



# ACT!

AGAINST  
VIOLENCE  
AND SEXUAL  
EXPLOITATION

WEBSITE



# Resilience after sexual exploitation and trafficking :

**Resilience** is a term used in psychology to refer to a person's ability to rebuild psychologically following a physical or psychological trauma, to successfully bounce back and move forward while developing new resources.

Trauma is an emotional response to an event experienced as a serious threat to a person's life. The severe physical, sexual and psychological abuse experienced by survivors of sexual exploitation and trafficking is referred to as chronic and complex trauma.

Resilience is a process of resuming a new development after these traumas. It is the process of starting again on a healthy developmental path, a renewed developmental path, in order to live satisfactorily despite the circumstances.

This process can take place thanks to "factors that facilitate resilience".

**Some examples are:**

- **Individual resources:** e.g. identification and development of internal resources (abilities, skills, qualities) and external resources (emotional and support networks).

- **Community and cultural resources:** e.g. access to school and education, learning resources, meeting safety needs, etc.

Co-funded by the  
Erasmus+ Programme  
of the European Union

