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# ENHANCING KNOWLEDGE

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## EPISODE 8: DISCUSSION GUIDE

### HOW DOES BUILDING COMMUNITY HELP ADULT SURVIVORS OF CHILD SEXUAL ABUSE HEAL?

After listening to Episode 8 of the Building Resilience Conversation Series think through the questions below. You can reflect and answer on your own, discuss with a peer, or bring the questions to a staff meeting to discuss with your whole staff.

# 1

What does community mean to you?

# 2

How does family of origin differ from chosen community?

3

Every rural area is unique in resources and culture. In your area, how hard would it be for survivors to build/expand their community connections in your area? How can you help survivors build/expand their community?

4

How does the experience of racism and other oppressions impact a survivor's ability to build community?

# 5

What does it look like to build community from afar, not in person? What aspects of in-person community building are heightened or diminished? Who can you reach through virtual engagement that you couldn't reach as easily in person?

# 6

Within each identity there are aspects that make it easier and harder to find community. What are barriers and facilitators to building community for survivors, and how they are different depending on the survivor's identities?



7

In the episode Aisha discusses the concept of love with accountability. What does it look like to hold community lovingly accountable?

8

What are specific ways that you can use the information you learned in this episode to inform your individual advocacy practice or your advocacy program?

**“Enhancing Knowledge: Episode 8 discussion guide  
How does building community help  
adult survivors of child sexual abuse heal?”**

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