



Incest AWAREness Tips

Key Facts, Barriers, & Pathways to Prevention, Intervention, Recovery, & Justice

By: Josephine A. Lauren, MTS

Reviewed By: The Incest AWARE Alliance

1 in 5

children experience child sexual abuse before age 18.

1/3

of reported CSA cases are perpetrated by family members.

1/2

of survivors benefit from proven treatments (CBT, EMDR).

1 in 10

survivors disclosed over 20 years after abuse.

25/1000

people who harm are incarcerated after reported rapes.

10-15%

of people who harm reoffend after conviction and incarceration.

What is ICOSA?

Intrafamilial Child Sexual Abuse (ICSA) is sexual abuse by family members including parents, step/foster relatives, siblings, cousins, grandparents, in-laws, and others living or working within family environments.

What is the Incest Gap?

The lack of effective prevention, intervention, recovery, and justice methods to ensure people are safe from incest in their homes, supported in recovery journeys, and unable to offend or reoffend.

PREVENTION IDEAS

- Normalize dialogue about bodies, safety, consent, and healthy relationships.
- Teach body respect and boundaries from birth.
- Use culturally-affirming, age-appropriate words.
- Build and sustain community prevention teams.

INTERVENTION IDEAS

- Learn grooming patterns and red flags.
- Be a trusted, believing, and nonjudgemental adult.
- Support disclosures calmly and validate the victim.
- Be aware of state mandated reporter laws.

RECOVERY IDEAS

- Use strengths-based, incest-informed approaches.
- Provide affordable and accessible care.
- Address intersectional harms (trauma, racism, poverty, LGBTQIA+ oppression, disability, and more).

JUSTICE IDEAS

- Support survivor-centered options and choices.
- Provide plain-language legal guidance.
- Pursue legal reforms for safer survivor engagement.
- Promote transformative justice and accountability.

When a survivor discloses, your response matters.

“Thank you for telling me.”

“It’s not your fault.”

“I believe you. I’m here to help.”

TAKE ACTION

- Learn about. Talk about it. End it.
- Join a **survivor support group**.
- Join an **alliance of activists**.
- Consult or **train with experts**.



JOIN THE INCEST AWARENESS MOVEMENT (IAM)

Learn
about it.



LEARNING LIBRARY

Head over to our website for incest-informed educational resources. We also offer consulting and trainings for teams seeking to become Incest AWARE or provide Incest AWAREness content to those in need.

Talk
about it.



SURVIVOR SUPPORT

If you are an incest abuse survivor, you deserve to find safety and healing in community. We offer a support group for adult survivors through the Healing & CPTSD Hub. If you're seeking other support services, please go to the Incest AWARE Alliance page on our website to find organizations focused on serving you.

End it.



ACTIVIST ALLIANCE

We are an alliance of individuals and organizations working proactively to improve methods of incest prevention, intervention, recovery, and justice. If you or your organization want to join the alliance, head over to our website to learn more and apply.