

**WOMEN'S STUDIES CELEBRATION**  
Women's History Month 2005

**NOMINATION: Papers and projects done in completion of course work for Spring, Summer and Fall 2004 eligible for nomination. Students do not need to be enrolled Fall 2004 or Spring 2005 to be eligible.**  
(Students are encouraged to identify works they would like nominated and approach their professor to initiate the process.)

Instructor Sheila Smith, Jan Bogstad Dept. Adult Health Nursing, Collections Development, WMNS

Course Number and Name Graduate Directed Study Semester completed Fall'04

Title of Nominated Work Aftershock: The Twisted Aftereffects of Incest

**CATEGORY:** Sampson:  
Undergraduate Research Paper      See  
Undergraduate Project      Olson XX  
Graduate XX Kessler       
Turell       
Belter     

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**\*\*WHY DO YOU, THE INSTRUCTOR, RECOMMEND THIS AS AN EXEMPLARY STUDENT PAPER/PROJECT? (Attach a separate sheet.)**

As the nominating instructor, please notify the student and ask them to turn in the paper, or attach to your nomination form.

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**Awards are sponsored by the UW-Eau Claire Foundation, Helen X. Sampson Fund, and by private individuals. Research involving human subjects must conform to the guidelines given by the Institutional Research Board. Contact Research Services, 836-3405, with questions.**

**Submission deadline is February 11, 2005.**

**Julianne Johnson**

**Aftershock: The Twisted Aftereffects of Incest**

**Reasons for Recommending this Paper:**

Julie is in the masters program in the English department, working toward a goal of publication as an author and illustrator. She considers her main area to be children's literature, which *Aftershocks* clearly is not, but which I think demonstrates her skills and abilities in crafting an important story, in this case combined with a valuable educational message on the prevalence and effects of incest. Julie has done a superb job of personalizing the horrific effects of incest as well as raising awareness as to how deep, far and wide those effects penetrate, through personal lives, family and social systems. The structural approach of her paper, alternating story with factual information, creates a reflective dialogue that works to make the story readable by giving the reader periodic but purposeful and well-placed breaks from the impact of the violence she describes. The end result is a powerful emotional effect, appreciation of a heretofore unrepresented point of view (that of the unaware and consequently horribly manipulated later-life spouse), and a valuable public educational contribution. The factual information is well researched, well organized, and based on appropriate references. It also serves to make the story more meaningful and believable by providing an objective reference point against which to gauge the content and dynamics of the story. Overall Julie has done a wonderful job communicating the devastating effects of incest. By presenting the story from the point of view of the estranged and traumatized later-life spouse, her work contributes identification and beginning awareness of a previously neglected victim while honoring the destruction to many lives and the humbling need to gather resources and go on.

Sheila Smith, Professor  
Adult Health Nursing & Women's Studies

Jan Bogstad, Professor  
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Julianne Johnson

## **Aftershock:**

### **The Twisted Aftereffects of Incest**

Fiction and Fact

#### **FICTION STORY:**

His large silver Tahoe was there in the driveway. He was home – no sign that he was outside. Pulling in front of the garage, she had opened her car door before she even stopped the car. She had no feeling of covering the ground to the house - of bolting up the front steps two at a time. She swung open the door. She heard him in the kitchen and felt a fierce rage inside. He was sitting at the kitchen counter only feet from her eating his lunch, his large shoulders in a hunched-over posture.

She slammed her hand on the counter. “Okay, you tell me what’s going on here! Your counselor just told me you incested your daughter. She said you incested her! You tell me what happened - now!” The words were hard and blunt. She could barely hold back her anger. She struggled for control, caught between tears and angry hysteria.

“Huh? ...what are you talking about?” he responded, looking up, puzzled.

“Your counselor wouldn’t have lied to me. You lied to me! She told me to ask you for the details. She said the whole thing is confidential. What are the details! What does she mean that you committed incest with your daughter?”

He stood up and half turned, intending to remain silent, to leave. She cornered him so that his back was to the kitchen counter and he had nowhere to move.

“What do you want me to tell you...that I had relations with my daughter?” he demanded.

“Yes, I want you to tell me...and I want to know what lies you’ve told to me.” “What did you do to her?” Sharon’s body was intense with anger.

“You want to know if I touched her?” he asked.

“Yes!” she said, too loudly. Her body was shaking. “You’ve brought this ugly thing into my life...and I want to know it all. Did you have intercourse with her?”

“Well, not...well...” He wouldn’t go on.

“Did you touch her skin to skin?”

“Yeah”

“Her vagina? where...where did you touch here?”

“Well, yes, I touched her...more...” he responded flatly. After a pause he stumbled out ... “but I didn’t penetrate her.”

“Did you come?”

“Yes... I did.” He paused. “Do you really want to know this?”

“What are you thinking? ...Yes, I want to know. I have a right to know!” she glared, eyes unblinking. “I’ve been married to you seven years, and I find out now I know nothing. I don’t even know who or what you are! How old was she?”

“It happened when she was ten...and... till she was fourteen. “

“What! And it was kept secret?” She was numb, realizing when she married him she had brought her fourteen-year-old daughter into the marriage...into a potential ghastly danger. “Nothing was done?” she said, not knowing how to deal with the overwhelming information.

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#### **FACTS:**

Incest should be and must be brought out of its closet. I feel we can only gain health by defining this crime no differently than we would an instance of theft, rape or assault. Yet it is far more severe than theft, for it steals innocence – childhood - and normalcy from its victims and all those connected to the incest, whether as a primary victim, or as a secondary victim. If incest becomes a household word, then perhaps we, as a nation, can begin keeping it out of the house - your house and mine. Incest should be a word that people are not afraid to say or hear, not recoil at its mention. People should not be afraid to listen, whether it is to the children, or to grown children who carry the scars. Most important, the condemning stigmas should not be attached to the victims, primary or secondary. They need to be able to live as normal people, not forced to keep

up a façade with secrecy, not afraid that they will be shunned if they disclose their secret. This should be a situation of exposure and condemnation of the offender – the offender only – and secrecy should not be an option.

The stigma of incest can only be reduced by placing the crime in the normal legal setting as for all other legal offences – and doing away with the secrecy that prevents legal action. Secrecy ensures perpetration. The identification and treatment of the offender should be legally addressed, made “public knowledge,” no less visible than our knowledge of a convicted sexual abuser who is *not a family relation*. When incest is addressed as a crime and the punishment and rehabilitation programs are visible to the public eye, then people will know how to deal with it, especially how to deal it.

Incest is a word people should comfortably have in their vocabulary, so that the problem can be addressed and stopped – so we can end the “conspiracy of silence” that surrounds it, and protect innocent children.

**Definition:**

“Incest” is defined as “the sexual abuse of a child by a relative or other person in a position of trust and authority over the child. It is a violation of a child [in the place] where he or she lives” (Vanderbilt, ncvc). Another source defines incest as “sexual relations of any kind perpetrated by a biologically or non-biologically related person functioning in the role of a family member” (ncvc). By criminal law it is defined as: “a “forcible sexual offense,” [which is] any sexual act directed against another person, forcibly and/or against that person's will; or not forcibly or against the person's will where the victim is incapable of giving consent” (jsu.edu).

Further investigation of incest broadens the definition: (from Caruso, ncvc)

- Sexual contact or interaction between family members who are not marital partners
- Oral-genital contact, genital or anal penetration, genital touching of the victim by the perpetrator; any other touching of private body parts, sexual kissing and hugging
- Sexually staring at the victim by the perpetrator, accidentally or disguised
- Touching of the victim's body by the perpetrator
- Verbal invitations to engage in sexual activity
- Verbal ridiculing of body parts
- Showing of pornographic photography and reading of sexually explicit material to children
- Exposure to inappropriate sexual activity

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**FICTION STORY, continued:**

“What made it end?” Sharon’s body tensed with emotion.

“I told my wife what I’d been doing.” He acted so cool, so casual, it disturbed her more.

“And your daughter had said nothing...told no one in all that time?”

“I guess not...no one acted like they knew?” he replied. “I guess something could have been done, but my wife didn’t want to do anything...didn’t want anyone to know. She decided we would go to therapy, counseling. We did it for four years.”

“Who had therapy?”

“The whole family.”

“And who was the counselor?”

“The counselor we’re seeing now. The one we saw just before we got married.”

“How...why...did your wife accept it? Accept just do to counseling? Why did she do nothing else?”

“She decided we should just keep it a secret. She didn’t want to mess up the kid’s lives any more than they had been. We changed doctors, dentists, everything.”

“Was yours considered some *mild* form of incest?”

“No,” he said uncomfortably, “it was considered at the criminal level.”

“You weren’t arrested? ...It didn’t go to trial?”

“I guess I could have been.”

“And...okay...” she paused, bracing herself for what she was about to ask. “Who knew?”

“The whole family - everyone.”

“What! The family I’ve been part of for seven years! The family that’s treated me and my daughter marginally, like we didn’t exist, like we were somehow horrible. How sick this is!” Her posture stiffened and she clenched her fists with her rage. “Who is everyone?”

“All my family... all my brothers and sisters. I had to tell them as part of the counseling. I didn’t have to tell my mom, though. We decided she was too old, and it might...well, she might have not been able to take it.”

“You’re saying that when I married you, everyone knew...knew all of this...and no one said a word?”

“Yes, I guess that’s true.”

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### **FACTS: Statistics**

Incest remains one of the most under-reported and least discussed crimes in our nation. It has been cited as the most common form of child abuse. “Incest and sexual abuse are at epidemic proportions” ([coolnurse.com /sexual](http://coolnurse.com/sexual)).

- “An almost international taboo, incest often remains concealed by the victim because of guilt, shame, fear, social and familial pressure... as well as pressure or threats from the abuser” (Matsakis, ncvc)
- “It happens in families that are financially-privileged, as well as those of low socio-economic status ([coolnurse](http://coolnurse.com))
- It happens to those of all racial and ethnic descent ([coolnurse](http://coolnurse.com))

- Current statistics suggest that one out of four females is sexually abused by the time she reaches the age of 18, with about 75% of the perpetrators being family members (Coolnurse)
- Studies conclude that 43 % of the children who are abused are abused by family members, 33 % are abused by someone they know” (Hayes, ncvc)  
“Research indicates that 46% of children who are raped are victims of family members” (Langan & Harlow, ncvc)
- Research indicates that over 10 million Americans have been victims of incest (Hayes, ncvc)
- 16,000 new cases occur annually... [and] 1,000,000 Americans are victims of father-daughter incest” (Finkelhor, ncvc)
- Of the majority of American rape victims, “61% were raped before the age of 18....29% of all forcible rapes occurred when the victim was less than 22 years old... AND 11% of these rape victims were raped by their fathers or stepfathers” (National Center for Victims of Crime and Crime Victims Research and Treatment Center, ncvc).
- “A 1991 sample of state prisoners serving time for violent crime showed that, of those prisoners convicted of sexual assault, two-thirds had victimized children and almost one-third of the victims were the children or step-children of the assailant” (Greenfeld, ncvc)

While these statistics may seem surprisingly high and shocking, discrepancy exists in the estimated number of incest victims because many cases of incest are not reported. “Incest remains an extremely under-reported crime... and there continues to be an extreme reluctance to reveal abuse and to obtain help” (Matsakis, ncvc). In many cases, the occurrences of incest in low-income and minority families are the ones not disclosed and reported. Statistics are significantly low because “they are based primarily on accounts of white, middle-class women and do not adequately represent low-income and minority women” (Matsakis, ncvc).

'Silence' is the single most crucial component of incest, ensuring its secrecy. All offenders need and use secrecy to assault children (Glasser, secasa). As a result, victims of incest are often extremely reluctant to - often fearful of - revealing that they are being abused because "their abuser is a person in a position of trust and authority for the victim" (coolnurse). Many incest victims fear they will be disbelieved, blamed or punished if they report their abuse.

In addition, often incest is not exposed because "incest victims do not understand, or they deny, that anything is wrong with the behavior they are encountering" (Vanderbilt, ncvc). In response to their trauma, we know of case studies where victims of incest have formed a biochemically-induced amnesia, triggered by the sexual assault. In others, the trauma "causes a number of complex endocrine and neurological changes resulting in complete or partial memory loss regarding the event... and in repression of the incident(s)" (Matsakis, ncvc).

"Most research concludes that girls and women have a substantially higher risk of being sexually assaulted than males" (Matsakis, ncvc). However, estimates of male incest [are considered to] be low due to the fact that boys are even more hesitant than girls to disclose incest... are reluctant to admit incest victimization because of their response to the sexual details, and a fear that it may indicate weakness and/or homosexuality, which can result in negative social stigmatization [without our society] (Vanderbilt, ncvc).

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**FICTION STORY, continued:**

She would have liked to hit him, but he outweighed her by a hundred pounds and his massive body, at six foot four, kept her at a distance. He seemed huge and the kitchen suddenly seemed very small. Sharon had learned to always stay at a distance. He had grabbed her once, when she'd demanded that he stop belittling her daughter, comparing her to his own successful-smart-ones. He'd grabbed her finger and bent it back so far she'd thought he would break it off. His anger had been frightening and had made her realize how easily he could hurt her badly.

"The letter your ex-wife sent," she said backing away, "...before we got married...that we took to your counselor. Your counselor said I shouldn't read it - that it was full of lies and distortions. What was in it?"

He didn't respond.

"Your ex-wife tried to tell me, didn't she? And you...and the counselor... covered it up... Didn't you!" She felt sick. Her stomach tightened, flooding itself with acid.

She stepped back from him, exasperated suddenly with herself. "I would never have brought my daughter into this! Oh, my God!" She paused, awareness hitting her bluntly as she remembered the session with the counselor before their marriage. "Remember! The counselor told me your ex-wife had lots of unresolved issues...and that you were fine. Ha! I remember she said you'd worked through your therapy and she felt there was nothing to worry about - nothing wrong with you." Her eyes opened wide with distress. "She said I shouldn't read the letter. God, how dumb was I?" She pressed her hands against her temples. "What happened to that letter? Where the hell did that letter go?"

"I destroyed it."

"God..." She dropped onto one of the kitchen stools, feeling weak. "You incested your kids... How many?"

"Just one, the oldest."

“Just... No, no wonder she would never have anything to do with us...never came to the wedding. You said it was because she was angry that you hadn't written a letter for her counselor.”

“I'd taken enough blame!” he said angrily. “They didn't need to keep blaming me over and over. I didn't need to write another letter about it – again and again.”

He shoved his soup bowl across the counter and the broth splattered out. She looked up to say more, but he had turned and headed toward the garage door, conversation decidedly ended. He slammed the door behind him.

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**FACTS: Theories:** (all material summarized from secasa website)

Several theories try to explain incest. They also try to look at a manner in which to deal with it. Several, however, help to perpetuate the act by considering it within “normal” male sexual behavior which is regarded as uncontrollable.

(1) **Freud's Psychoanalytic Theory** was the earliest proposed explanation for the occurrence of sexual abuse. Freud postulated from his clinical work with female patients that the trauma of childhood sexual abuse resulted in their later psychic damage, He presented his findings as his Seduction Theory, at a major forum in Vienna in 1896. He was ridiculed and shunned by his peers who, in conservative 19<sup>th</sup> century Europe, found the idea that fathers were sexually abusing their daughters an outrage.

Freud was so affected by the response to his Seduction Theory that he never publicly referred to it again. He instead developed his now classic Theories of Psycho-Sexual Development in which he created the theoretical constructs of 'penis-envy' and the 'Oedipus Complex' to explain the occurrence of incest - casting the daughter as the 'active desiring agent,' who seeks out her father as her 'love-object.' These theories

claim that children naturally pass through a stage in which they are sexually attracted to their parents. Thus he showed that the sexual acts between parents and children are natural, rather than abusive, and placed blame, not on the perpetrator, but on the child 'victim'. In essence, Freud developed an elaborate theoretical framework to deny the reality of childhood incest. Framing the child as the 'seductress, the father was then seen as the passive, innocent object of his daughter's seductive intentions – the victim.

Many of the myths and false ideas about sexual assault and incest that are common today can be traced back to Freud's model.

Further, his Psychoanalytic Theory presented the view that most sex offenders and rapists as disturbed individuals and sexual psychopaths, not ordinary fatherly sorts. Today we now know that the vast majority of men who commit incest are free of any mental illness.

**(2) The Family Dysfunction Approach** focuses on the family unit as being dysfunctional and identifies incest as a symptom of "family maladjustment." The notion of the "dysfunctional family" was first proposed in the 1940's as an outgrowth of the emerging development of family psychiatry, which, noticeably, was based primarily on Freud's theories. This approach is one of the most widely held explanations for incest in the United States. It proposes that all members of the family are responsible for causing it to occur -especially the, perhaps unaware, mother.

The mother is presented as the cornerstone of family pathology. This approach proposes that the mother has failed fundamentally as a mother and wife – that she is a dysfunctional wife who does not fulfill her assigned role as the sexual provider for the husband. It proposes that she emotionally and physically distances herself from the

family, for instance, by working outside of the home, pursuing outside interests and activities, as well as focusing on such things as illness of self or others. Next, it proposes that the child, looking for a substitute for the absent mother's love, accepts the sexual advances of the "sex-starved father. In addition, it suggests that the mother often chooses to deny the occurrence of the incest, even following the shared confidences of the child.

The approach fails to explain very important facts - that two-thirds of all the sexual abuse of children occurs under very different circumstances and for many different reasons. It tragically displaces responsibility from the abuser to the whole family, and often just the mother. With regard to the myth that "the 'mother ignores the incest,' research shows that 73% of mothers do act when incest is disclosed."

**(3) The Psychological Approach** has a more realistic explanation of incest - it focuses responsibility on the abuser, rather than on the victim or the family. It identifies the existence of a "personality profile", as well as the "motivators" of sex offenders - proposing the existence of fixed and stable personality traits that are predictive of sex offenders:

- social introversion
- feelings of masculine inadequacy
- the need to exercise a high level of dominance and control in family relationships
- an adept ability to rationalize actions
- a tendency to displace responsibility and blame onto others rather than the self.

The approach recognizes that abusers come from all social backgrounds and are not confined to just socially or economically-deprived families; that they do not suffer

from any mental illness; and that the offenders often appear as the law-abiding 'guy-next-door' type. It also identifies 'the regressive abuser,' one who 'abuses in response to the occurrence of stress that exacerbates existing feelings of inadequacy and impairs normal impulse control thereby allowing abuse to occur.'

This approach, unfortunately, perpetuates the myth that it is 'poor male impulse control' that causes sexually abusive behavior against children, and implies that such abuse is a 'natural and normal part of male sexuality.' As long as sexually abusive behavior is seen as normal in the repertoire of male behavior, little can be done toward its prevention.

(4) **The Feminist Approach** began with the emergence of the women's movement in the 1960's and '70's, a time when people began to tell their experiences of sexual assault. As a result, more accurate identification of the problem became possible.

This approach provides the most adequate explanation of the motivation of sexual assault, identifying it as part of the complex interplay between existing social structures, conventional attitudes and socialization of children. In particular, it points out the patriarchal influences which have led to the differential gender socialization of males and females, and the unequal power relationships that exist between men and women, and adults and children, which are embedded within our social structures. Significantly, it identifies the abusers as responsible for initiating and maintaining sexual assault.

Feminist research has demonstrated that sexual abuse is not a problem of "pathological men" and "seductive women and children," but instead shows that sexual assault is an extension of the current legal, social, economic and political systems that reinforce male dominance over women and children. Men are socialized to view women

as a means to satisfy their emotional, sexual and daily needs – as objects. This construct can lead them also to generalize their “objectification” to children as a means to satisfy daily needs. Examinations of male power within the family show that abusers tend to see their wives and children as property, which they can exploit in anyway they wish, including sexually. Thus, within our patriarchal society incest tends to be viewed as an expression of 'normal' male-female relations.

Stereotypical male sexual socialization presents these values, feelings and attitudes about men’s biological/sexual drives:

- (1) men are socialized to express their dependency or intimacy needs through sex
- (2) men tend to have or use sex as a way to reconfirm their ego
- (3) many men may experience sexual arousal outside of the context of a relationship and direct their desires to the genitals of some other preferred sexual object, which may be those of a child. (Research has shown that sexually inadequate males may prefer a child as a sexual partner to bolster an inadequate adult ego)
- (4) men are socialized to desire sexual partners who are younger and smaller than themselves

Within the feminist view, rape and incest are seen as social acts rather than natural acts - that “incest is produced by a certain kind of society. It is not seen as an extension of human nature” (secasa). Importantly, it argues that if we attempt to treat rape and sexual abuse as a natural and inevitable part of human behavior, we will be able to do little about it. But if we view it as a social fact, it can be eliminated through social change.

It attributes responsibility to the abuser rather than to the mother or the victim. However, and unfortunately, it perpetuates the myth that all females are vulnerable,

socialized to be compliant, passive and paralyzed to offer any resistance, all of which reinforce many of the negative messages about the powerlessness of women – a negative image for women.

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**FICTION STORY, continued:**

Sharon sat on the stool, alone in the kitchen, crying.

“God, what do I do?” she shook her head, looking for help, or answers. “The counselor kept this hideous thing a secret! Illegal! That should be illegal! What is the hell was she thinking? How could she keep such a secret? Especially when I had a fourteen year old!” Her emotions rose and fell as she tried to make sense of her new knowledge. She suddenly felt unrestrained anger at the counselor whom she had just left an hour earlier and who, for weeks, had felt like a trusted friend and confidant. “What are her morals? God, I could strangle her!”

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The unraveling of Sharon’s life had started the previous year, when she’d had a talk with her husband’s middle daughter, then thirty, about her hope that their families might bond together more, identifying that it had been a hard and confusing seven years for her. She had begged the daughter to treat her daughter and her more nicely.

Her husband had left her to do the talk, alone. She had been mortified when he had suddenly gotten up from the dining room table, gone into the bedroom and locked the door.

His daughter had stood over her glaring, hands planted firmly on her hips. She remembered saying, “It hurts me that I’m treated this way, but it hurts me even more that you all ignore my daughter as if she’s not a person.” The daughter had remained silent. Her own husband, seated nearby, had acted uncomfortable, even fearful, dropping his head in his hands and rubbing his hands over his hair on large motions of distress. She had ended her monologue, quietly suggesting that the daughter think about what she’d said and respond later.

After the two gone, Sharon had felt immobile, caught between the aftershock of her attempted discussion and her anger rising at her husband, who had left her to do it

alone. When she demanded an explanation from him, he'd said that he couldn't talk to her - that she'd always felt he had been too strict, too angry, with her when she was little - and that she was the only one who now kept in contact with him. He'd said he couldn't do anything to make her angry.

A few weeks later a letter had arrived, addressed only to her, but her husband had noticed it in the mail. It was so heavy, she'd been afraid to open it. She felt it didn't contain good things. She read it several days later. It was full of hate and ultimatums, and demands that their family relationships stay just the way they were. The daughter said she hated her father and what he had done to their childhoods and that she would be spending the rest of her life trying to recover from it.

Sharon no idea what had gone on – and it distressed her. She also knew that if her husband ever saw the letter that the rejection and anger of the letter would devastate him. For ten months she kept it hidden from him, until during an angry confrontation, he forced her to give it to him.

Within moments he spiraled deeply into depression, experienced devastating emotional shock, became mute, sleepless.

They began counseling a few days later and continued, both apart and together, in an effort to work through the events and the emotional aftershock of the letter. Sharon became aware that she faced at a turning point in their relationship. She felt devastated by either of the choices she faced – remaining intact or separating

She soon found the choice would not be hers to make. Several weeks later, his depression turned into anger – anger directed at her. He blamed her for trying to sabotage his relationship with his daughter. His anger infused every moment of their day. He was not longer depressed; he was fired by anger.

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### **FACTS: Effects**

When children are sexually assaulted, they often do not understand what is happening. They may feel instinctively that it is wrong, but they are often confused and terrified about the consequences of telling, both for themselves, as well as for the adults

around them. They often believe the abuse is their fault - which causes them to remain silent - ensuring the secrecy the offender demands.

Adding to their confusion, some young children may find the assaults physically pleasurable. Often offenders begin their abuse with gentle genital stimulation that causes a physical responses within the child, as their bodies react automatically to the stimulation. This does not mean, however, that they enjoy the abuse, only that offender knows how to cause a reaction over which they have no control. They often do not tell of their abuse because they do not realize until adolescence that their experiences were abnormal.

It has been found that children are often drawn to the offenders because they receive extra attention which makes them feel special. Often they have a need for the extra attention, love and affection they perceive to receive. Many find it very difficult to say 'no' to these adults because they are people the child depends upon, loves and trusts (coolnurse). Importantly, in many cases, the act of saying 'no' does not prevent the offender from doing what he has planned ([feminish.com/rain.htm](http://feminish.com/rain.htm)).

Incest can have serious long-term effects on its victims. They suffer severely from lack of trust, low self esteem, and anger, especially repressed anger. "There is research which indicates that children who have been sexually abused by a relative suffer from even more intense guilt and shame, low self-esteem, depression and self-destructive behavior (such as substance abuse, sexual promiscuity and prostitution) than children who have been sexually assaulted by a stranger" (Matsakis, nvcv). Incest may lead to "self-hatred, alcoholism, drug addiction, depression, eating disorders, the inability to trust and suicide and many other symptoms"(coolnurse). Rosen, in The World Split Open,































