

Module 3: Different Ways to Get Involved

examples of how you can join our collective survivor movement



There are many options for how you can have a positive impact as a survivor.

In this section, we will explore some of the various avenues for engagement. You can take inspiration from the work that survivors all over the world are already doing, and then consider what sounds best for you.

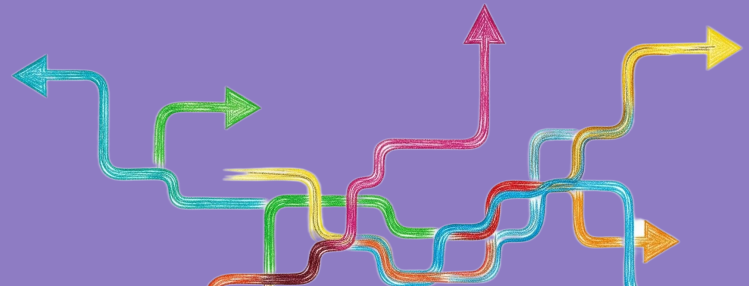
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Everyone belongs here, and there is not one right way to do things. This training will give some examples, but you can always find another way and you can always change your mind as you go.

The choice is always yours.



1. Advocacy

Advocacy is the act of speaking up or taking action to promote a cause, policy, or the rights of a group of people. It involves efforts to influence public opinion, laws, and political decisions in order to create positive change, protect rights, and/or address injustices.

Advocacy can take many forms, including raising awareness, educating others, or lobbying decision-makers.

Advocacy can be done as a part-time effort or a full-time career.

It can be public or completely behind-the-scenes.



1. Advocacy

Survivors can become advocates for other survivors by using their voices and experiences to raise awareness about abuse, and advocate for policies and programs that support survivors. They can work with partner organisations that focus on these efforts, engage with policymakers, and speak publicly about their experiences to help bring attention and compassion to the issue.

Many survivors have become advocates, and their work has significantly impacted the fight against child abuse and exploitation.



Here are some examples of survivor advocacy initiatives and actions:

Attending a protest or event to raise awareness	Meeting with a politician to influence their decisions	Lobbying lawmakers to prioritise survivors
Sharing campaign information on social media	Writing an article for a newspaper or journal	Submitting a proposal for a policy change
Signing and promoting a petition for survivor rights	Providing counsel or professional expert opinions to decision-makers	Appearing in a media interview on the news, radio or a podcast
Speaking at a conference about survivor rights or prevention	Serving on a survivor advocacy committee for an organisation, court or council	Forming an advocacy organisation to unite survivors with common goals

Survivor advocacy is one of the most visible forms of survivor action. It can be an incredibly empowering experience to influence change and fight for justice through advocacy.

However, it requires education, preparation and extra safeguarding. It can be one of the hardest paths for survivors to sustain safely in a healthy way.

Advocacy is not better or worse than other forms of survivor action - we need everyone to contribute their unique strengths and abilities.



Inspiring examples of public survivor advocates:



"I am a survivor, advocate, and CEO of a survivor-led organisation. I've spoken at the UN, EU, and OSCE, highlighting gaps in European legislation against human trafficking.

As a member of the International Survivor of Human Trafficking Advisory Council, I emphasise prevention, protection, prosecution, and survivor inclusion.

As the Founding Director of Footprint to Freedom and Director of Development of the African Survivor Coalition, I raise awareness about human trafficking and gender-based violence."



Malaika Oringo

"I am a survivor advocate against human trafficking and commercial sexual exploitation of children and adults. I have spoken at national conferences in Sweden, the European Parliament, and the EU Commission about laws to better protect children.

I also help lead the survivor-led organisation Inte Din Hora (Not Your Whore). Within the organisation I offer support to members, meet with Sweden's stakeholders, give interviews to the media, write debate articles and provide input to legislative processes.

I give lectures to schools, Sweden's Social Services, politicians, women shelters and universities regarding how to fight commercial sexual exploitation."

Saga Brodersen



"I am a survivor advocate and jurist from Germany. After my experience of being trafficked and exploited I studied law to be able to combine my experience with legal knowledge in order for my advocacy to have an even greater impact.

I have spoken in the German and Italian Parliaments. I have also spoken in several high-level political discussions in Germany and internationally.

I was elected to the 1st International Survivor of Trafficking Advisory Council (ISTAC) and initiated Ge-STAC (Germany's Survivors of Trafficking and Exploitation Advisory Council). A TV-documentary was produced about my life to enlighten society about trafficking and sexual exploitation. I have given many interviews to the media, both newspapers and TV."



These three impressive public survivor advocates and leaders have dedicated their careers and talents to raising awareness and fighting for justice. Don't worry if you feel overwhelmed by their accomplishments - every effort counts, even if it feels much smaller.

Part-time or volunteer advocacy can be just as impactful as full-time work. Malaika, Saga and Sandra are an inspiration for the incredible power survivors have to create change and support others.

Every voice ●
contributes to a larger **movement.**



How do I become a survivor advocate?

If you would like to learn more about how to do safe and sustainable survivor advocacy, you can take our free training course “**Safe Survivor Advocacy 101**” after finishing this one.

[Click the link here](#) to enroll in the interactive training platform or you can follow the links for the [Slides version here](#).

How do I become a survivor advocate?

You can start by educating yourself on the issues, current laws and government. You can focus on your **local laws** in your country or community, or **international law** bodies such as the Council of Europe or the United Nations.

If you are interested in starting a full-time career in advocacy, a good first step might be to get an **education in a related field**. For example, you could study law, international relations or political science - but there are many other options too.

You could aim to work for a non-governmental organisation (NGO) that focuses on advocacy for survivor rights or children. Consider **volunteering** or raising awareness about advocacy campaigns.

How do I become a survivor advocate?

Even if you are not interested or able to become a full-time survivor advocate, you can still participate in supporting other survivor advocates and their work. Our voices are stronger together.

Although the most famous survivor advocates are fully public, there are plenty of **opportunities for undisclosed or partially disclosed** survivors in advocacy.

For example, **many survivors work behind the scenes**, offering input, writing policy recommendations or planning campaigns. Some may work under a **pseudonym (fake name) or anonymously**. This allows for diverse perspectives and experiences.

2. Education and Training

An educator is someone who teaches, guides, and facilitates learning, often in formal settings like schools, colleges, or universities, or via more informal platforms such as online programs or organisations or community knowledge-sharing.

A trainer focuses on teaching specific skills, often in a professional or workplace setting. While educators typically focus on broader academic or personal development, trainers are usually more specialised, providing practical training to improve job-related competencies.

Both play important roles in the learning process but differ in their approaches and settings.



2. Education and Training

Survivors can become educators or trainers to help raise awareness about abuse and equip others with the knowledge and skills.

They can develop and deliver training programs for survivors, law enforcement, healthcare providers, and other professionals to help them recognise the signs of sexual exploitation and abuse, and respond appropriately with trauma-sensitivity.

Survivors can also draw on their own experiences and strengths to provide education and training to other survivors in practical, relatable, and relevant ways.



Here are some practical, simple ways survivors can train or educate others:

If a survivor has experience in cooking or baking, they can teach other survivors how to cook nutritious meals or bake goods to sell for income.

A survivor who has started a successful business can teach others how to develop a business plan, market their products, and manage their finances.

Survivors can share practical tips and strategies for managing stress, building healthy relationships, and communicating effectively, based on their own experiences and what has worked for them.

Survivors can share their personal stories and experiences with their communities to raise awareness and prevent others from falling victim to abuse or trafficking.

Survivors can teach others how to advocate for themselves and others by sharing their experiences of speaking out.

Survivors can teach others about the impact of trauma and strategies for healing from it, or supporting others in their healing journey.

Here is an example of an inspiring survivor in the field of training and education:

Carolyn Spring is a survivor educator and trainer who has created a platform of trainings, blog posts, podcasts and books about trauma healing and recovery. Many of the resources she offers are free to download or view, but she also provides paid workshops, trainings and services for professional experts working with people who have trauma from childhood abuse.

Watch a short video on the next slide and visit her website to hear more about her survivor experience and how this led her to creating her education and training platform:

www.carolynspring.com.





How do I become a survivor educator or trainer?

Because you can educate people about any topic where you are very skilled or have expertise, there are a multitude of ways to become a survivor educator. You can start by deciding what you are particularly good at, maybe a hobby or skill that either directly or indirectly helps other survivors.

For example, if you are good at public speaking, you could host workshop to help survivors learn communication skills. If you are talented with numbers, you can offer classes in personal finance management to help survivors gain independence.



How do I become a survivor educator or trainer?

You may wish to make this a part-time hobby or a full-time job, in which case you may need an education, professional experience or credentials, depending on the activity.

Any kind of education that helps empower the survivor community counts as survivor action. It doesn't matter if that is only part of the benefit - it all contributes toward our collective goals of empowerment and healing.



3. Mentorship

Mentorship is a relationship in which a more experienced or knowledgeable person (the mentor) provides guidance, support, and advice to a less experienced person (the mentee) to help them develop personally or professionally.

This relationship often involves sharing knowledge, skills, and experiences, offering feedback, and helping the mentee set and achieve their goals.

Mentorship can be formal, through structured programs, or informal, developing naturally over time. It plays a key role in personal development, career advancement, and building confidence.



3. Mentorship

Survivors can provide mentorship and support to other survivors who may be younger or earlier in their journey. They can share their experiences and offer guidance to help others navigate the healing process and rebuild their lives.

By providing emotional support, practical advice, and resources, survivors can help others regain their sense of agency and hope for the future.

Survivor-led mentoring can be a powerful tool for healing, empowerment, and social change.



Here are four practical ways in which survivors can mentor other survivors:

1. Practical guidance:

Survivors can provide helpful advice to other survivors about how to access services and resources such as housing, healthcare, legal aid, and vocational training. They can also offer guidance for navigating the criminal justice system, accessing compensation and other forms of support.

2. Peer support:

Survivors can support other survivors by facilitating support groups, mentorship programs, and other survivor-led initiatives. They can create safe and supportive spaces where survivors can connect, share their experiences, and build relationships based on trust and understanding.

Here are a few practical ways in which survivors can mentor other survivors:

3. Role modeling:

Survivors who have successfully overcome the challenges of sexual abuse and are thriving can serve as role models and sources of inspiration for other survivors. They can show that recovery and healing are possible and that survivors can go on to lead fulfilling and meaningful lives.

4. Career advice:

Especially for older survivors who may already have professional experiences that young survivors lack, offering career advice can help survivors achieve independence and success for themselves. Additionally, mentorship can foster networking opportunities which can open doors to new possibilities.

How do I become a survivor mentor?

First, ensure you're in a stable place emotionally and mentally, as mentoring may bring up difficult emotions and memories. **Prioritise your own healing** and seek support through therapy or support groups first for a few years.

Next, gain relevant knowledge and skills by **completing training programs** in trauma-informed care, active listening, and crisis response. You might also consider courses or a full education in social work, counselling, or psychology.

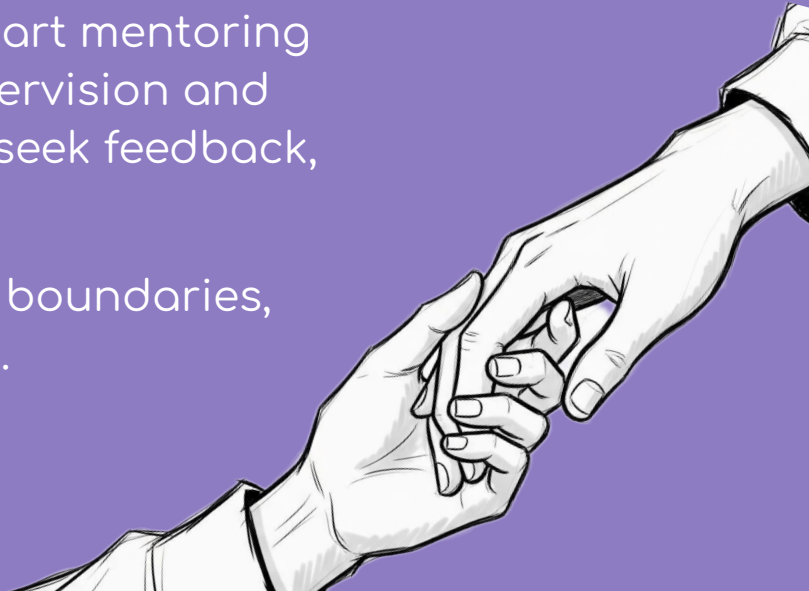
As you prepare, **develop essential skills** like understanding trauma, practising active listening, and helping mentees set realistic goals. Always maintain ethical responsibilities, respecting confidentiality, knowing your limits, and practicing cultural humility.

How do I become a survivor mentor?

Connect with trusted organisations, such as survivor-led groups or nonprofits with mentorship initiatives. Volunteering can help you gain experience before formally mentoring.

When you're ready and prepared, you can start mentoring through structured programs that offer supervision and support. Reflect regularly on your progress, seek feedback, and remain open to learning.

Above all, practice self-care and set healthy boundaries, ensuring you have your own support system.



3. Counselling or Therapy

A therapist or counsellor is a trained professional who helps individuals, couples, or groups manage and overcome emotional, mental, and psychological challenges.

They provide a safe, confidential space for clients to explore their thoughts, feelings, and behaviors.

Through various therapeutic techniques, such as talk therapy, cognitive-behavioral therapy (CBT), or trauma-focused approaches, therapists and counsellors support clients in developing coping strategies, improving mental well-being, and achieving personal growth.



3. Counselling or Therapy

Survivors can pursue careers as counsellors or therapists to help other survivors of sexual abuse heal from their experiences.

Using their personal journey to inform their professional practise, survivors can provide a unique perspective and approach to counselling.

Counselling or therapy are full-time careers that require extensive training, certification, and ongoing education. This ensures they are equipped to support effectively. Additionally, they must stay updated on best practices.



3. Counselling or Therapy

If you are interested in becoming a counsellor or therapist, consider enrolling in an accredited program. You might study psychology, and you may decide on a specialisation that may or may not be relevant to your survivor experience.

Having navigated their own healing journeys, survivors often develop resilience and valuable insights into overcoming adversity.

This personal growth can inform their therapeutic approach, enabling them to guide clients with practical tools and hope for recovery.



Reasons survivors may pursue this career path:

Lived Experience and Empathy:

Survivors often possess deep empathy and understanding of trauma, pain, and healing. Their lived experiences can help them connect with clients on a meaningful level, offering compassion and validation that fosters trust and safety in the therapeutic relationship. This connection can enhance the therapeutic process, but it is essential that they are able to maintain professional boundaries and emotional distance.

Authentic Advocacy and Empowerment:

Survivors can be powerful advocates for client empowerment, drawing from their own experiences to encourage autonomy and self-determination. Their perspective can inspire clients, demonstrating that healing is possible and that lived experience can be transformed into strength.

Here is an example of an inspiring trauma-informed therapist:



How do I become a therapist or counsellor?

Becoming a licensed therapist generally involves a combination of education, supervised clinical experience, and passing relevant licensure exams. The specific requirements vary by country and region, but the core steps typically include:

1. Obtain a Relevant Bachelor's Degree

A bachelor's degree in psychology, social work, counseling, or a related field is usually the first step.

2. Complete a Master's Degree in Counseling or Psychotherapy

Most countries require at least a master's degree (e.g., MA, MSc, MSW, or MFT) in counseling, clinical psychology, or psychotherapy. In some regions, a doctoral degree may be required or preferred.



How do I become a therapist or counsellor?

3. Gain Supervised Clinical Experience

Aspiring therapists must complete a specified number of supervised clinical hours (often 1,500–4,000 hours), working under the guidance of a licensed professional.

4. Pass Licensing Examinations

Candidates typically need to pass national or regional licensing exams that assess knowledge of ethical, legal, and clinical aspects of therapy.

5. Apply for Licensure and Maintain Credentials

After passing exams, individuals apply for licensure with the relevant regulatory body. Continuing education is often required to maintain licensure.

4. Creative Arts

An artist is someone who creates art, which can encompass various forms like visual arts, practical arts, music, dance, theater, and literature. Artists express themselves through their chosen medium, often reflecting their emotions, thoughts, or societal observations.

While hobbyist artists pursue art as a personal passion or creative outlet without aiming for commercial success, professional artists dedicate their careers to refining their craft, often earning recognition, income, and exhibiting their work in galleries or performances.



4. Creative Arts

Professional artists typically engage in the business of art, balancing creative expression with career development.

Creativity is inclusive. Everyone can do it. Art can be a powerful tool for healing and resistance. It allows individuals to express their unique experiences.

If you are not aiming to try to have an income from art, you can have a lot of freedom to use your imagination and explore different styles. As a survivor artist, creating art may help you process your trauma and heal. It may also serve to inspire, heal and encourage other people who you choose to share it with.



There are infinite ways to make art as a survivor.

You can start with what sounds fun to you
and experiment from there.

Here are some examples of forms of artistic expression:

Dance, such as ballet or modern	Sculpting with clay, or using other materials, pottery	Drawing, painting, or using digital drawing tools
Playing a musical instrument, performing for a live audience	Designing jewelry, clothes or home decorations	Making visual collages by cutting out images and combining them
Singing, writing songs, or joining a choir	Writing poems, short stories or novels	Building spaces or making artisan items

Here are is an example of an inspiring survivor artist:

Scharliina Eräpuro is a survivor and a Finnish-Swedish singer-songwriter, actress, model, and producer. She is also a dedicated activist, founding the Little Girl Project to support survivors of child sexual abuse and serving as an ambassador for Protect Children, a Helsinki-based nonprofit organisation working to end all forms of sexual violence against children.

Her 2023 single, "Pieces of Me," is an empowering anthem for survivors of child sexual abuse. It depicts a journey of self-discovery, healing, and resilience. Scharliina donates half of its royalties to support these causes.





For survivors of child sexual abuse.

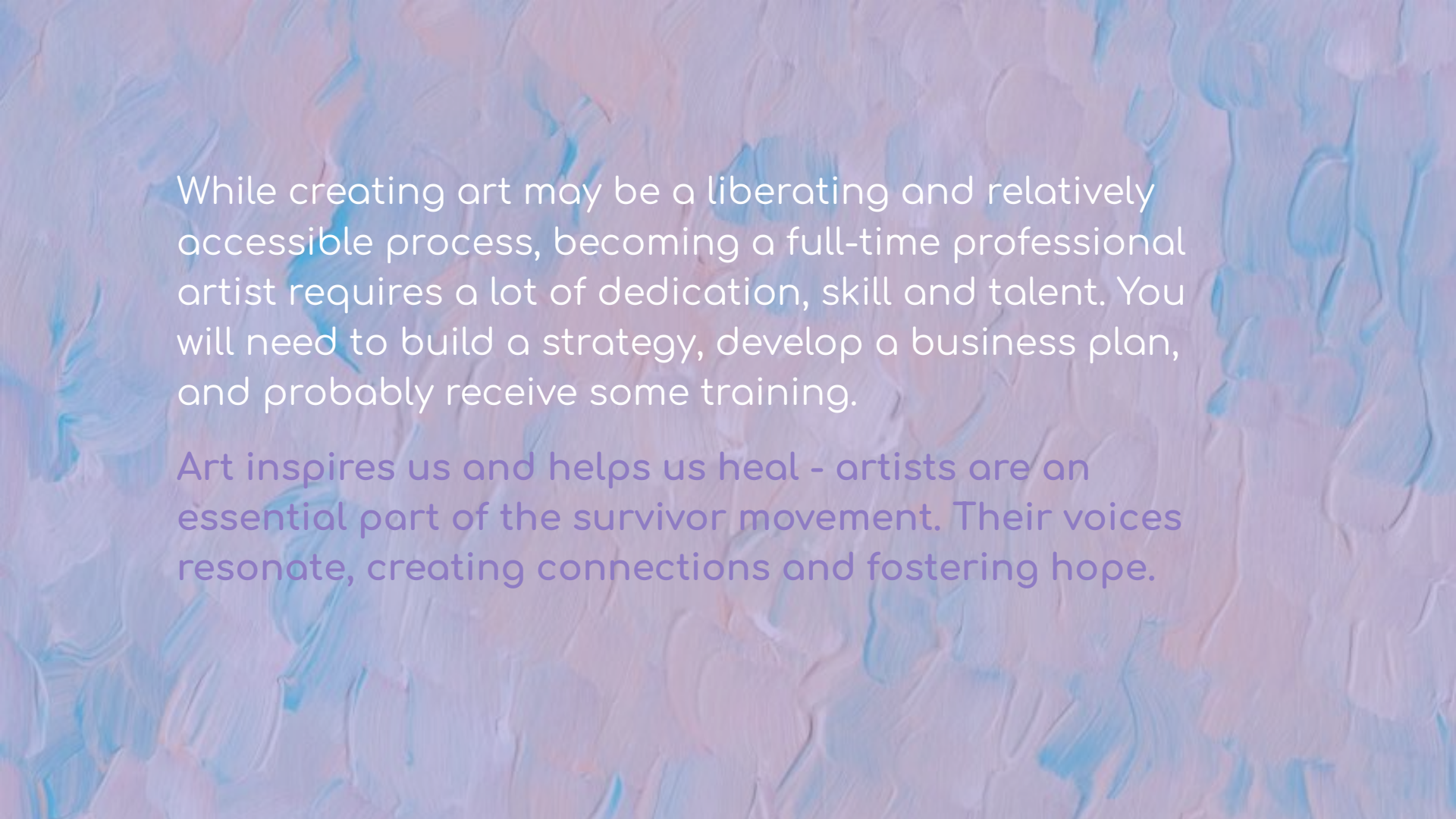
How do I become a survivor artist?

This one is very simple: to become an artist, start creating art. While professional artists who want to make a living out of their artwork may be required to obtain training, anyone can start creating without experience.

This kind of art may be expressive, therapeutic, and deeply personal. It can also be completely your own and however you want to make it to be.

Art can also be activism: it can evoke strong feelings of empathy, compassion, grief and motivation to change. Art can inform people and spread awareness about an issue powerfully, memorably - in a way other forms cannot.





While creating art may be a liberating and relatively accessible process, becoming a full-time professional artist requires a lot of dedication, skill and talent. You will need to build a strategy, develop a business plan, and probably receive some training.

Art inspires us and helps us heal - artists are an essential part of the survivor movement. Their voices resonate, creating connections and fostering hope.

Here are a few steps to help you get started to pursue a career as a survivor artist:

1. **Develop Your Craft:** Continuously work on improving your skills, techniques, and style. This may involve formal education, self-study, workshops, or learning from mentors.
2. **Build a Portfolio:** Create a collection of your best work that represents your style and versatility. This will be essential when showcasing your abilities to partners, clients, or potential buyers/employers.
3. **Establish an Online Presence:** Use platforms like Instagram, TikTok or personal websites to share your artwork and build a following. Online visibility can attract opportunities and help build a client base.
4. **Network and Collaborate:** Attend art events, exhibitions, and workshops to connect with other artists, curators, and potential clients. Building relationships in the art world is key to finding success.

Here are a few steps to help you get started to pursue a career as a survivor artist:

5. Sell Your Art: Explore different avenues to monetise your work. This could include selling pieces directly to clients, exhibiting in galleries, working with online marketplaces like Etsy, or even creating prints or merchandise.

6. Stay Organised and Manage Your Business: As a professional artist, you'll need to handle marketing, pricing, taxes, and contracts. Develop a business mindset by learning about art marketing, copyright laws, and financial planning.

7. Stay Persistent and Adaptable: The art world can be competitive, and it might take time to establish yourself. Be persistent in creating, promoting your work, and adapting to new opportunities and challenges.

A full-time art career is a combination of creativity, strategy, and perseverance. By consistently honing your skills, building connections, and approaching your work with a professional mindset, you can create a sustainable and fulfilling career as an artist.

Here are some other examples of how survivors can incorporate their experiences into their careers:

Trauma-informed teacher who notices when children show signs of abuse and responds with action to help	Public relations campaign manager who helps spread awareness about issues and persuade decision-makers	Data analyst or researcher compiling insights to inform people and push for change
Digital marketing specialist who helps survivors or advocacy organisations design visual materials	Government official or police officer, ensuring justice from inside the system	Technology expert, fighting child sexual abuse online or building resources to solve problems
Accountant or fundraiser who helps survivors or organisations manage money	Journalist who respects survivor stories and tells them ethically	Detective, medical professional or lawyer who can help victims of child sexual abuse directly

Other Options - where to start

Look for a local organisation in your community that helps survivors of child abuse	Sign up for a mailing list to give you updates specific to your interests	Buy or experience art created by survivors; start making your own art
Find an online group of survivors - try different social media platforms	Follow advocacy organisations and public survivors on social media	Take a course or first step in your education toward joining the movement
Volunteer for an event or activity involving survivors	Read articles, poems and stories written by survivors; write your own	Join a peer mentorship group, find a mentor
Listen to podcasts or watch videos and documentaries about survivor stories	Write down your dreams and goals, make a plan for how you want to take action	Make a safety and support plan to ensure your own health and well-being

Here is an example of survivor in action with business and research expertise:

Dr. Kim Bond is a fully public survivor of child abuse. Now, Kim works for the UK's National Association for People Abused in Childhood (NAPAC), drawing on her personal experiences, and those she studied as part of her doctorate, to help provide support to people, who like her, didn't have it when they were young.

Trigger warning: the video here contains mentions of sexual violence against a child. Please skip it if you feel it may be upsetting.



Reflection

Please take a moment to reflect by writing in your journal about any of the examples described in this module that sounded interesting to you. Consider how each option resonates with you.

- **Advocacy** - fighting for justice
- **Education** - empowering survivors with knowledge
- **Training** - empowering survivors with skills
- **Mentorship** - helping individual survivors in their personal or professional life
- **Therapy** - giving survivors formal mental health support and healing
- **Creative arts** - inspiring others toward change
- **Other** - what do you want to do to make a difference?



You've now completed Module 3: Different Ways to Get Involved

[Click here to move on to
Module 4: Safe Survivor Action - Risk Awareness](#)