

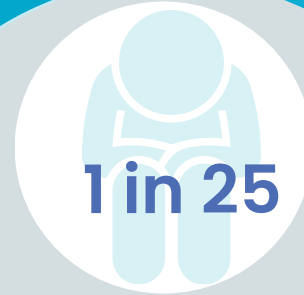


**5WAVES.ORG**

# SIBLING SEXUAL TRAUMA

## (SIBLING SEXUAL ABUSE)

*Harmful or abusive sexual behaviour between children or young people who share the same home and/or the same parents*



### **Sibling Sexual Trauma**

Affects 2-5% of children  
Happens in all types of families  
and in all places

## IT IS REAL

- Happens between young people of any gender, with any age difference
- Children may think it's mutual, but it's not
- As traumatic as sexual abuse by an adult
- Developmentally inappropriate behaviour
- Usually long-lasting but can be just once

## IT IS UNIQUE

- Both are children: often difficult to recognise, even for a child being abused
- Young people who cause sexual harm need treatment and supervision, but not all will continue to offend as adults
- A family tragedy: *all* need support
- Surrounded by stigma and silence



## THERE IS HELP

**[siblingsexualtrauma.com](http://siblingsexualtrauma.com)**

- Information hub for all affected
- Includes links to online support groups for adult survivors and for parents

### **Recommended Live Helplines**

- **[stopitnow.org.au](http://stopitnow.org.au)** online resources, voice and chat, excellent for parents and those who have harmed in the past
- **[whatsok.org](http://whatsok.org)** for teens (US-based, includes email and chat options)
- **[1800respect.org.au](http://1800respect.org.au)** 24/7 helpline for domestic violence and sexual abuse

***You are not alone.***

**CONTACT US**

**INFO@5WAVES.ORG**