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Childhood Sexual Abuse and its Lasting Effects

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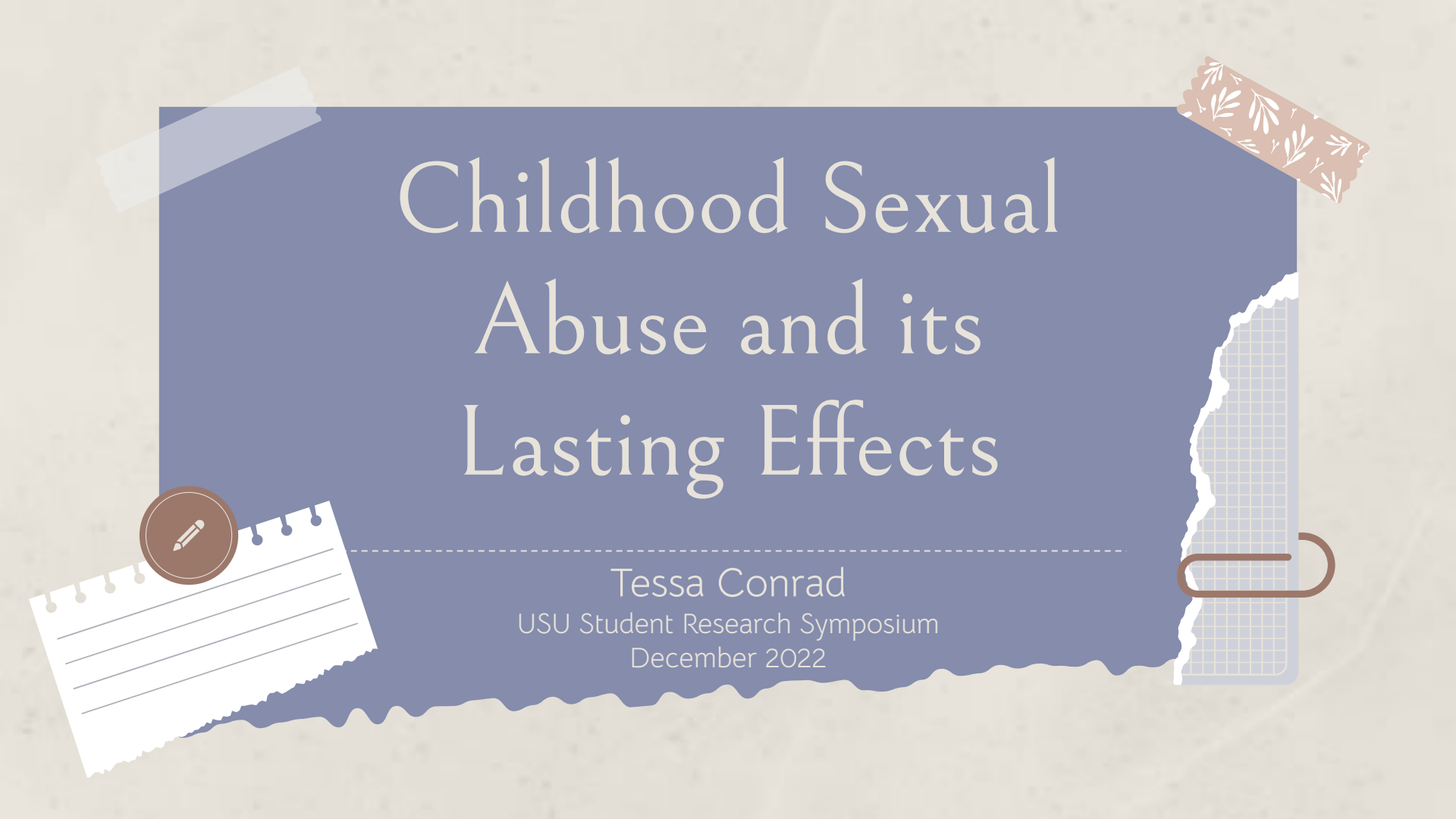
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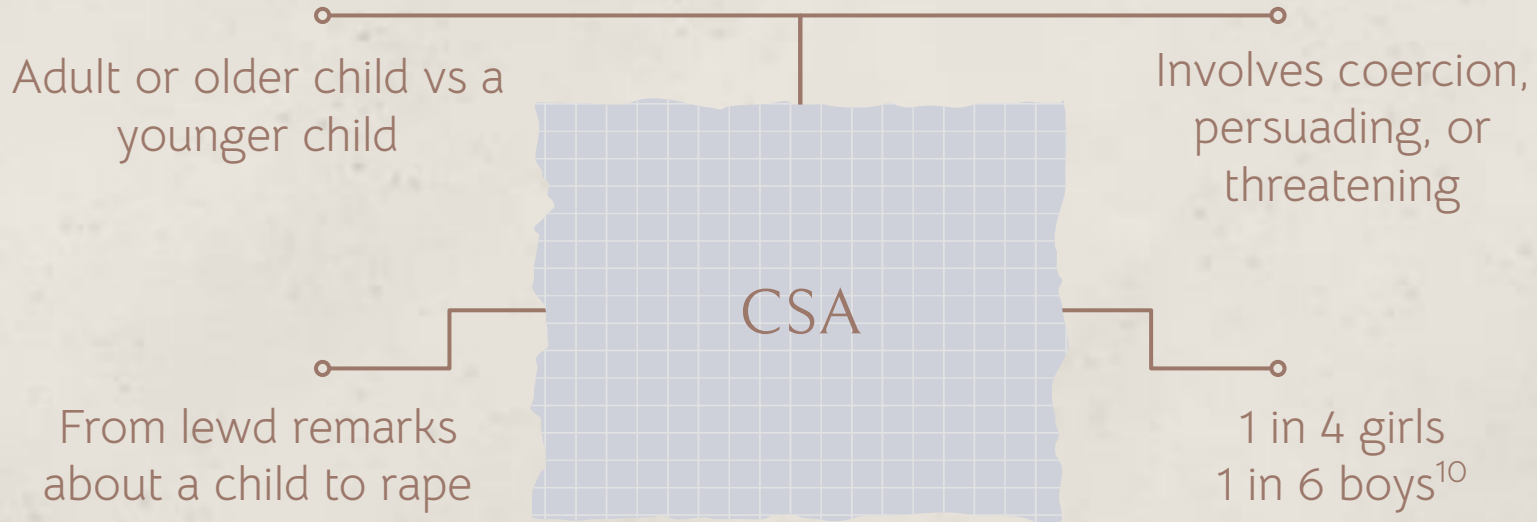




Childhood Sexual Abuse and its Lasting Effects

Tessa Conrad
USU Student Research Symposium
December 2022

What is Childhood Sexual Abuse?



Psychiatric Disorders

Mental Health

CSA creates feelings of shame, guilt, and worthlessness which can lead to mental health challenges

Depression 01

The most common outcome survivors face³

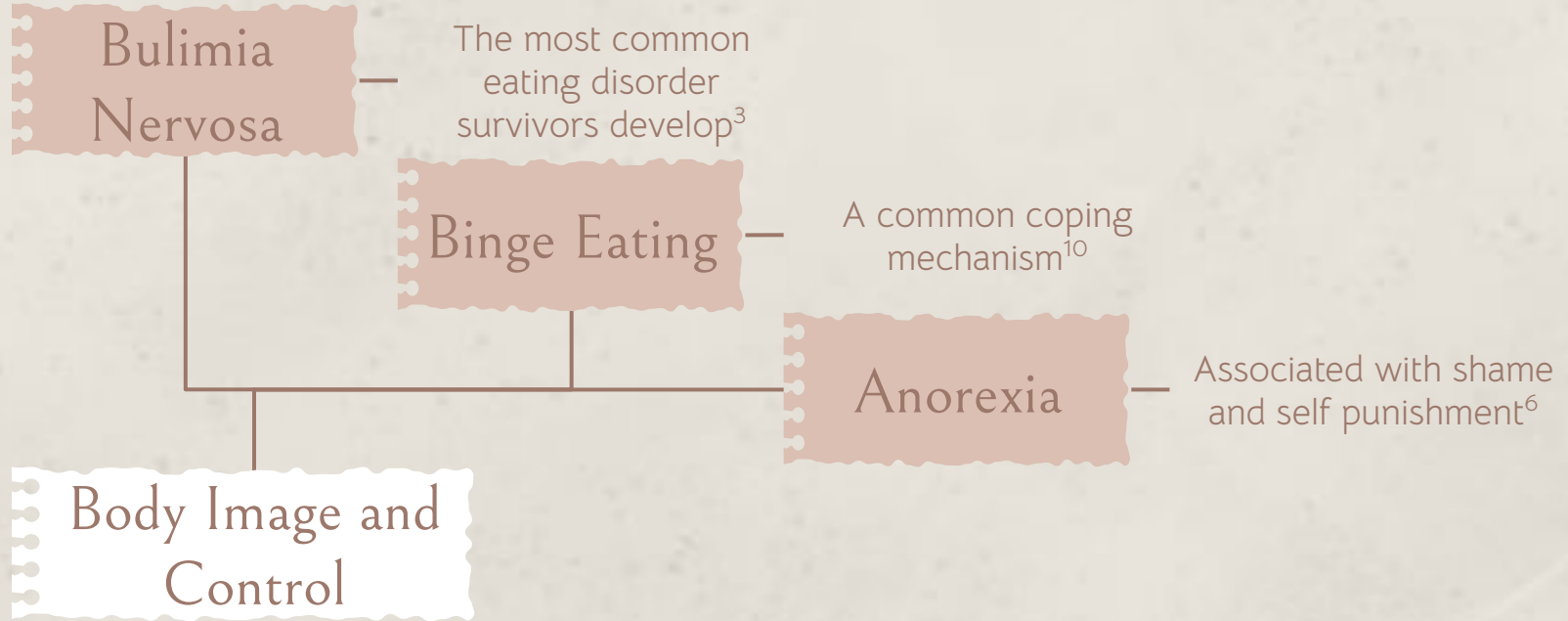
PTSD 03

A wide variety of symptoms may be observed⁴

Anxiety 02

This includes a wide range of anxiety disorders⁸

Eating Disorders



Substance Abuse

Alcohol Abuse &
Illicit Drug Use



4-5 times more likely
in adults with history
of CSA¹

Coping
Mechanism



Used to numb
emotions, erase
memories, or bury
shame⁷

Lifelong
Addiction



Coping turns into
addiction and adds
to the pain and
struggle of
healing⁷

Trust Issues



CSA Affects Everyone

Including:

Intellectually Disabled

- Trusting natures
- Vulnerable positions
- Difficult Communication⁹

Black Males

- Last people considered when it comes to CSA
- Told to “walk it off”⁵
- Stereotypes

Indigenous Communities

- Intergenerational sexual abuse⁷
- Rampant alcohol abuse
- Kept secret

Solutions



How Do We Help?



Healing

Speaking up is
the first step
to healing

Each
experience is
unique

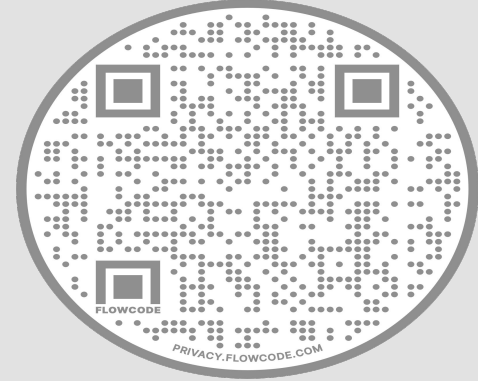
Prevention

Education is
critical

No more
secrecy and
shame

Contact/More
Information

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Mentor

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