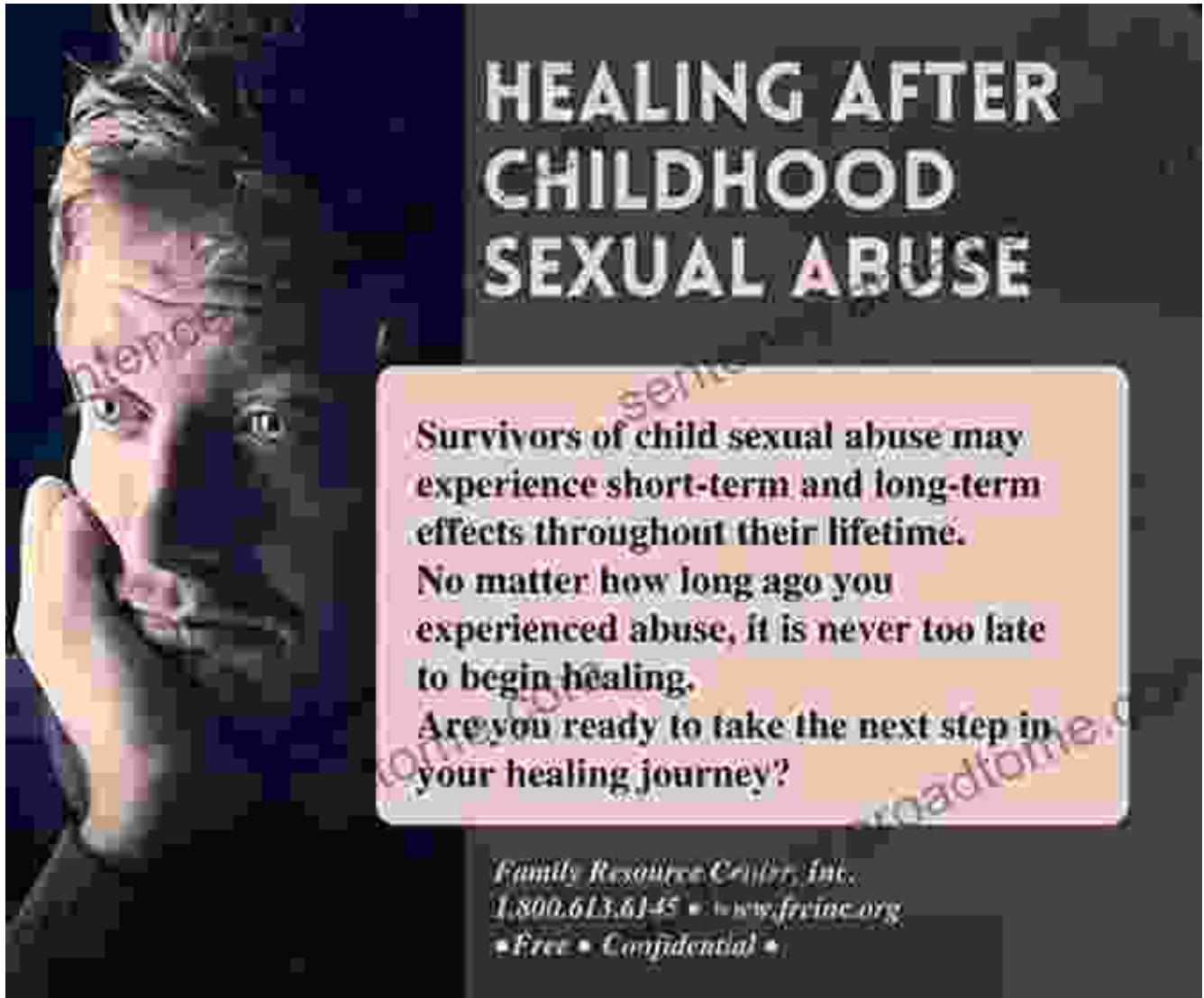


# Without Consent: A Powerful Guide to Overcoming Childhood Sexual Abuse



**HEALING AFTER  
CHILDHOOD  
SEXUAL ABUSE**

**Survivors of child sexual abuse may experience short-term and long-term effects throughout their lifetime. No matter how long ago you experienced abuse, it is never too late to begin healing. Are you ready to take the next step in your healing journey?**

*Family Resource Center, Inc.  
1.800.613.6145 • [www.frcinc.org](http://www.frcinc.org)  
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Childhood sexual abuse (CSA) is a devastating experience that can have long-lasting effects on its victims. It can lead to physical, emotional, and psychological problems that can persist into adulthood.

In her powerful new book, *Without Consent*, author and survivor Sarah Jones offers a lifeline to those who have suffered the trauma of CSA.

Drawing on her own experiences and extensive research, Jones provides a comprehensive guide to overcoming the challenges faced by abuse survivors.



## Without Consent, How To Overcome Childhood Sexual Abuse by Jeffery Kirkendall

★★★★☆ 4.3 out of 5

Language : English  
File size : 1324 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 658 pages  
Lending : Enabled



### What is Childhood Sexual Abuse?

CSA is defined as any sexual act between an adult and a minor child. This can include fondling, oral sex, anal sex, and vaginal intercourse. CSA can be perpetrated by a stranger, a family member, or a friend. It can occur in any setting, including the child's home, school, or daycare.

### The Effects of Childhood Sexual Abuse

CSA can have a profound impact on a child's life. It can lead to a variety of physical, emotional, and psychological problems, including:

- Depression
- Anxiety

- Post-traumatic stress disorder (PTSD)
- Substance abuse
- Eating disorders
- Relationship problems
- Self-harm
- Suicide

## **Overcoming Childhood Sexual Abuse**

Overcoming the trauma of CSA is a long and difficult process, but it is possible. In *Without Consent*, Sarah Jones provides a road map for recovery. She offers practical advice and support for survivors, their families, and their friends.

Jones emphasizes the importance of seeking professional help. Therapy can help survivors to understand their experiences, develop coping mechanisms, and heal from the trauma of abuse.

In addition to therapy, Jones recommends a number of other strategies for overcoming CSA, including:

- Talking about the abuse with a trusted friend or family member.
- Joining a support group for survivors of CSA.
- Educating yourself about CSA and its effects.
- Practicing self-care and taking care of your physical and emotional health.

- Finding meaning and purpose in your life.

## **Breaking the Cycle of Abuse**

One of the most important goals of overcoming CSA is to break the cycle of abuse. This means ensuring that the abuse does not continue into adulthood, either as a victim or as a perpetrator.

There are a number of things that survivors can do to break the cycle of abuse, including:

- Learning about healthy relationships.
- Setting boundaries with others.
- Avoiding situations that could trigger memories of the abuse.
- Getting help for any mental health problems that may be related to the abuse.
- Educating others about CSA and its effects.

Breaking the cycle of abuse is not easy, but it is possible. With the right support and resources, survivors of CSA can heal from their trauma and create a better future for themselves and their loved ones.

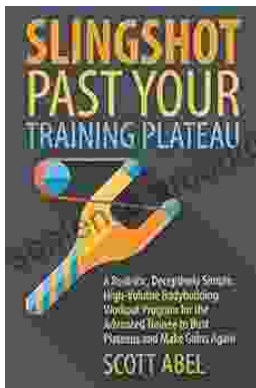
Without Consent is a powerful and essential guide to overcoming childhood sexual abuse. Sarah Jones offers a lifeline to survivors, their families, and their friends. With her practical advice and support, survivors can begin the long and difficult journey towards healing and recovery.

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