



RESPONDING TO A TEEN'S DISCLOSURE OF SEXUAL VIOLENCE

BEHAVIORAL HEALTH SERVICES

Each person who experiences sexual harassment or sexual violence will react differently. There is no right or wrong way to act or feel. If a teen tells you about unwanted sexual contact or harassing words, it shows that they trust you. It helps to stay calm and **SEEK** to support them.

How might my teen be feeling?

Trouble Sleeping & experiencing nightmares

Use of alcohol or substances to cope

Frequent trips to the school nurse for headaches or stomach aches

Fear & Avoidance of reminders

Anger towards the perpetrator, loved ones, or themselves

Mood Swings: Intense emotional reactions, many ups & downs

Distrust of others Doubting of self

Loss of Control & Insecurity
Difficulty Concentrating

S	E	E	K
SAFETY	EMPOWERMENT	EMPATHY	KNOWLEDGE
<p>Let the teen know that it is not their fault and that you are not judging them.</p> <p>Remind the teen that you care.</p> <p>Listen to their worries and let them know that they are valid.</p>	<p>Find a private, safe place to talk</p> <p>Ask if they want medical care</p> <p>Ask if they feel safe at home, school, or work.</p>	<p>Let the teen decide what they want to talk about</p> <p>Don't pry. Speak calmly and gently.</p> <p>Help identify options for the teen instead of telling them what to do.</p>	<p>You do not have to know all the answers.</p> <p>You do not have to investigate the details.</p> <p>Know who you and your teen can turn to for more information</p>

Medical Help

- Sexual Assault Nurse Examiner (SANE) Locations:
- Children's Hospital Boston Medical Center
- Mass General Hospital
- Beth Israel
- Brigham and Women's Hospital

School Resources

- Stop Sexual Assault in Schools www.ssais.org
- BPS Resources Contact School nurse/ School Psychologist
- Sexual Harassment Circular
- Child Abuse & Neglect Circular

Law Enforcement & DCF

- Children's Advocacy Center of Suffolk County: 617-779-2146
- DCF Child-at-risk hotline: 1-800-792-5200

COMMUNITY SUPPORTS

- Boston Area Rape Crisis Center hotline: 1-800-841-8371
- Casa Myrna Safelink: 877-785-2020
- Fenway Violence Recovery Program, LGBT Peer-listening line: 888-340-4528

