

Disclosing abuse (over 18)

#EndChildhoodSexualViolence

Every survivor's journey is different.
Finding a way to share your lived
experience can be a powerful
step toward healing.



Over 18

If you want to disclose abuse you experienced, what should you do?

DO THIS



Start small, with someone you trust and share as little information as you want.



Don't

Share if you don't feel comfortable and emotionally ready.

DO THIS



If disclosing publicly, ensure you have some kind of support system to talk to before and after you disclose your experience (family, friends, support group, hotline etc).



Don't

Feel compelled to answer a question if you do not want to.

DO THIS



Clearly work out “red lines” of things you will not talk about or address in advance for yourself, so that you are prepared to say no to questions or push back if prompted or asked.

Don't



Feel “forced” to share more than you feel comfortable sharing or speak to something that is a red line for you.

DO THIS



Practice with someone you trust. Be mindful that the more details you share, the greater the chance that you will be triggered or your audience will be. Practice sharing what is most important and relevant about your experience.



Don't

Share publicly on an impulse, take the time to consider the pros and cons for yourself.

DO THIS



Go into this with the clarity that there may be negative consequences-talk to people who have shared publicly about their positive and negative experiences, to help make an informed decision.



Don't

Feel compelled to support or hold others' reactions to your experience.

DO THIS



Recognise that disclosing can bring up a lot of emotions for you and your recipient, so ensure that you have the tools that will enable you to emotionally self-regulate. Engage in physical and mental self-care before and after disclosure.



Don't

Stay in a judgmental or unsupportive environment. Remove yourself immediately or as soon as possible.

Disclosing abuse you suffered if you are over 18

If you or someone you know are currently being abused,

find the ChildHelp hotline in your country [HERE](#) 
find help near you [HERE](#)
or speak to someone you trust



<https://childhelplineinternational.org/helplines/>

<https://mutera.org/help-near-me>

WE ARE **BRAVE** SO THAT CHILDREN CAN BE **SAFE**