



# ACT!

AGAINST  
VIOLENCE  
AND SEXUAL  
EXPLOITATION

WEBSITE



# IMPACTS OF TRAUMA

## Mental Health

Being coerced or manipulated into sexual activity can produce clear symptoms of psychological harm.

Severe depression may follow the overwhelming pain that results from sexual exploitation. Anxiety can also manifest; the person can feel the need to approach situations with extreme fear and caution. The trauma could lead to harmful behavior such as self-harm or substance abuse. In severe cases, people may begin to consider suicide

## Physical Effects

Physical changes may not always be ascribed to the trauma but could be a direct result of its effects.

Challenges in the lower abdomen, chronic pain, and sleep difficulties are common consequences. Likewise, eating disorders, chronic fatigue, diabetes, and heart diseases, are all linked to the damage of sexual assault.

## Behavioral Outcomes

Sexual exploitation can also impact a person in the social interactions with others, she may begin to avoid physical contact with others. This pain can also prevent the chances of placing trust in people.

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