

Sexual Abuse

Sexual abuse is any kind of unwanted sexual comments or touching from a partner or ex-partner. Rape is a form of sexual abuse. You do not have to have been physically touched to have experienced sexual abuse. Sexual abuse from a partner or ex can be difficult and painful to talk about.

Examples of Sexual Abuse:

- Makes you feel guilty for not wanting sex or that you 'owe it' to them.
- Includes others without your consent.
- Forces you to participate in or watch pornography.
- Tells you they will 'get it somewhere else' if you don't agree to have sex with them.
- Hurts you during sex (objects, hands, anything).
- Forced sterilisation or pregnancy, Female Genital Mutilation (FGM).
- Withholds sex and intimacy as a punishment.
- Withholds money, food, clothing etc unless you perform sexual acts.