



*Dear Rural Advocates,*

You are incredibly creative, passionate, and hardworking people. You have an abundance of skills and wisdom that you bring to your work with survivors. And we know that you always want to know more and do better for the survivors of sexual violence in your community. This is why we have created a 12-episode conversation series\* to help you better understand how to serve adult survivors of child sexual abuse.

This conversation series will help you better understand the ways that childhood sexual abuse continues to affect survivors in adulthood and how you can help. The 12 episodes are broken down into three parts:

### **Part 1: The Impact of Child Sexual Abuse**

1. Why are we focusing on adult survivors of child sexual abuse?
2. How do adult survivors of child sexual abuse cope?
3. How is a survivor's relationship to their body impacted by child sexual abuse?
4. How does child sexual abuse impact relationship building?

### **Part 2: Healing from Child Sexual Abuse**

5. What is healing?
6. How do adult survivors of child sexual abuse incorporate their body in the healing process?
7. How are spirituality and culture tied to healing?
8. How does building community help adult survivors of child sexual abuse heal?

### **Part 3: Services for Adult Survivors of Child Sexual Abuse**

9. How can organizations center adult survivors of child sexual abuse?
10. What are the traits of strong advocacy?
11. How can we recognize the adult survivors of child sexual abuse who are already in services?
12. How do you provide outreach to adult survivors of child sexual abuse in your community?

Each episode contains information that is meant to build on what you learned in the previous episodes. The topics in the conversation series include the realities of trauma in youth, coping into adulthood, dissociation, substance abuse, mental health, incarceration, identity and culture, healing in community and so much more. We also delve into racism and anti-blackness, homophobia and transphobia, along with other forms of oppression.

We've been careful to provide content that is not graphic in nature, but we know that all of these topics can be intense. We recognize that exploring the experiences of adult survivors of child sexual abuse and the intertwining nature of living at the intersections of identity and trauma is emotional and challenging. For some of you, it may trigger difficult memories of previous experiences of violence and/or racism. If you find any of these topics difficult to engage with, know that you are not alone. We hope that in these episodes you also find a lot of hope, resilience, and compassion.

We have designed each episode in the conversation series to include breaks; watch for the places in each episode that say "breathe." Hit pause and feel free to take a break, walk away from the screen, drink some water, or just check in with yourself about how you are feeling. We have also created each episode to feel like a video podcast, meaning you don't need to be watching the screen the whole time. You can knit, look out the window, or color one of the coloring book pages specifically created to accompany the conversation series! Do what you need to do to take care of yourself while you listen.

If you find yourself agitated, disconnected, or struggling during or after listening to an episode we encourage you to enact your self-care plan. You might want to let your supervisor know, connect with a loved one, or take care of your body. If you need help grounding yourself use [“Survivor Support: Grounding”](#).

We recognize that there is so much more that we could tell you and so much more that you could learn about serving adult survivors of child sexual abuse. Consider this the beginning!

**-The Building Resilience Team**

\* Each episode in the conversation series has at least one accompanying resource. You are reading one such resource now- good job! You found them!

## **“Dear Rural Advocates”**

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This publication was created by the Building Resilience team: Resource Sharing Project, Activating Change, Just Detention International, Minnesota Indian Women’s Sexual Assault Coalition, the North Carolina Coalition Against Sexual Assault, and Olga Trujillo, J.D.

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