

Am I ready to tell my story?

This fantastic resource from our friends at Independent Collective Of Survivors has been lightly adapted by ACON.

- Do I really want to share my story or am I feeling that I should?
- Is it safe for me to share my story?
- Am I comfortable in being out about being LGBTQ+?
- Do I want to change potentially identifiable information about me, such as my gender, age, sexual orientation etc?
- Are there any ongoing risks posed by the person who abused me?
- Are there people in my life who need to be aware of my decision to tell my story publicly?
- How might my children or family feel about my decision to speak out? What might the impacts of this decision be for them?
- How might my community feel about and react to my decision to speak out? How might the community's response impact me?
- What would happen if someone I know, who doesn't already know I experienced sexual violence, sees my story?
- What if my children, boss, colleagues or family members found out this way about my experiences?
- What if I am triggered while I am telling my story?
- What if someone reacts negatively or judgementally to my story?
- What if I'm not happy with how my story is responded to?
- How will I manage the emotions associated with sharing my story publicly?
- What information am I ready to share and what information do I want to keep private?
- Am I involved in any ongoing legal proceedings that may be jeopardised by speaking out publicly?
- Are there any potential legal consequences from sharing my story?
- Do I want to use my real name or a fake name to protect my privacy?
- What supports do I have in place while I am doing this work?