

ASK

FIRST!

resources for supporters, survivors, and perpetrators of sexual assault

dear reader,

i want to start this zine by saying that this information is just a place to begin. tackling issues as important as sexual assault, rape, and trauma isn't always easy to write about, or to read. we aren't instinctually driven to know how to deal with these things.

that includes how to deal with your own feelings as you learn about these issues and how you handle yourself while helping someone in need. if you reach a point where you need to take a break from reading, do it! if you want to work through some feelings that you're having difficulty with, talk to someone about it, or call 1.800.656.HOPE. it's free and it helps to talk to someone who is trained to listen.

i don't profess to know everything about the subject; there are no easy answers, and i'm not a trained therapist. this is meant as a compilation of all the things i've learned from various sources, my personal experiences, and the experiences of those close to me.

this zine is a guide to assisting others with their issues, and confronting our own. hopefully, you can take the information in here and use it as inspiration to work towards the liberation of all people-- abused or not.

take care.  
-cheyenne

p.s.

i don't claim copyright to this text, but i do ask that you give credit where credit is due—feel free to reproduce this zine, but please don't use it for profit. if you want to reference any of the work in here, if it's from me, please cite it as such, or from whatever website or source i gleaned it from. otherwise, help yourself! i am excited to contribute to the resources available on sexual assault.  
-cheyenne

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