

SUPPORT AND CONSIDERATIONS

SHARING YOUR STORY OF SEXUAL ASSAULT PUBLICLY



Your story matters, your voice is meaningful and the choice to share, or not, is yours.

SELF-CARE & SUPPORT

Sharing one's story can be intense and may be emotionally draining. It is very easy to forget about our own well-being when sharing your story or while focusing on other people's life experiences of violence or trauma. Self-care is the ability to share your own story without sacrificing other important parts of your life. You have a right to be well, safe and fulfilled! For more on self-care and some of its complexities after experiencing sexual assault check out [this article by Molly Boeder Harris](#).

ARE YOU READY?

Only you can answer if you are ready. Here are some questions survivors find helpful when considering speaking for the first time.

- Does it feel safe to share your story publicly?
- Who is supporting you in doing so?
- How may sharing your story impact your well-being?
- What support system is available to you before, during, and after the speaking engagement?
- Do you have sufficient time for self-care practices before and after the speaking engagement?
- In what circles are you comfortable or uncomfortable identifying as a survivor of sexual assault?
- What aspects of your story are you comfortable sharing?

ADDITIONAL RESOURCES

In addition to those you identify as a source of support, you may find more options [HERE](#).

THANK YOU

While your voice is unique, and your message is critical, what gives your story the most value is you. By sharing your story, you are demonstrating bravery, power, and strength. You are a catalyst for change!

This document has been adapted with inspiration from the Adult Children Exposed to Domestic Violence's Leadership Forum's publications: [Sharing Your Childhood Story Of Domestic Violence: Speaker's Pocket Guide](#).