things you can hear
2 things you can smell
1 thing you can taste