



Hi

I'm so sorry for what you have had to go through.

I am writing to you because this happened to me too, I have been where you are and I understand how scary and out of control it can feel. It may seem very daunting to have police at your house and you might think that you have done something wrong, but I want you to know that you aren't to blame one bit and that what was done to you was not your fault at all. Its normal to feel scared, angry, numb, or maybe even a little sick as you try to make sense of what is happening.

I am sure there will be a million things going through your head right now and it can make it hard to think straight. I want to tell you that all of your feelings are valid, no matter how confusing they may seem to others.

I know it feels like you aren't in control, but you are, and you don't feel like you have to do something just because someone else tells you to. It's more than okay if you don't feel like talking to anyone right now, but when you do feel ready there will be people who can support you in whatever way you need.

I have been where you are and I didn't see the light at the end of the tunnel, but I promise you it is there. There are a lot of us out there who have gone on to live full and happy lives and you are not alone in this experience. If you are struggling, take it one moment, one minute, one day at a time, and remember that if a seed of doubt starts to creep in, that it never was and never will be your fault and you didn't deserve what was done to you.

Azariah, a survivor.

