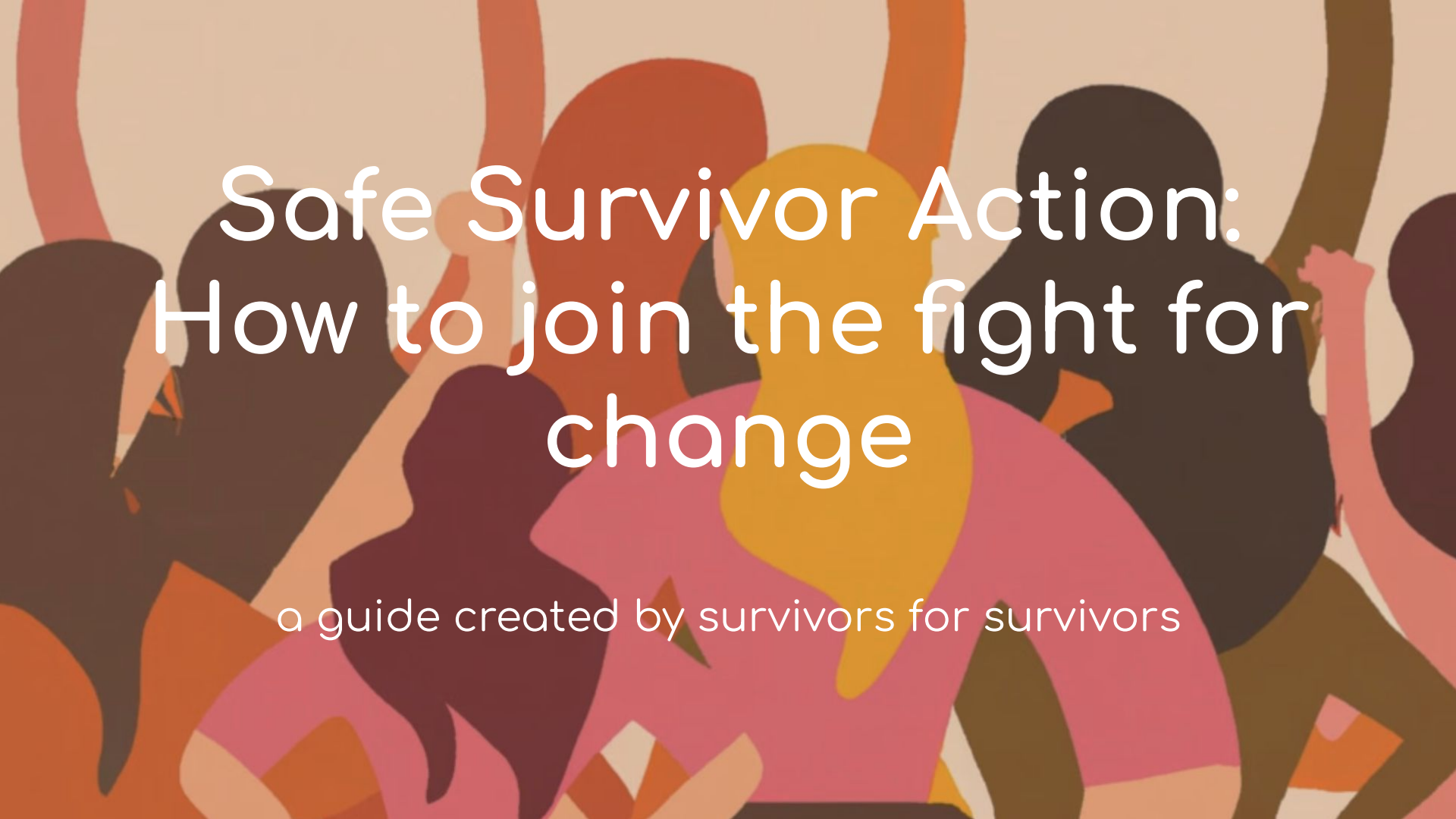


A stylized, abstract illustration of a crowd of people. The figures are represented by solid-colored shapes in warm tones like orange, red, yellow, and brown. Many of the figures have their arms raised, suggesting a protest, rally, or a moment of collective celebration. The background is a light beige color.

Safe Survivor Action: How to join the fight for change

a guide created by survivors for survivors

Welcome to our training! We're so glad you're here.

This is a training created by survivors of child sexual abuse and exploitation for other survivors to provide important knowledge and resources as a **guide to safe, sustainable collective action.**

It is primarily intended for survivors who are curious to learn more about this movement or who feel ready to get involved now - but we believe it will be helpful for survivors at any stage in their journey.



Who is a "survivor"?

Anyone who feels that label suits them and their experience of abuse, violence or exploitation. It doesn't matter if you have never told anyone before or if you are not sure how your experience compares to others.

We welcome everyone here, no matter your gender, sexuality, nationality, ability, background or experiences.

This guide may also be relevant for you if you have experienced other kinds of child abuse and/or sexual violence as an adult - virtual, physical, emotional or psychological. If you're an ally, or if you're not sure and just want to learn more, that's OK too. If survivor isn't your preferred term, that's OK as well.

If you think you might belong here, then you already do.



A vibrant, quilted sign with the text "You belong." is the central focus. The sign features a colorful geometric pattern of triangles in shades of red, blue, green, yellow, and purple. The text is written in a white, rounded, sans-serif font with a blue outline. The sign is surrounded by lush green foliage, including large, dark green leaves with prominent veins and clusters of small, white, bell-shaped flowers. The background is a soft, out-of-focus green, suggesting a garden or park setting. The overall mood is warm and welcoming.

You
belong.

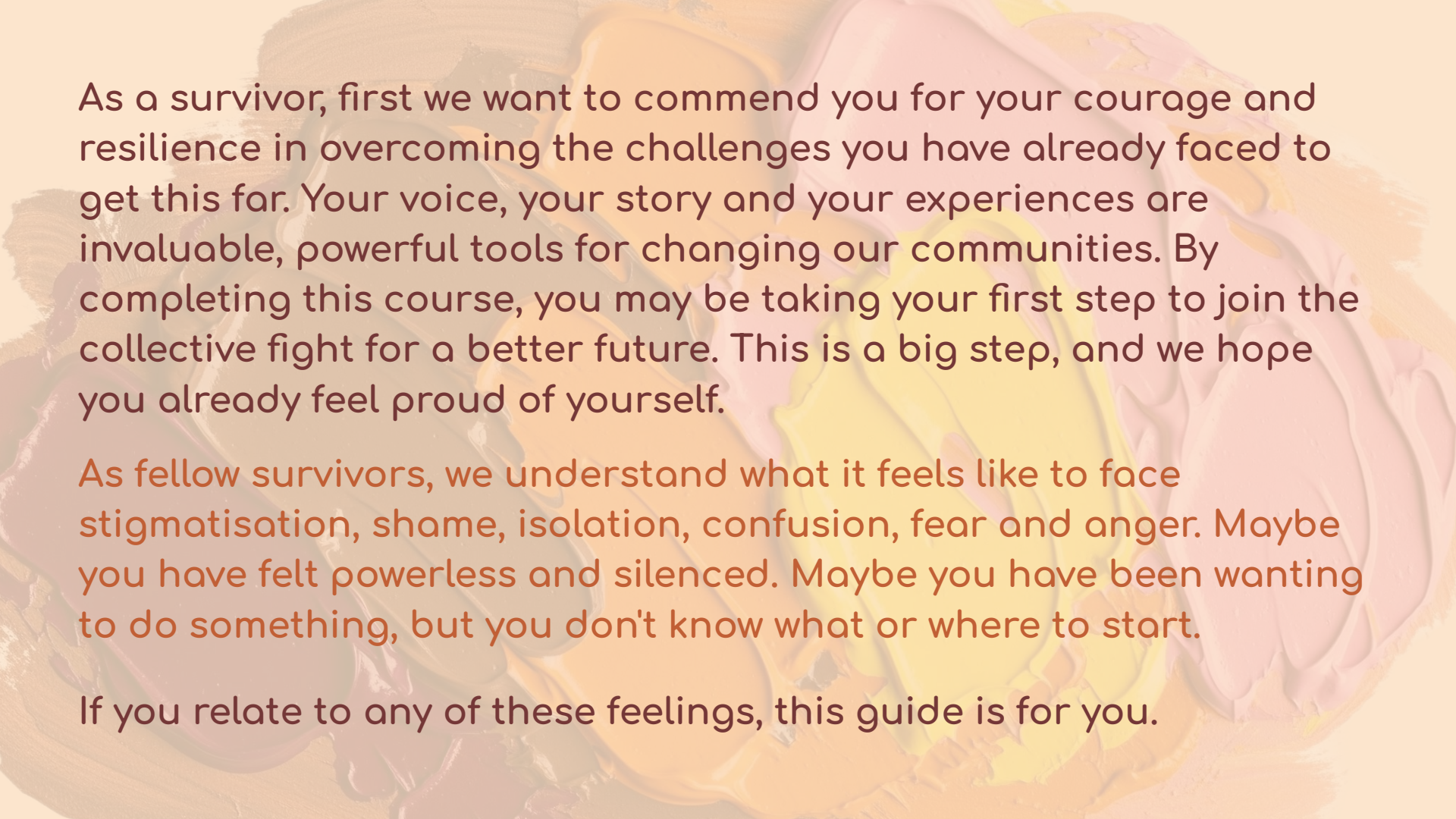
Belong

Introduction

This training will help you learn how survivors can safely, sustainably join the movement against child sexual violence, commercial exploitation and other forms of abuse.

We will give you important information you need to understand your options and empower you to take action in a way that respects your own boundaries and well-being. Through shared knowledge and support, we can empower each other.





As a survivor, first we want to commend you for your courage and resilience in overcoming the challenges you have already faced to get this far. Your voice, your story and your experiences are invaluable, powerful tools for changing our communities. By completing this course, you may be taking your first step to join the collective fight for a better future. This is a big step, and we hope you already feel proud of yourself.

As fellow survivors, we understand what it feels like to face stigmatisation, shame, isolation, confusion, fear and anger. Maybe you have felt powerless and silenced. Maybe you have been wanting to do something, but you don't know what or where to start.

If you relate to any of these feelings, this guide is for you.

Why does survivor action and inclusion matter?



As a person with lived experience of abuse or violence, you already have unique insights and important expertise.



The importance of survivor action and inclusion cannot be overstated.



Here are four reasons why...



First-Hand Knowledge



Survivors have first-hand knowledge of the abuse they have experienced and its impact. Abuse is often misunderstood and this can lead to misinformed solutions that do not actually improve policy or help solve the real core problems.

Survivors can provide insights and perspectives that might not be apparent to others. They can better address and prevent abuse with more practical, relevant solutions.

Empowerment



Involving survivors in decision-making and actions related to addressing and preventing abuse can help us feel empowered and valued.

You can regain a sense of freedom, justice and agency; after experiencing abuse, this can help to prevent further victimisation. Together we can stop cycles of violence from continuing by finding our voice and our power.



Increased Accountability

Survivor inclusion can increase accountability for those responsible for addressing and preventing trauma or abuse.

Oftentimes what needs to be done may be more expensive, uncomfortable or inconvenient. We know that it's worth the cost.

Having survivors involved ensures that **these problems cannot be ignored** or downplayed - they become and stay a priority.

Our Ethical Right To Be Here



The inclusion of survivors is a matter of ethical concern.
These are our lives at stake.

Excluding survivors from decision-making and actions related to addressing and preventing abuse can perpetuate harm and disrespect survivors' experiences and perspectives.

We have a right to ensure that nothing for us or about us is decided without us.

What you will learn in this training:

This training program will give you an introduction and overview of the field of survivor rights advocacy and survivor support actions.

It will strengthen your understanding of the importance of **your voice** in this field and explain how to use it in the most powerful way without compromising yourself.



What you will learn in this training:

We will ensure you are aware of the risks this work can entail, and provide you with knowledge, resources and strategies for how to make a personal Safety Plan for yourself to address these risks.

We will give you inspiring examples of what has worked well for other survivors and what we have already learned. We will help you learn how to manage the impact of trauma and build resilience without further harming yourself in the process.

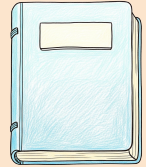


What you will need for this training:

You will be prompted throughout the training at different points to write down what you feel is the most important for you.



Please have a notebook and pen ready, or whatever items you prefer for taking notes.



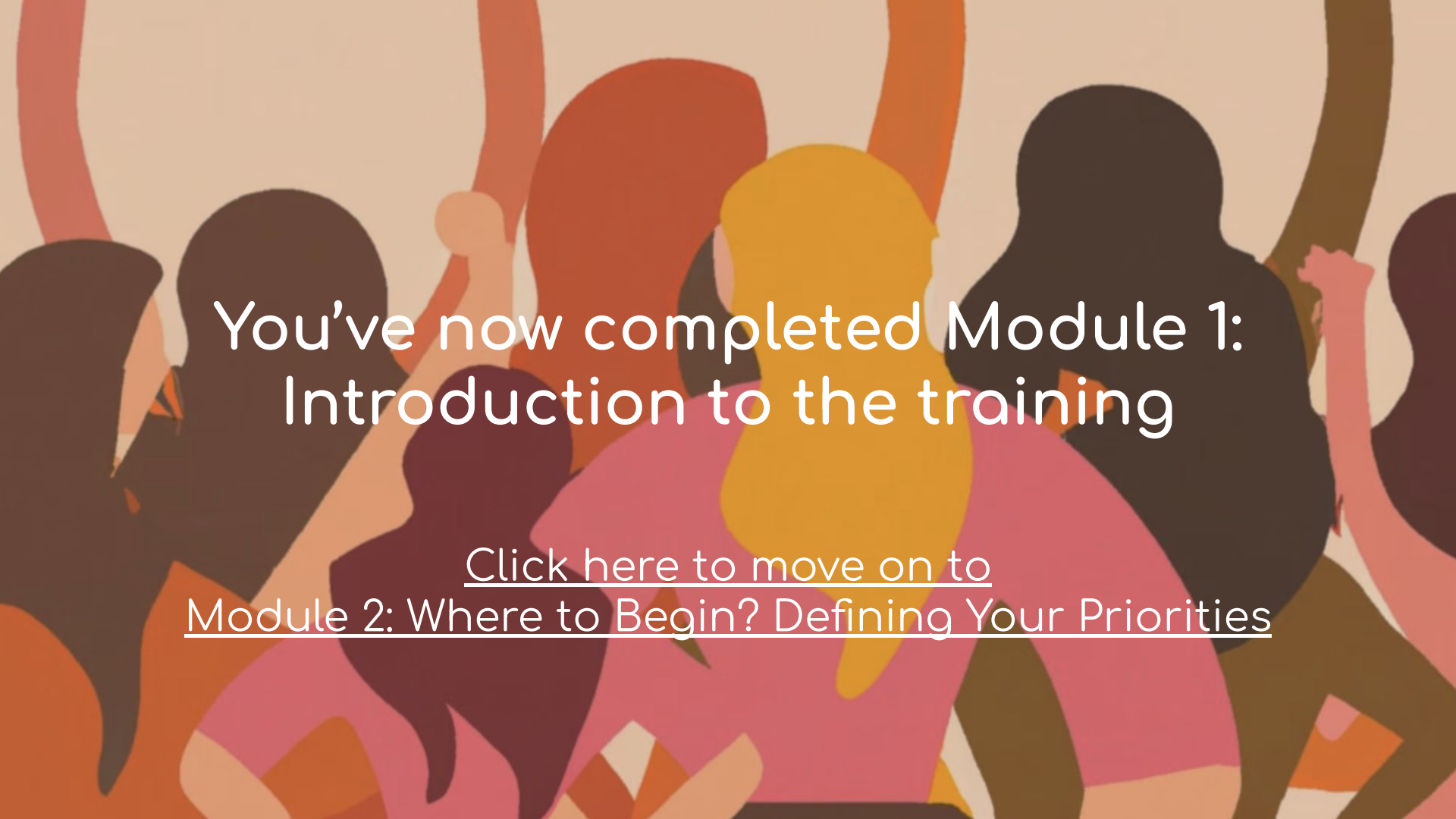
This training may feel emotionally intense for you at times because it may bring up painful memories or topics that are sensitive for you, and it might be a good idea to have someone that you trust available to call in case you feel like you need to talk or have a hug.



How to prepare:

- The course consists of a total of 6 modules and the estimated time for the entire training is approximately 3 hours.
- You can take breaks whenever you want during this training, and come back where you left off, or go backward to review sections you already finished.



The background is a vibrant, abstract illustration featuring silhouettes of several people from the chest up, facing away from the viewer. Their arms are raised in the air, suggesting a celebratory or enthusiastic atmosphere. The color palette is warm, consisting of various shades of orange, red, yellow, and brown. The silhouettes are filled with these colors, creating a layered, artistic effect.

You've now completed Module 1: Introduction to the training

[Click here to move on to
Module 2: Where to Begin? Defining Your Priorities](#)