

# Childhood Sexual Abuse Survivor Awareness Month (CSA-SAM)

## Survivors & Allies in Action Activity Card

*Complete five in a row!*

Wear light blue in honor of CSA-SAM	Display your CSA-SAM ribbon sticker*	Donate to an organization that serves adult survivors of CSA (like Wings)	Sign up for Wings' and/or a community partner's email list	Post about CSA-SAM on social media with #CSASAM
Listen to a podcast featuring an adult survivor of CSA	Watch a documentary about CSA	Start a book on Wings' recommended reading list*	Journal on how you can be a year-round advocate for adult survivors of CSA	Do a self-care activity (e.g. yoga, exercise, journaling, art)
Use objects to depict the 1 in 5 who are survivors of CSA (bonus: send it to <a href="mailto:events@wingsfound.org">events@wingsfound.org</a> )	Share <a href="https://wings.org/">wings.org/CSASAM24</a> on social media with #CSASAM		Explore <a href="https://wingsfound.org/">wingsfound.org/CSASAM24</a>	Share a Wings' 'Champion of Healing' card* with a friend/family member
Watch an adult survivor's story on Wings' YouTube	Share a statistic about the prevalence of CSA with a friend	Submit a quote, poem, or message in support of adult survivors to <a href="mailto:events@wingsfound.org">events@wingsfound.org</a>	Leave a Wings' brochure* on a community bulletin board or with a service provider	Try a grounding exercise (see back)
Write a letter to your inner child to celebrate your tenderness and strength	Tell your therapist or a therapist friend about Wings' support groups (free space for past/current members)	Share Wings' recommended reading list* with your local library	Read about how to resource yourself and this cause (see back)	Light a candle in honor of all adult survivors of CSA

\*Included in your mailing

Explore related resources at [wingsfound.org/CSASAM24](https://wingsfound.org/CSASAM24)

If you don't have a personal social media account, you can pretend you have an account and send what you would post to a friend/family member!



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## Resource Yourself



In our culture, we aren't always taught how to stay present and tolerate uncomfortable feelings that may arise when dealing with difficult situations and topics, like CSA.

It's important to **check in with yourself** whether you've just started your healing journey, are deep in the process, or are new to this issue.

**There are things you can do to help soothe yourself and feel more safe, secure, and at ease.**

**Try the grounding exercise below to practice resourcing yourself internally:**

5

4

3

2

1

things you see

things you feel

things you hear

things you smell

thing you taste

Learn more at [wingsfound.org/resource/grounding](https://wingsfound.org/resource/grounding).



## Resource the Cause



**The movement to support adult survivors of CSA and to build systems of support as they navigate their healing journey takes all of us.**

By helping raise awareness of the prevalence of CSA and its impacts on adult survivors you are building individual and collective resilience. **Thank you!**

**Want to help strengthen and sustain this movement?** Consider donating to Wings or another nonprofit that serves adult survivors of CSA. Every gift, no matter the size, makes a difference.

From crowdfunding to a gift in a loved one's honor, there are many different ways to support Wings' mission.

Explore them all!

[wingsfound.org/waystogive](https://wingsfound.org/waystogive)

**You can help make an impact.**  
**Scan the QR code to donate today.**  
[wingsfound.org/donate](https://wingsfound.org/donate)

