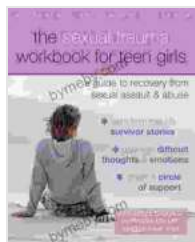


The Sexual Trauma Workbook For Teen Girls: A Path to Healing and Empowerment



The Sexual Trauma Workbook for Teen Girls: A Guide to Recovery from Sexual Assault and Abuse (Instant Help Books for Teens) by Raychelle Cassada Lohmann

★★★★☆ 4.7 out of 5

Language : English
File size : 2097 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 190 pages



If you are a teen girl who has experienced sexual trauma, you are not alone. Sexual trauma is a serious problem that affects millions of teens every year. It can be a confusing and frightening experience, and it can have a lasting impact on your life.

The Sexual Trauma Workbook For Teen Girls is a comprehensive resource for teen girls who have experienced sexual trauma. This workbook provides essential information about sexual trauma, its effects, and how to cope and heal. Written in a supportive and empowering voice, this workbook offers practical exercises, worksheets, and activities to help teen girls process their experiences, build resilience, and reclaim their lives.

What is Sexual Trauma?

Sexual trauma is any type of sexual activity that is forced or unwanted. It can include rape, sexual assault, child sexual abuse, or any other form of unwanted sexual contact. Sexual trauma can happen to anyone, regardless of their age, gender, or sexual orientation.

The Effects of Sexual Trauma

Sexual trauma can have a profound impact on a teen girl's life. It can lead to a variety of physical, emotional, and psychological problems, including:

- Physical injuries
- Emotional distress
- Psychological problems
- Relationship problems
- Substance abuse
- Self-harm

Coping and Healing from Sexual Trauma

If you have experienced sexual trauma, it is important to know that you are not alone. There is help available, and you can heal from this experience. The Sexual Trauma Workbook For Teen Girls provides a roadmap for healing and empowerment. This workbook will help you to:

- Understand what happened to you
- Cope with the emotional and psychological effects of sexual trauma
- Build resilience and self-esteem

- Reclaim your life

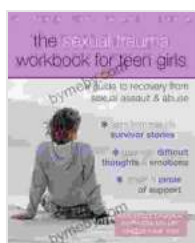
The Sexual Trauma Workbook For Teen Girls is a valuable resource for any teen girl who has experienced sexual trauma. This workbook provides essential information, support, and guidance to help you heal and reclaim your life.

If you are a teen girl who has experienced sexual trauma, please know that you are not alone. Help is available, and you can heal from this experience.

The Sexual Trauma Workbook For Teen Girls is a valuable resource for any teen girl who has experienced sexual trauma. This workbook provides essential information, support, and guidance to help you heal and reclaim your life.

Free Download your copy of The Sexual Trauma Workbook For Teen Girls today.

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