Faded Scars

When he touched me, Bile raised in my throat I wanted to scream
I wanted to die,
But he held me down
And said everything was all right, He said it was normal,
And he repeated that everyday, But when I went home
His words went away,

Sexual assault can happen to anyone. Around one in five women will report that they have been sexually assaulted during their lifetime. This number could be much larger, but many people find it hard to talk about sexual assault and decide to keep it to themselves.

It is mostly women that get sexually assaulted, but Lesbian, gay, bisexual, transgender, intersex and queer (LGBTIQ) people are also victims to sexual assault, as well as men.

The bruises were turning purple But I said everything was ok,
Little did they know
I had scars that would never fade,

When he touched me,
I would cry silent tears,
And every time I went home
I would scrub my filthy skin,
But I told myself it was my fault And that's when it would begin,

"During the attack itself, it is common to experience reactions such as an intense fear of death and dissociation. These are natural physical responses. Being paralysed by fear does not mean the victim/survivor wanted the assault to happen." (Cameron Boyd) lust because the victim does not fight, or thinks it's safer to stay put, does not mean he/she gave consent.

I wouldn't eat, I couldn't sleep
All I could do was sit and weep,
I prayed for God
But he would never come,
I wanted to scream
But I would bite my tongue,

You told me you loved me But you just fed me lies,
I promised not to tell
but you wouldn't compromise,
People’s safety is important after a sexual assault, to help them recover both emotionally and mentally. If you or someone you know has been sexually assaulted, an Apprehended Violence Order, (AVO) can be put against them.

But then something changed

I convinced myself to tell a friend,
And that’s when nearly all the troubles would end,
I started to laugh
I started to smile
It was the first time I had felt like me in a while,

It is important to tell someone about sexual assault. Even if you don’t report wrong doing, it is healthy for you to tell someone what is happening and let them help you stop the problem.

But even now,
When I’m ok,
I can still feel your ghostly hands Sitting on my waist.

Brandy Ride

https://au.reachout.com/articles/what-is-sexual-assault
Cameron Boyd, ACSSA Resource Sheet No. 2 - April 2011