We believe you and we care.

Talk to your healthcare provider about unwanted sexual experiences.

Feeling overwhelmed? Try a grounding exercise.

**Box Breathing**
Breathe in and count 1, 2, 3, 4.
Pause and count 1, 2, 3, 4.
Breathe out and count 1, 2, 3, 4.
Repeat until you feel grounded.

**Five Senses**
Notice 5 things you can see. Notice 4 things you can touch. Notice 3 things you can hear. Notice 2 things you can smell. Notice 1 thing you can taste. It may help to say each of the things out loud as you notice them.
If you have had an unwanted sexual experience, you are not alone. Unfortunately, these experiences are all too common. 1 in 4 girls and 1 in 13 boys experience some form of sexual violence as kids. 1 In the United States, approximately 44% of females, 25% of males, and 47% of transgender individuals report sexual violence involving physical contact in their lifetime.2,3

**What do unwanted sexual experiences have to do with your health?**

Unwanted sexual experiences, as with all traumatic events, can lead to both short-term and long-term health effects, including but not limited to:

- Depression
- Anxiety
- Difficulty sleeping and nightmares
- Persistent fatigue
- Increased use of alcohol and drugs
- Nausea, gastrointestinal distress, changes to appetite or digestion
- Chronic heart, lung, liver, and autoimmune issues

**Why talk about these experiences with your healthcare provider?**

Having a discussion with your healthcare provider about any unwanted sexual experience—even if it happened a long time ago—can help you better work together to address your current health concerns effectively and holistically. Your provider may also be able to refer you to additional resources for support.

When and how can you talk to your healthcare provider about unwanted sexual experiences?

The short answer is: whenever and however you feel comfortable. There is no right or wrong time or way to share any part of your history with your healthcare providers. This includes providers you’ve had a long relationship with, and providers who are brand new to you. If you’re not sure how to get the conversation started, try phrases like: