



**Sexual Assault**  
DEMONSTRATION INITIATIVE  
Enhancing Sexual Assault Services

## Online resources for survivors

# WEBSITES AND RESOURCES OFFERING SUPPORT AND HELP

The following resources are intended to provide online support through the use of forums, chat rooms, self-help and general resources to survivors of sexual violence. These resources are organized by the following: peer support, military service members and veterans, male survivors, culturally specific online support and support for partners of sexual abuse survivors. Sexual Assault Programs should review these resources to become familiar with them before offering recommendations to survivors. Understanding the importance of internet safety and privacy (*Internet Safety Online Resource Collection*, National Sexual Violence Resource Center: [www.nsvrc.org/projects/internet-safety-online-resource-collection](http://www.nsvrc.org/projects/internet-safety-online-resource-collection)) will also help to educate and advocate for a safer virtual world as part of your program's efforts to provide resources to survivors of sexual violence.

### PEER ONLINE SUPPORT

#### **AARDVARC: AN ABUSE, RAPE, DOMESTIC VIOLENCE AID AND RESOURCE CENTER**

<http://www.aardvarc.org>

This website is devoted to providing information and resources for survivors, their families and friends, and agencies and programs which serve them. Started and run by survivors, topics include: sexual assault, stalking and domestic violence.

#### **ABUSED SURVIVORS YAHOO GROUP**

<http://groups.yahoo.com/neo/groups/AbusedSurvivors/info?yguid=96177377>

This support group has been formed to offer an outstretched hand to adult survivors of abuse (physical, verbal, emotional or sexual abuse). This is an active group that requires you to join (for free) for membership approval for the security and privacy of all members.



## **ADULT SURVIVORS OF CHILD ABUSE (ASCA)**

**<http://www.ascasupport.org/forumEmeetings.php>**

Adult Survivors of Child Abuse (ASCA SM) is an international self-help support group program designed specifically for adult survivors of neglect, physical, sexual, and/or emotional abuse. The ASCA SM program offers community-based self-help support groups, provider-based self-help support groups, web-based self-help support groups, and survivor to thriver workbooks.

## **ADULT FEMALES MOLESTED AS CHILDREN BY OTHER FEMALES YAHOO GROUP**

This group is for adult females who were molested as children by at least one female perpetrator. It is intended to provide a space to share support and encouragement while working through issues of recovering from childhood & adolescent sexual abuses perpetrated by females. For safety, this is a moderated group.

## **ADULTS MOLESTED AS CHILDREN (AMAC) YAHOO GROUP**

This list is open to adults (18 & over ONLY) who were molested as children. This group intends to provide an environment of support, confidentiality, and safety to explore feelings, mourn violation, gather strength and celebrate survival. For safety, this is a moderated group.

## **ADULTS MOLESTED AS CHILDREN (AMAC) FOR FEMALES YAHOO GROUP**

This list is open to adult female AMACs, (18 & over ONLY) who were molested as children. It is intended to provide a space to share

support and encouragement while working through issues of recovering from childhood & adolescent sexual abuse. For safety, this is a moderated group.

## **AFTER SILENCE**

**<http://aftersilence.org>**

**En Espanol:**

**<http://www.aftersilence.org/espanol.php>**

After Silence seeks to support, empower, validate, and educate survivors of rape, sexual abuse and all types of sexual violence by providing a website where victims can find answers and support about sexual violence. After Silence provides a free and moderated online support group, chat room, and message board with over 30 different forums ranging from topics created to discuss specific areas of healing and recovery from rape and sexual violence to more general discussions and lighter topics. Survivors can connect with one another in real time, share their stories, and ask questions of each other. After Silence website can also be viewed in Spanish language.

## **A LONG WALK HOME**

**<http://www.alongwalkhome.org>**

A Long Walk Home (ALWH) uses art therapy and the visual and performing arts to end violence against girls and women. ALWH features the testimonies and art by survivors and their allies in order to provide safe and entertaining forums through which the public can learn about healing from and preventing gender-based violence.



### COMPASSIONATE CREATIONS

<http://compassionatecreations.cfsites.org/index.php>

Compassionate Creations is a loosely connected group of survivors of sexual violence who desire to offer comfort and support to recent victims. Anyone whose life has been affected by sexual assault or abuse is welcome to crochet or knit a scarf that will be given to a survivor of sexual violence when they enter the hospital for emergency treatment or at their initial meeting with a counselor at the rape crisis center. Compassionate Creations is Massachusetts chapter of Threads of Compassion.

### DANCING IN THE DARKNESS

<http://www.dancinginthedarkness.com>

This website provides a place for survivors to share their stories through a message board. It also provides a list of links to other helpful websites for survivors, including resources for survivors available in multiple languages.

### END THE SILENCE

<http://endthesilencecampaign.wordpress.com>

End the Silence is an online forum for prose, poetry, and visual art dedicated to ending the silence surrounding sexual violence. Their mission is to promote communication about sexual violence by empowering survivors and



their loved ones to use creative expressions as a tool to reclaim their voices.

### **FORT REFUGE**

<http://www.fortrefuge.com/>

Fort Refuge is a community of abuse survivors offering peer support through online chats and forums. Fort Refuge also offers a library with resources to help confront some of the difficult issues faced by abuse survivors, as well as the opportunity to give support to others.

### **GIFT FROM WITHIN**

<http://www.giftfromwithin.org/>

Gift from Within is a non-profit organization

dedicated to those who suffer from post-traumatic stress disorder (PTSD), those at risk for PTSD, and those who care for traumatized individuals. The website develops and disseminates educational material, including videotapes, articles, books, and other resources including trauma support resources and an email pen-pal support network.

### **INCEST RESOURCES, INC.**

<http://www.incestresourcesinc.org>

This non-profit organization is operated solely by survivors and volunteers. The website offers various educational resources to survivors and professionals by mail for a minimal charge.



## ISURVIVE

<http://www.isurvive.org/>

A volunteer-driven organization and team composed of people from all around the world, the mission is to reach out and offer hope to child abuse survivors. Open and private forums and resources are available to adult survivors of child sexual abuse and their loved ones.

## PANDORA'S PROJECT

<http://www.pandys.org>

Pandora's Project offers peer support to anyone who has been a victim of rape, sexual assault, or sexual abuse through their online message board, chat room and blogs at Pandora's Aquarium. The rape and sexual abuse online support group has specific forums for men and women, teens and older survivors, LGBTQ (lesbian, gay, bisexual, transgender, and queer/questioning) rape and sexual abuse survivors, and friends and family of survivors. Pandora's Project also provides a resource list for International Crisis Centers and Hotlines (<http://www.pandys.org/crisissupport.html>).

## STIGMA, INC.

<http://www.stigmatized.org/>

Stigma, Inc. provides support group for individuals conceived by rape or incest and for women who have been pregnant by assault or are raising rape or incest conceived children. The website offers an email support list, a chat room, optional contacts to obtain support, and information and general support. In addition, for site visitors who are supporting or want to support a loved one conceived by or rape or incest, Stigma, Inc. offers an email list for general information and support.

## SURVIVORS CHAT

<http://www.survivorschat.com/>

Survivors Chat is a community providing a place where survivors can come together through chats, forums, resources and Tumblr to help support each other and in times of need.

## SURVIVOR'S NETWORK OF THOSE ABUSED BY PRIESTS (SNAP)

<http://www.snapnetwork.org>

SNAP is an independent network of survivors of religious sexual abuse and their supporters who connect with other survivors and work to create policies and practices to end sexual abuse.

## THE VOICES AND FACES PROJECT

<http://www.voicesandfaces.org>

The Voices and Faces Project is a documentary initiative created to bring the names, faces and stories of survivors of sexual violence and trafficking to the attention of the public. It offers a speakers bureau, additional websites for resources, sexual violence survivor story archive, and a series of documentary and creative projects—including the country's first creative writing workshop for survivors of sexual and domestic violence and trafficking.

## VOICES OF COURAGE (FREE E-BOOK AND AUDIO BOOK)

<http://www.datesafeproject.org/voices-of-courage-book/>

Voices of Courage include chapters written by 12 survivors sharing personal stories of their resiliency of surviving sexual violence.



## 7 CUPS OF TEA

<https://www.7cupsoftea.com/>

7 Cups of Tea is an online emotional support service. Through a “secure, anonymous bridging technology” service is available 24/7 and accessible to anyone worldwide, by IM chat or phone. Connections to listeners are private, one-on-one conversations initiated on demand. Listeners only know what is disclosed to them by the person they are helping. Contact information used to connect the call or chat is kept strictly confidential.

## MALE SURVIVORS

**ADULTS MOLESTED AS CHILDREN (AMAC)  
FOR MALES YAHOO GROUP**

This group is intended to provide a space to share support and encouragement with other male survivors. It offers an environment of support, confidentiality, and safety to explore feelings, mourn violation, gather strength and celebrate survival. For safety, this is a moderated group.

## MALE SURVIVOR

<http://www.malesurvivor.org>

Male Survivor provides resources and support for men who were sexually victimized as children, adolescents, or adults.

## MALE SURVIVORS TRUST

<http://malesurvivorstrust.org.uk/index.htm>

This website provides a collection of resources and a web forum for male survivors of child sexual abuse or adult rape. Male Survivors Trust is an internationally renowned agency providing training and resources to agencies around the UK. Support is offered to male survivors throughout the world.

## THE BRISTLECONE PROJECT

<https://1in6.org/men/bristlecone/>

This is a project of 1in6 that supports male survivors to provide their portraits, biographies and stories of healing.

## 1 IN 6

<https://1in6.org>

The mission of 1in6 is to help men who have had unwanted or abusive sexual experiences in childhood live healthier, happier lives. 1in6 also provides information and support resources on the web and in the community for family members, friends, partners and professionals.

## MILITARY SERVICE MEMBERS AND VETERANS

### MAKE THE CONNECTION

<http://maketheconnection.net/conditions/military-sexual-trauma>

Make the Connection is an online resource



for veterans to share experiences and obtain resources about sexual violence.

## MY DUTY

<http://www.myduty.mil/>

My Duty is an online resource for service men and women who have experienced sexual violence or who know someone who has experienced sexual violence.

## SAFE HELPROOM

<https://www.safehelpline.org/>

Safe HelpRoom allows sexual assault survivors in the military to connect with and support one another in a moderated and secure online group chat environment.



### **SERVICE WOMEN'S ACTION NETWORK (SWAN)**

<http://servicewomen.org>

Service Women Action Network's (SWAN) mission is to transform military culture by securing equal opportunity and freedom to serve without discrimination, harassment or assault; and to reform veterans' services to ensure high quality health care and benefits for women veterans and their families.

### **CULTURALLY SPECIFIC**

#### **ARTE SANA**

<http://www.arte-sana.com/>

Arte Sana provides bilingual training on sexual assault, cyber advocacy and survivor activism

opportunities, and survivor empowerment through the arts.

### **MINNESOTA INDIAN WOMEN'S SEXUAL ASSAULT COALITION**

<http://www.miwsac.org>

Minnesota Indian Women's Sexual Assault Coalition's provides online resources and additional links to helpful information. Their mission is to create awareness and build resources to influence social change and reclaim traditional values of Native women.

### **BLACK SEXUAL ABUSE SURVIVORS**

<http://www.blacksurvivors.org/home.html>

Is an online support system for African-



Americans providing general resources, healing resources, and an online community board for black adult sexual abuse survivors.

### **CENTER FOR THE PACIFIC ASIAN FAMILY (CPAF)**

<http://www.nurturingchange.org/>

Center for the Pacific Asian Family (CPAF) was founded to help address domestic violence and sexual assault in the Asian and Pacific Islander communities. Their mission is to build healthy and safe communities by addressing the root causes and the consequences of family violence and violence against women. Their site is offered in ten different languages.

### **THE GLBT NATIONAL HELP CENTER**

<http://www.glnh.org/>

GLBT National Help Center provides free and confidential telephone and internet peer-counseling, information, and local resources for LGBTQ callers throughout the U.S.

### **NATIONAL ORGANIZATION OF ASIAN AND PACIFIC ISLANDERS ENDING SEXUAL VIOLENCE (NAPIESV)**

<http://www.napiesv.org>

The National Organization of Asian and Pacific Islanders Ending Sexual Violence (NAPIESV) provides support to local/community-based programs and governmental organizations in enhancing their services to victims of sexual violence from the Asian and Pacific Islander communities nationally and in the U.S. territories.

### **PARTNERS OF SEXUAL ABUSE SURVIVORS**

#### **POSITIVE PARTNERS OF SURVIVORS**

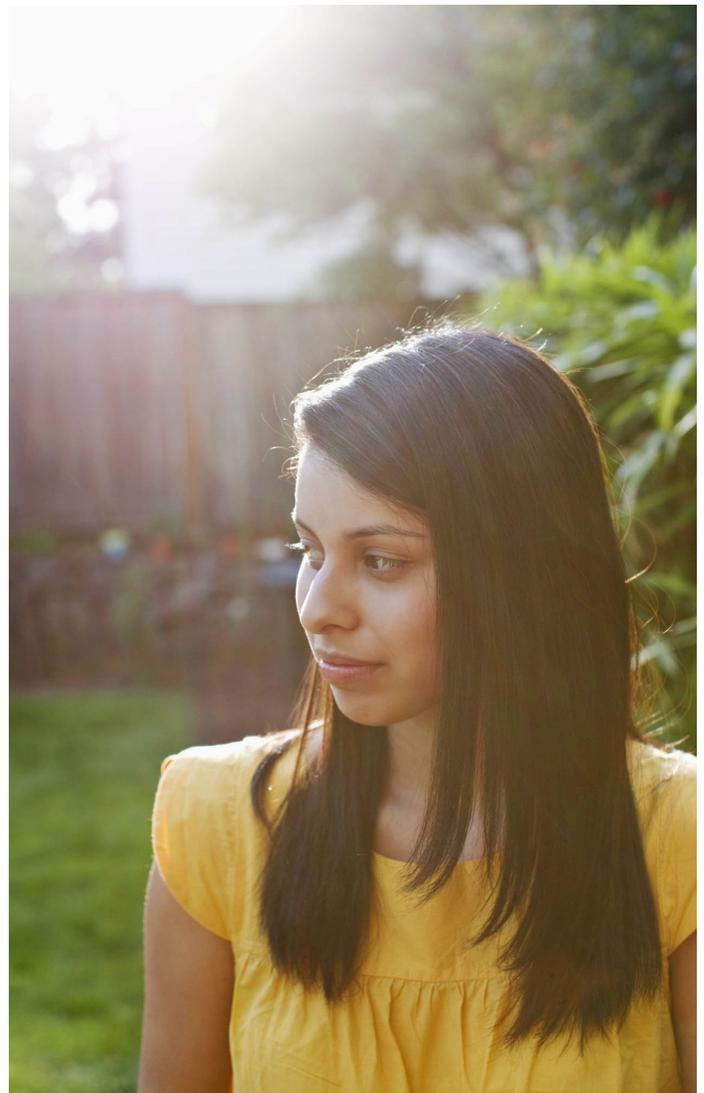
<http://groups.yahoo.com/neo/groups/positivepartnersofsurvivors/info>

This message board is to support individuals who are partners of sexual abuse survivors.

#### **SUPPORT FOR PARTNERS**

<http://www.supportforpartners.org/>

Support for Partners provides support for partners of those who have been sexually abused as children. This website provides



an online forum and a library of resources to develop skills that help partners in their relationships and provide information about abuse and its effects.

## **YOUTH AND HEALTH SEXUALITY**

### **YOUR LIFE YOUR VOICE**

<http://www.yourlifeyourvoice.org>

Your Life Your Voice provides online forums, live chats, and hotline support for youth who have experienced sexual violence. The website also offers additional self-help and self-care resources.

### **ASK TREVOR**

Ask Trevor offers TrevorChat – a free,

“confidential and secure” online messaging service that provides live help through this website to LGBTQ youth. TrevorChat is only intended to assist those who are not at risk for suicide. The site also offers TrevorSpace (<https://www.trevorspace.org/>) a social networking site for LGBTQ youth ages 13 through 24 and their friends and allies.

### **THE LINE CAMPAIGN**

<http://whereisyourline.org>

The Line Campaign empowers young leaders to create a world without sexual violence. This campaign creates dialogues around sexuality, relationships, consent and sexual violence by using film, social media, and community building.



## ADVOCATES FOR YOUTH

[www.advocatesforyouth.org](http://www.advocatesforyouth.org)

Advocates for Youth works to help young people make informed and responsible decisions about their reproductive and sexual health.

## ANSWER

<http://answer.rutgers.edu>

Answer is a national organization dedicated to providing and promoting comprehensive sexual education to young people and the adults who teach them.

## THE CONSENSUAL PROJECT

[www.theconsensualproject.com](http://www.theconsensualproject.com)

The Consensual Project partners with schools and universities to bring programming on consent to students. The curriculum, workshops, and website empower young people to incorporate consent into their daily lives.

## I WANNA KNOW

[www.iwannaknow.org](http://www.iwannaknow.org)

Iwannaknow.org, by the American Social Health Association (ASHA), offers information on sexual health, sexually transmitted infections (STIs), and healthy relationships for teens.

## RELATIONSHIP STATUS

<http://www.vtnetwork.org/wp-content/uploads/Healthy-Relationships-Web-Version.pdf>

This online booklet by the Vermont Network Against Domestic and Sexual Violence uses comic book illustrations and activities to



discuss healthy relationships and sexuality for teens.

## SCARLATEEN

[www.scarelateen.com](http://www.scarelateen.com)

Scarelateen is a grassroots sexuality education and support organization and website that provide sex education and sexuality advice to youth and the adults in their lives.

## STAY TEEN

[www.stayteen.org](http://www.stayteen.org)

Stayteen.org offers information on sex, relationships and contraception for teens.

## SEX, ETC.

[www.sexetc.org](http://www.sexetc.org)

Sex, Etc. is part of the Teen-to-Teen Sexuality Education Project developed by Answer, a



national organization dedicated to providing and promoting comprehensive sexuality education to young people and the adults in their lives.

### **THERE'S NO PLACE LIKE HOME**

[www.noplacelikehome.org](http://www.noplacelikehome.org)

This resource provides relevant, age-appropriate sexuality information, and communication hints for parents. Based on Planned Parenthood's There's No Place Like Home...For Sex Education, this resource is available in Spanish and has been adapted for Native American Communities.

### **ADDITIONAL RESOURCES**

#### **RAPE, ABUSE AND INCEST NATIONAL NETWORK (RAINN)**

<http://www.rainn.org>

RAINN provides the national hotline for sexual violence survivors (1-800-656-HOPE) as well as provides a website with information on topics related to sexual assault. RAINN also provides confidential crisis counseling online for rape and sexual abuse survivors in the U.S. and internationally.

#### **About this publication**

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