

Trauma-Informed Maternity Care

Key Statistics.

Sexual trauma, disclosure, and why maternity care needs a trauma-informed approach.

This is not a small specialist issue.

These numbers are a reminder that many women entering maternity care may be carrying experiences of sexual trauma, whether or not this is ever disclosed. Use these statistics to support awareness, team discussion, business cases, training proposals, and reflective practice.

Use with care.

- Figures are mainly for England and Wales, unless otherwise stated.
- Statistics do not tell us who is in front of us. They support universal trauma-informed care.
- The safest starting point is care that protects dignity, choice, privacy, and consent.

1 in 4

women have been raped or sexually assaulted since age 16

(ONS, year ending March 2025)

1 in 6

children has been sexually abused

(NSPCC statistics briefing)

6.3m

women in England and Wales have been raped or sexually assaulted since age 16

(ONS, year ending March 2025)

Sources: ONS, NSPCC Learning, and Rape Crisis England & Wales statistics pack, updated November 2025.

What this means for maternity care

- A woman does not need to disclose for trauma to shape pregnancy, birth, examinations, procedures, or postnatal care.
- Silence, compliance, or calm presentation do not always mean safety.
- Routine maternity care can feel exposing, invasive, or unsafe for someone with a trauma history.
- The practical response is universal trauma-informed care: explain, ask, pause, protect privacy, offer choice, and repair when needed.

Disclosure, context, and justice system realities.

Statistics that help professionals understand why trauma may remain hidden and why sensitive care matters.

739,000

women were estimated to have been raped or sexually assaulted in one year

(ONS, year ending March 2025)

5 in 6

women who are raped do not report to police

(ONS nature of sexual assault data)

2 in 5

rapes against women are carried out by a partner or ex-partner

6 in 7 are carried out by someone known to them

1 in 2

adult survivors of rape have experienced it more than once

(ONS nature of sexual assault data)

2 in 5

adult survivors of rape experienced it in their own home

(ONS nature of sexual assault data)

2.7%

of rapes recorded by police in 2024 resulted in charge or summons that same year

(Home Office outcomes data)

Important note

Statistics show scale. They do not identify individual survivors. The clinical and ethical response is to make care safer for everyone, whether trauma is disclosed or not.

Core message

Care as if trauma may be present, whether disclosed or not.

Safer maternity care is possible. Not only clinically.

Emotionally too.

Selected sources: Office for National Statistics sexual offences datasets and bulletins, Home Office crime outcomes data, NSPCC Learning statistics briefing, Rape Crisis England & Wales statistics pack.

Updated November 2025.