

I COULDN'T MOVE AND FROZE WHEN  
THE ABUSE WAS HAPPENING TO ME.



Freezing is one way a child's brain helps them cope with sexual abuse.  
Reassure them that this natural response helped them survive.

[www.survivorhub.co.uk](http://www.survivorhub.co.uk)

RSVP  
rape & sexual violence project

The  
Children's  
Society

Barnardo's  
ForwardThinking  
Birmingham