



Select NCTSN Resources Related to Teen Sexual Assault

TEEN SEXUAL ASSAULT:

- Teen Sexual Assault: Information for Parents**
https://www.nctsn.org/sites/default/files/resources//teen_sexual_assault_parents.pdf
Defines key terms, including consent and coercion, and offers guidance to parents related to dating violence and sexual assault. This fact sheet describes how common teen sexual assault is, how it relates to dating relationships, the roles drugs and the Internet can play in increasing risk, and it provides tips for staying safe and what to do if your teen has experienced sexual assault.
- Teen Sexual Assault: Information for Teens**
<https://www.nctsn.org/resources/teen-sexual-assault-information-teens>
Defines key terms, including consent and coercion, and offers guidance to teens related to dating violence and sexual assault. This fact sheet describes how common teen sexual assault is, how it relates to dating relationships, the roles drugs and the Internet can play in increasing risk, and it provides tips for staying safe.
- It's Never Your Fault: The Truth about Sexual Abuse for Teens**
<https://www.nctsn.org/resources/its-never-your-fault-truth-about-sexual-abuse>
Provides information to teens about sexual abuse. This fact sheet describes what sexual abuse is, how common it is, myths and facts about sexual abuse, and where to go for help.
- But Who Should I Tell: Q&A for Teens about Getting Help after Sexual Abuse**
<https://www.nctsn.org/resources/who-should-i-tell-questions-and-answers-about-seeking-help-after-sexual-abuse>
Discusses the options teens have after sexual abuse. This fact sheet provides information on whether or not to tell, who to go to for help, and what resources are available for support. It provides information for sexual abuse survivors about the process of disclosure.
- When No is Not Enough: Information on Teen Sexual Assault**
<https://www.nctsn.org/resources/when-no-not-enough-information-teen-sexual-assault>
Discusses sexual assault that occurs within the context of ongoing relationships and those that occur in a one-time interaction (e.g., at a party, among casual acquaintances, between friends who are not in an ongoing intimate/romantic relationship). This webinar includes a mother who speaks about her LGBTQ daughter's experiences of sexual assault at school as well as their participation in Trauma Focused-Cognitive Behavioral Therapy (TF-CBT).
- Sex? Or Sexual Abuse. Respect Yourself—Know the Difference**
<https://www.nctsn.org/resources/sex-or-sexual-abuse-respect-yourself-know-difference>
Offers teens information about the differences between sex and sexual abuse. This fact sheet describes when sex is used as a weapon, including the use of physical force, emotional or psychological force, secrecy about sex, and victim blaming.



ACQUAINTANCE RAPE:

- **Acquaintance Rape: Information for Parents and Caregivers**
<https://www.nctsn.org/resources/acquaintance-rape-information-parents-and-caregivers>
Defines acquaintance rape, discusses the occurrence of acquaintance rape, and offers suggestions to parents on how they can protect their children. This fact sheet also offers suggestions to parents on how to help a teen victim of acquaintance rape, including resources for keeping teens safe. This fact sheet is a part of Caring for Kids: What Parents Need to Know about Sexual Abuse.
- **Preventing Acquaintance Rape: A Safety Guide for Teens**
<https://www.nctsn.org/resources/preventing-acquaintance-rape-safety-guide-teens>
Offers teens information about acquaintance rape. This fact sheet provides information on what acquaintance rape is, how common it is, what date rape drugs are, how to stay safe, and common myths and facts about acquaintance rape.
- **What Do I Do Now? A Survival Guide for Victims of Acquaintance Rape**
<https://www.nctsn.org/resources/what-do-i-do-now-survival-guide-victims-acquaintance-rape>
Offers survivors of acquaintance rape information on what they can do now. This fact sheet, a part of Caring for Kids: What Parents Need to Know About Sexual Abuse, describes what acquaintance rape is and what to do afterwards, including reporting the crime, getting a medical exam, and seeing a counselor. It also discusses common reactions and some misconceptions about acquaintance rape.

ADDITIONAL RESOURCES ON SEXUAL ABUSE:

- **LGBTQ Youth and Sexual Abuse**
<https://www.nctsn.org/resources/lgbtq-youth-and-sexual-abuse-information-mental-health-professionals>
Provides a short glossary of relevant terms and a chart delineating the continuums of sex, gender, and sexual orientation. This fact sheet offers summaries of issues concerning LGBTQ youth and their parents related to sexual orientation and sexual abuse; a table of common myths and stereotypes about LGBTQ youth and sexual abuse; recommendations for practitioners and agencies on counseling LGBTQ youth; and guidance in treating LGBTQ youth following sexual abuse.
- **Staying Safe While Staying Connected: Facts and Tips for Teens**
<https://www.nctsn.org/resources/staying-safe-while-staying-connected-facts-and-tips-teens>
Provides information to teens about staying safe while they are online. This fact sheet describes why sexting is not smart and how sexts can be used to hurt or bully. It offers tips for keeping teens safe when they are online, including privacy settings and protecting their identity.



GENERAL INFORMATION ON CHILD TRAUMATIC STRESS:

- Age-Related Reactions to a Traumatic Event**
<https://www.nctsn.org/resources/age-related-reactions-traumatic-event>
Describes how young children, school-age children, and adolescents react to traumatic events and offers suggestions on how parents and caregivers can help and support them.
- What is Child Traumatic Stress?**
<https://www.nctsn.org/resources/what-child-traumatic-stress>
Defines child traumatic stress. This fact sheet gives an overview of trauma, describes traumatic stress symptoms, and identifies other ways children may be impacted.
- Understanding Child Trauma and the NCTSN**
<https://www.nctsn.org/resources/understanding-child-trauma-and-nctsn>
Provides an overview of child traumatic stress and the National Child Traumatic Stress Network.

Who We Are

Established by Congress in 2000, the National Child Traumatic Stress Network (NCTSN) brings a singular and comprehensive focus to childhood trauma. NCTSN's collaboration of frontline providers, researchers, and families is committed to raising the standard of care while increasing access to services. Combining knowledge of child development, expertise in the full range of child traumatic experiences, and dedication to evidence-based practices, the NCTSN changes the course of children's lives by changing the course of their care.

The National Center for Child Traumatic Stress (NCCTS) provides leadership, organizational structure, and coordination to the current grantees, Affiliates, and partners of the (NCTSN). Working closely with the Network's funding agency—the Substance Abuse and Mental Health Services Administration (SAMHSA)—the NCCTS leads the Network in its efforts to increase access to services and raise the standard of care for children and their families across the United States who have experienced trauma. Since 2001, the NCCTS has had a unique, bicoastal structure, combining the resources of the UCLA Neuropsychiatric Institute and the Duke University Medical Center, under the guidance of co-directors Robert Pynoos, MD, MPH and John Fairbank, PhD.

This project was funded by the Substance Abuse and Mental Health Services Administration (SAMHSA), US Department of Health and Human Services (HHS). The views, policies, and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA or HHS.