



SACRED INNOCENCE

# THE ROAD AHEAD

*THERE IS LIFE  
AFTER ABUSE.*



**SACRED INNOCENCE**

# **THE** **ROAD** **AHEAD**

Our mission is to empower victims of family sexual abuse and other forms of sexual abuse to overcome their past, stop the abuse from continuing, and tap into their full potential.

We envision a world where all children are raised in an abuse free home, able to achieve their full potential. Sacred Innocence believes a healed victim of sexual abuse is more empowered with the right tools to protect their children and are the most important defense in ensuring their protection. A healthy mother or father can stop the cycle of abuse and breakdown the barriers that come from within the family unit. Although not all victims abuse, without the right tools, an unhealed victim of sexual abuse can be the detrimental cause of the cycle of family sexual abuse continuing.

**OUR VISION IS FOR VICTIMS TO UNDERSTAND...**

**THERE IS LIFE AFTER ABUSE.**



A MESSAGE FROM

# SACRED INNOCENCE

We are shining a light on the power of investing in the courage of victims of sexual abuse and how you can be an ally in building a culture that supports victim's empowerment.

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With your help, we can transform the lives of victims of sexual abuse by providing them with a program that provides tools and access to life-changing skills to move a victim from crisis to stability through our 12-step Empowerment Program. Sacred Innocence has a goal to help the hidden population of sexually abused victims, but we simply cannot do this without help from supporters like you. We hope the stories of hope, courage and resilience from the survivors who attend our support groups will inspire your involvement. Let's work together to provide victims of sexual abuse programs to help them heal and regain control of their lives.

Sincerely,



FOUNDER

Sacred Innocence International



## WHY WE CARE

Children born into a family of sexual abuse often experience other types of abuses and have a hard time escaping the potentially lifelong damaging effects. Often, feelings of worthlessness, hopelessness and depression as well as struggling with self-destructive behaviors such as addictions to pornography and sex, drugs and alcohol can plague a victim's life. The most destructive behavior is becoming a sexual abuser themselves, whether blatantly or by being complicit are some of the harmful effects of being abused.

BECAUSE

**1/5 GIRLS**

*will be sexually abused by age 18.*

BECAUSE

**1/7 BOYS**

*will be sexually abused by age 18.*

BECAUSE

**93% OF VICTIMS**

*personally know the perpetrator.*

BECAUSE

**80% ARE A PARENT**


*Father or Stepfather or Foster Care Parent.*

BECAUSE

**EVERY 8 MINUTES**

*a child is sexually abused.*





*“Sacred Innocence is not just a  
message of hope and healing,  
IT IS A CALL TO ACTION.  
IT IS AN INVITATION FOR  
ALL THOSE WHO HAVE  
EXPERIENCED THE  
BURDENS AND CHAINS  
OF SEXUAL ABUSE  
TO HEAL.”*

– LAUREN M. JOHNSON  
CO-FOUNDER



SACRED INNOCENCE

# WHY

## WE EXIST

Sacred Innocence  
International focuses  
on the family and the  
affects sexual abuse  
has on it.

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Even in situations where a victim was sexually abused by someone other than a family member, whether by a neighbor or trusted adult, raped or experienced prostitution or sex trafficking, **victims will someday be parents** and will need the tools to provide a safe environment for their children.

We exist to provide a victim of sexual abuse with the best possible resources to tap into their potential and stop the abuse from continuing for multiple generations.

## WHAT WE DO

We realized with over 120 million girls and boys being sexually abused worldwide (Unicef), **we needed to build a solution that was as big as the problem.** We created support groups through video-conferencing, call-ins and in person peer-to-peer support groups that can be setup as chapters throughout the United States.

We have taken support groups to a new level with the ability to reach remote places where attending in person would be impossible.

## WHO WE SERVE

All victims of sexual abuse 18 years and older. Women Only groups are available now. In fall of 2018, we will be expanding and offering Men Only groups, Women Only-Spanish speaking groups and opening up a Women Only-Spanish speaking group in Argentina. No matter how a person was sexually abused, sexual abuse victims can experience similar types of issues and problems related to the traumatic abuses they endured.

Sexual abuse can affect their relationships as a friend, spouse or parent and even as an employee. Sexual abuse affects the family and we provide the resources a victim needs to break the silence of sexual abuse.

SEXUAL ABUSE CAN

AFFECT ALL GENDERS

LAST A LIFETIME

AFFECT ALL AGES



# OUR WORK

Our focus is on the adult individual. Our 12-week program teaches victims skills to understand their worth is not predicated on the sexual abuse and that they are not robbed of their potential.

Intensive support group training focuses on 3 key outcomes for the victims:

1. OVERCOMING THEIR PAST
2. STOPPING THE ABUSE FROM CONTINUING
3. TAPPING INTO THEIR POTENTIAL

## SII EMPOWERMENT SUPPORT GROUPS



### VIDEO CONFERENCING SUPPORT GROUPS

6-12 victims enroll in our program and work together for 12 weeks. Meetings are once a week for 1 1/2 hours.



### CALL-INS

6-8 victims enroll in our program and work together for 12 weeks. Meetings are once a week for one hour.



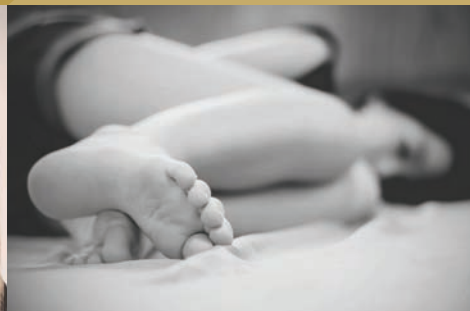
### IN PERSON PEER TO PEER SUPPORT GROUPS

8-12 victims enroll in our program and work together for 12 weeks. Meetings are once a week for 1 1/2 hours.

AFFECT ALL CULTURES

CRIPPLE SELF-ESTEEM

CREATE ISOLATION





# THE PROGRAM

The Sacred Innocence  
Empowerment Program  
(Support Group)



*"THE BIGGEST RELIEF THAT I RECEIVED FROM THIS SUPPORT GROUP WAS THAT I WAS NOT ALONE AND THAT I WAS NOT CRAZY. That these experiences and flashbacks were real and I didn't have to keep reliving them day to day. I could start my healing process with lasting relationships and promising recovery.*

– SURVIVOR

## 1. HOPE AND CHOICE

There is Life After Abuse and Healing is a Choice.

## 2. UNDERSTANDING

What is abuse? What the negative effects are. Stop the self-destructive, self-sabotaging behaviors and learn how your body/mind respond.

## 3. CULTURE

Understand the Family Culture of Abuse, the roles each member plays and why this is vital to breaking the cycle of multigenerational abuse.

## 4. BELIEVE

Understand the best guide for healing is one's own inner voice and denial is a destructive power that binds you to the past.

## 5. BREAKING THE SILENCE

The abuse was not your fault. The secrecy and fear associated with the abuse creates a sense of shame, guilt and self-blame. Breaking the silence is a powerful, healing force that can dispel the shame with being a victim.

## 6. TRUST AND BOUNDARIES

You can learn to set healthy boundaries.

## 7. AGENCY AND ANGER

Abuse is a Choice. Admitting your feelings of anger and/or grief is an important step to regaining control of your own life.

## 8. INTIMACY

If your first experiences with sex was abusive it affected how you shaped your feelings about sex, sexuality and intimacy. You can overcome and regain control of your body and feelings.

## 9. RELATIONSHIPS

Sexual Abuse is a critical threat to the family. Understand that healthy relationships are obtainable.

## 10. FAITH AND A HIGHER POWER

Believe that the power of God can transform your life and better possibilities are within your grasp.

## 11. WORTH

Your worth is not predicated on any experience. Overcome feeling broken, used and damaged. You are worthy of love and meaningful relationships.

## 12. FORGIVENESS

Forgiveness is not for the abuser but to free you of your past. Forgiveness is the healing balm to help you redefine your life's definition.

# JOIN US

Join us as we give victims of sexual abuse a voice in their own destiny. Help us stop the stigma and outdated social norms of family sexual abuse and other sexual abuses that prevent children from being protected. We have a responsibility to listen and hear their voices and help influence change.

Help us grow our capacity to serve victims of sexual abuse. There is an urgent need to expand our efforts to support the hidden population of the sexually abused. Help us break down the barriers that prevent victims from taking ownership of their lives. SII is a solution based nonprofit creating programs that help women and men realize their full potential. We offer women and men with a new cycle of opportunity by providing support and training so that they can pass on their new-found knowledge to their own families and children.

*“THIS [SACRED  
INNOCENCE]  
BROUGHT ME HOPE  
BECAUSE IT WAS  
DIFFERENT. I HAD  
HOPE THAT I COULD  
RECOVER AND  
NOT JUST “COPE.”  
As you debate your  
donation to these  
growing support groups  
consider my story  
and the stories of  
my friends. ”*

– SURVIVOR



SACRED INNOCENCE

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