

Recognizing the Signs and Symptoms of Abuse and Harassment

Signs and symptoms of sexual abuse and harassment may include:

- Extreme activity or withdrawal
- Displays of low self-esteem
- Expressing general feelings of shame
- Fear, particularly toward certain individuals
- Declining school performance
- Eating disorder
- Insomnia
- Irritability or angry outbursts
- Difficulty concentrating
- Avoidance of people, places, and things that might remind him or her of the incident
- Anxiety or depression
- Nightmares
- Headache, gastrointestinal distress, or abdominal, back, or pelvic pain
- Suicidal thoughts
- Involvement with drugs or alcohol
- Aggressive/risk-taking behavior or antisocial behavior

Source: American Medical Association, *Strategies for the Treatment and Prevention of Sexual Assault* (www.ama-assn.org/ama1/pub/upload/mm/386/sexualassault.pdf)