

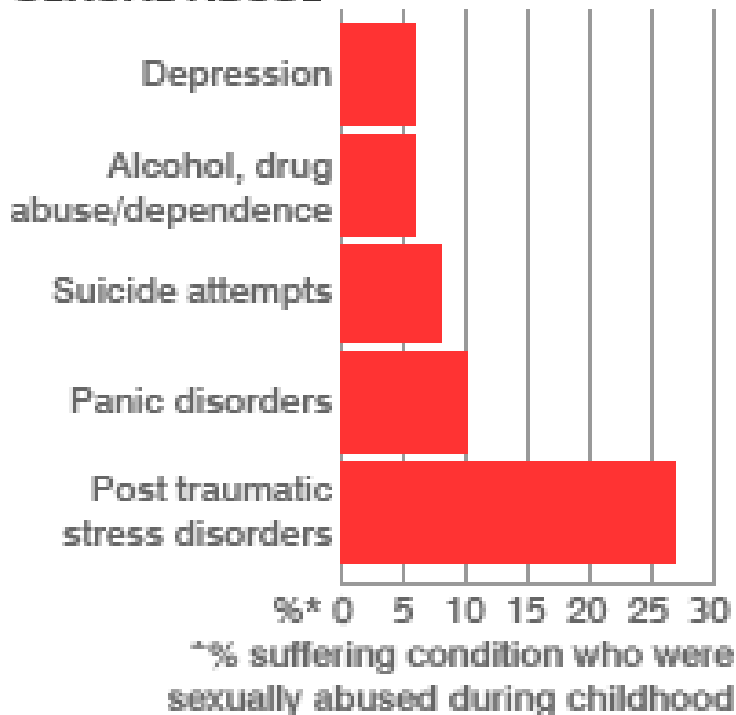
# 'FROM CRISIS TO COMPASSION' WHY SALLY BETTERS' MESSAGE IS IMPORTANT

1) Childhood Sexual abuse effects 1 in 4 girls and 1 in 6 boys and that is only in the cases that are reported.

It's an all too common story we hear on the news today. Sexual abuse has crept into our schools, churches, work places and unfortunately our most sacred domain, our homes. The innocence of children is being compromised in the media, music, videos, school curriculum and most notably social media.

The World Health Organization chart below shows the lifetime impact of child sexual abuse on a child.

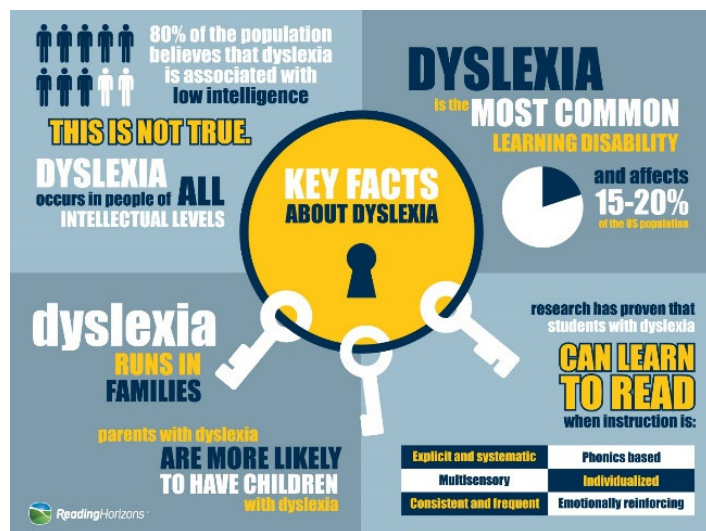
## LIFETIME IMPACT OF CHILD SEXUAL ABUSE



Source: WHO

Book excerpt page 20: *The confusing tragedy is that my uncle was an alcoholic who sexually abused me for several years. He told me I was special, and this was our little secret. Because he loved me, he wanted to be near me. He told me I was his favorite of all his nieces, and there was something special about me that made him want to be close to me. "This is our little secret," he said. And I must never tell.*

2) Learning disabilities have a lifelong impact on self-esteem, job choices, income, marriage, where we will live and how long we will live. 1 in 4 students struggle with some type of learning challenge. Dyslexia is the most common.



Book excerpt page 27: *School was very difficult and provided an added daily stress. This was due to an undiagnosed learning disability. It was an unwelcomed addition to my already confused mental process. My invisible barrier compounded the academic struggles of mentally processing information, reading, comprehension, and written expression.*

*With this albatross around my neck, all my years of formal education would be grueling. It seemed like nothing was easy for me. I didn't see that I had any talent in any area of my life. I wondered if I would ever make a contribution like other kids who appeared to be smart.*

3) Abortion is the greatest issue facing humanity today. There have been nearly 60 MILLION abortions since the 1973 Supreme Court Decision of Roe vs. Wade which legalized abortion in the United States. Statistics show 1 in every 3 people by the age of 45 will be post-abortive. That's 60 million mothers and fathers walking around who may have never dealt with the life-long effects of that decision.



Book excerpt page 31: *Shortly after high school graduation, while attending college classes, I became pregnant. Once again, I was afraid to confide in my parents for fear of rejection and bringing shame to my family. The pain of disapproval and rejection was too much for me to bear.*

*It would echo the daily thoughts I carried. Although not in line with our time-frame, I was sure my pregnancy would not be a problem since Sam and I had discussed plans to marry. After I told him about the pregnancy, he shocked me by telling me he wasn't ready for marriage. Within the next few days, he quickly provided the money for an abortion, and he made arrangements at a local abortion facility.*

**4) Miscarriages can trigger the traumatic experience of an abortion and bring up feelings of guilt from that decision. Research below shows a risk of miscarriage subsequent to a surgically induced abortion.**

## Induced abortion and risk of subsequent miscarriage

*International Journal of Epidemiology*, Volume 32, Issue 3, 1 June 2003, Pages 449–454, <https://doi.org/10.1093/ije/dyg093> Published: 01 June 2003

### Abstract

**Background** To evaluate the impact of surgically induced first-trimester abortion on the risk of miscarriage in a subsequent pregnancy.

**Methods** The study is a pregnancy cohort study. It was conducted among 15 general hospitals or maternity and infant health institutes in Shanghai, China from November 1993 to March 1998. The abortion cohort consisted of pregnant women

whose previous pregnancies were terminated by vacuum aspiration (98%). The reference cohort consisted of primigravidae. Subjects were recruited at 35–63 days of gestational age. A total of 2953 pregnant women were enrolled; 1502 in the abortion cohort, 1451 in the reference cohort.

**Results** There were only 62 women lost to follow-up. The remaining 2891 women had 2732 live births, and 137 miscarriages. About 5.5% of pregnancies in the abortion cohort were miscarried and 4.0% in the reference cohort.

**Conclusions** Induced abortion by vacuum aspiration is associated with an increased risk of first-trimester miscarriage in the subsequent pregnancy.

**5) Abusive relationships can become cyclical within families. They directly impact our health, self-esteem, welfare and view of our world.**

**Domestic Violence**

**What is domestic violence?**  
Violence or physical abuse directed toward one's spouse or domestic partner; usually violence by men against women.

**The Facts**

- Every 9 seconds in the US a woman is assaulted or beaten.
- Studies suggest that up to 10 million children witness some form of domestic violence annually.
- The cost of intimate partner violence exceeds \$5.8 billion each year.
- Violence is a bigger threat to the health of women ages 15-49 than cancer, malaria and traffic accidents combined.

**The Numbers**

- Around the world, at least one in every three women has been beaten, coerced into sex or otherwise abused during her lifetime.
- 92% of women surveyed listed reducing domestic violence and sexual assault as their top concern.
- 35% of all emergency room calls are result of domestic abuse.

**The Truth**

Most domestic violence is not reported

**Cycle of Abuse**

Pretend Normal  
Build-up  
Act out  
Rationalize/Justify

4/5 Rape are not reported  
3/4 Physical assault/stalkings are not reported  
1/2 are not reported

**NEED HELP?**  
NATIONAL DOMESTIC VIOLENCE HOTLINE: 1-800-799-7233  
NATIONAL SEXUAL ABUSE HOTLINE: 1-800-645-4579  
NATIONAL TEEN DATING ABUSE HOTLINE: 1-866-331-6474

Book excerpt page 75: *Oscar blamed me for terrible things and said I had done them to destroy our marriage. He was pacing the floor while waving the gun in the air. This was the craziest I had ever seen him. He was sinking into a greater darkness; it was now life-threatening. Something inside of him had switched, and he became someone I didn't know or understand.*



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