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Rosenna “Seven Exits” Bakari**
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- Website: <http://rosennabakari.com> (Free download)
- Website: <http://SevenExits.com> (Book release update)
- Email: dr.b@rosennabakari.com

Adult Survivors of Childhood Sexual Abuse

Dr. Rosenna Bakari

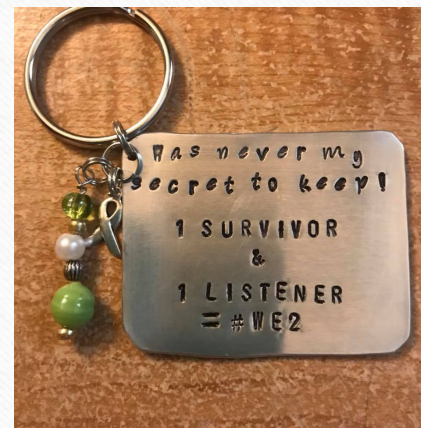
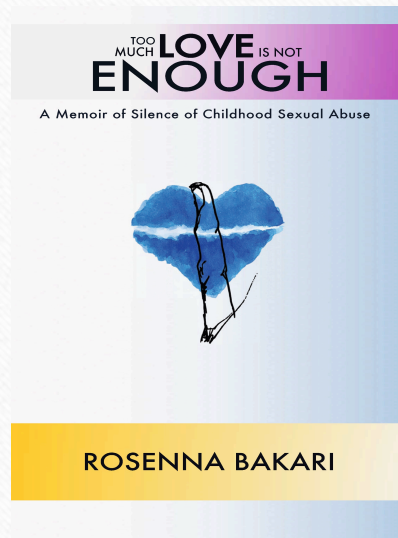
Seven Exits

CEO

Purpose

- Gain insight on the statistics related to adult survivors and their impact on society.
- Understand the impact of diversity, equity, and inclusion in addressing the invisibility of survivors.
- Identify strategies to support adult survivors in breaking their silence and starting the healing journey.

Why I'm All In



Put It In The Chat

- The number of adult survivors has decreased over the past 20 years?
 - (T) True
 - (F) False

Put It In The Chat

- Since the #MeToo movement, a higher percentage of adult survivors of childhood sexual abuse disclose.
 - (T) True
 - (F) False.

Impact By the Numbers

- The Good

- The incidences of childhood sexual abuse decreased from 24% to 20% from 2000 to 2010.

- The Bad

- There are over 60 million adult survivors of childhood sexual abuse in the United States.

- The Ugly

- Approximately 8% of children receive adequate help when the abuse is uncovered.

Vulnerable Populations

**What makes
populations
vulnerable to abuse
also makes them
vulnerable to
silence.**

People with disabilities
Special education
Institutionalized

People who are isolated
LGBTQ+
Single/working parent

People who are disempowered
Special needs
People of color
People in poverty

**Forgotten
populations include
sex trafficked and
pornography.**

Put It In The Chat

- Average Age of disclosure?
 - (a) 24
 - (b) 34
 - (c) 44

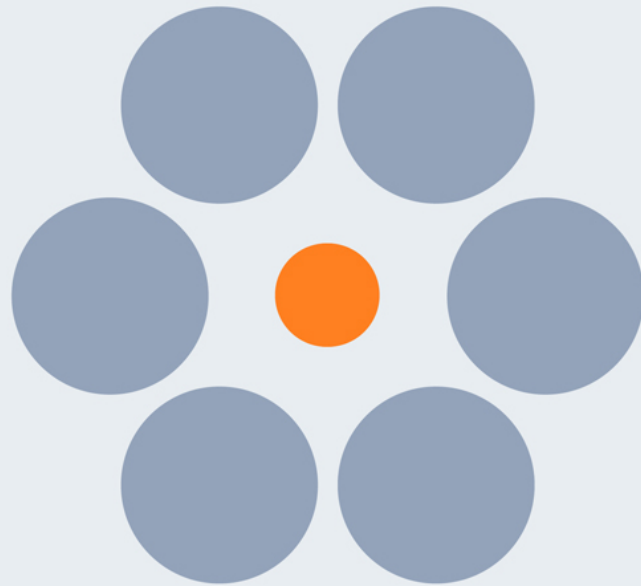
Put It In The Chat

- ASCSA are over-represented in which population?
 - (a) Imprisoned
 - (b) Victims of violent crimes
 - (c) College dropouts
 - (d) a & b
 - (e) a, b, & c

Areas of Adult Life Effected by CSA

- Parenting: Cold parenting style
- Careers: Less lifetime income
- Education: More likely to dropout
- Physical Health: More serious conditions
- Mental Health: Re-victimization likely

The Size of the Impact



Impact on adult survivor

Impact on child victim



Put It In The Chat

- 70% of male survivors seek help for serious psychological concerns like addiction or suicide?
 - (T) True
 - (F) False

Put It In The Chat

- Males are typically violated by females and females are typically violated by males.
 - (T) True
 - (F) False

Put It In The Chat

- What percentage of childhood sexual abuse is perpetrated inside the home?
 - (a) 25%,
 - (b) 50%
 - (c) 90%

MASLOW'S HIERARCHY



“Treatment” Modalities

- Pathologizes
- Diagnoses
- No Clear Ending
- Can Create Dependency
- Limited Scope

Empowerment Model

- Invites symptom-free Survivors to Heal
- Strength Based – Positive Purpose
- Built-in Exit
- Clinical Background not Required
- Integrates with other modalities

How to Invite Disclosure

- 1. Sometimes people who... are survivors of childhood sexual abuse. Has that been your experience?
- 2. Who made you feel safe in your home as a child? Was there anyone who didn't feel safe?
- 3. Have you ever done any personal work around trauma?
- 4. How would you describe your childhood?
- 5. Would you be comfortable answering questions about childhood sexual abuse?
- 6. Do you know if your mother or father was a survivor of childhood sexual abuse?
- 7. Have you ever read 'The Body Keeps the Score'?
- 8. Do you know the four rules of sexual consent?

Opening / Supporting the Healing Journey

- Meet the survivor on the safety rung
- Invite broad, nonspecific disclosure
- Do the work with them, not for them
- Disrupt the culture gently to repair the soul
- Create new narratives with the client with language that empowers
 - Victim versus survivor
 - The violator versus my violator

Open, But Not Exposed Questions

- 1. Have you talked with many people about it?
- 2. Where do you feel like you are in the healing path?
- 3. Is there anything in particular that you want me to be aware of?
- 4. Do you have support from other survivors?
- 5. What do you do to take care of yourself?
- 6. Have you ever told anyone in your family?
- 7. Do you ever have to see the person who violated you?
- 8. How does it feel to talk about it?
- 9. Do you feel safe now?
- 10. Have you heard of [Talking Trees](#), Inc.?

Four Rules of Sexual Consent

- **Capably Given**
Consent must be given willingly, without coercion, pressure, manipulation, or influence from drugs or alcohol. The individual has to feel free to say yes or no **without fear of consequences**.
- **Reversible**
Consent can be withdrawn at any time, even if someone initially agreed. It's a **dynamic process**, and a change of mind must be respected immediately.
- **Enthusiastic**
Consent should be expressed with **clear enthusiasm**. It's not just about saying "yes"; it's about wanting to participate actively, without hesitation.
- **Specific**
Consent is **specific** to each act. Saying yes to one thing (e.g., a kiss) does not imply consent to anything else (e.g., intercourse). Each activity requires its own **explicit** consent.

Exposure as Disclosure



Adult Survivor of Childhood Sexual Abuse Disclosure Form

Name _____

Date _____

Provider _____

Disclosure

I am an Adult Survivor of Childhood Sexual Abuse. I appreciate you taking a minute to review the information on this form. This information is pertinent to my visit here today in the ways I have indicated below.

- I prefer to see a provider who is Male
- I prefer to see a provider who is Female
- I require you to inform me of the exact reason why, if you need to touch, observe, or discuss any private parts.
- I prefer at least one other person of my gender be in the room with me at all times.

Be aware that the following actions may cause me distress. Please ask me if I'm OK before you proceed.

- Putting a stethoscope against my skin
- Talking about my sexual history
- Examining my mouth

I would like for you to respond to this information by:

- Referring me to appropriate mental health services.
- Acknowledging that you have considered the information and will honor my requests.
- Not mentioning this information to me unless you believe it is medically necessary.

Client / Patient Signature _____

Provider Acknowledgement _____

Links

- Rosenna Bakari (2023). Exposure as Disclosure: Anonymity Versus Safe Space for Adult Survivors of Childhood Sexual Abuse. *Horizon J. Hum. Soc. Sci. Res.* 5 (2), 12–18. <https://doi.org/10.37534/bp.jhssr.2023.v5.n2.id1222.p12>
- Bakari, R. (2019). [Black Quiet Noise](#): Breaking the Silence on Sexual Assault within the Black Community. *Journal of Black Sexuality and Relationships.* 5. 25-41. 10.1353/bsr.2019.0001.
- Google Form: <https://drive.google.com/file/d/1-cr9N5vhhDj2w-zBMBNhF1R3vfXufQGa/view>
- Subscribe for information on forthcoming book, "Seven Exits"