

Resources for Supporters

Supporting yourself



Below are some points that may help you as a supporter of someone sexually abused as a child.

Understanding your role as supporter

- Often when you care for someone you love, it is easy to become a 'fixer.'
- Your job is simply to 'be there.'

Looking after yourself

- Relationships are built on trust, respect and mutual care. These are the same values that help the healing and recovery from child sexual abuse.
- Be aware of your own needs and make sure you find ways to meet these needs.
- You may feel pressure from others to take responsibility for your loved one's wellbeing. That is not your responsibility – you can walk alongside him but you are not responsible for him.

Understanding the impacts of child sexual abuse

- Spend time looking into and understanding the ripple effects of child sexual abuse, that will help you make sense of what is happening for your loved one.

As you provide support for your loved one, you will learn a lot from them about how strong they are – how they have coped with life's ups and downs.

