



5WAVES.ORG

SIBLING SEXUAL TRAUMA/ABUSE

Is this what I experienced?

If your sibling acted in a sexual way toward you, and it still bothers you, the answer may be yes.

1 in 25

An estimated 2-5% of children are sexually abused by a sibling. It happens in all types of families.

IT IS REAL

- It is not just normal curiosity or play
- It can happen to children of any gender
- Siblings of any gender can act abusively
- Siblings could be far apart or close in age
- It is as traumatic as sexual abuse by an adult
- It is common for memories to be incomplete, or to surface later in life

IT WAS NOT YOUR FAULT

- Even if you didn't say no or try to stop it
- Even if you didn't tell anyone
- Even if you felt ashamed
- Even if your sibling was young
- Even if you participated
- Even if you felt arousal or pleasure



THERE IS HELP

siblingsexualtrauma.com

- Information hub for survivors and all family members, hosted by 5WAVES
- Includes links to online support groups

Recommended Live Helplines

- **stopitnow.org** helpline, M-F afternoon
- **rainn.org** 24/7 hotline for survivors, referrals to local services
- **whatsok.org** for teens - confidential text, chat, WhatsApp, or voice

You are not alone.

CONTACT US

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