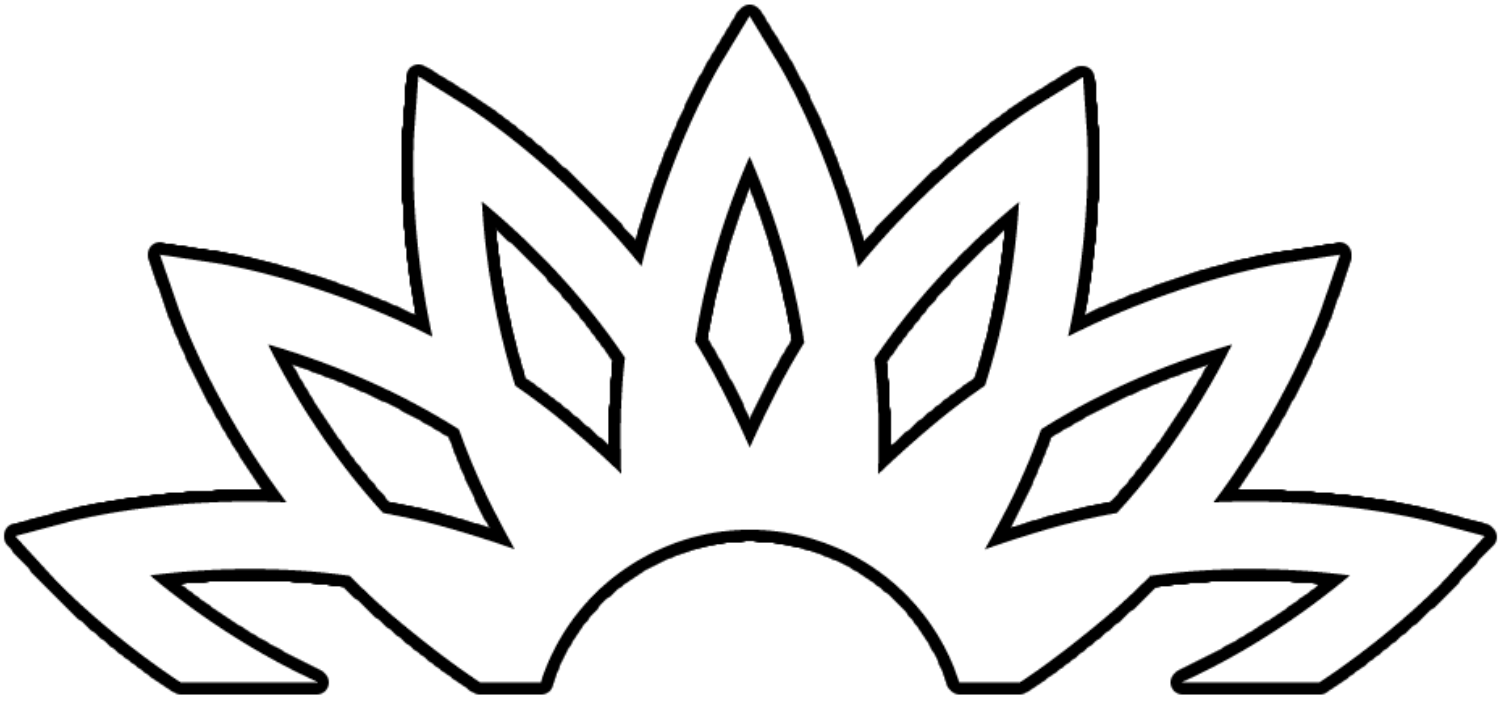
FROM SURVIVING TO THRIVING

Workbook



SURVIVOR SPACE OXFORDSHIRE

Colour in our logo to be featured on our website!

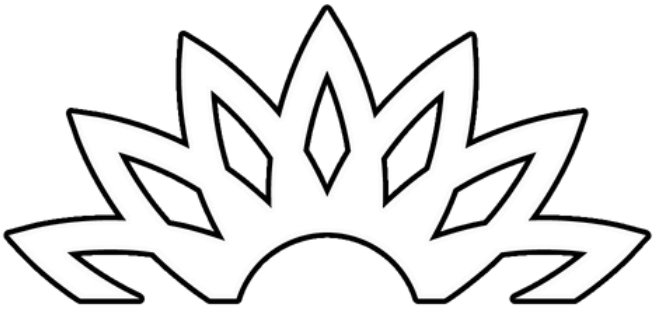
For young people aged 12+

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The ideas, procedures and suggestions contained in this book are not intended as a substitute for consulting with your GP or mental health practitioner. Survivor Space shall not be liable or responsible for any loss or damage allegedly arising from any information or suggestion in this workbook.

The moral right of the authors has been asserted.

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WELCOME!

WE'RE SO GLAD YOU'RE HERE!

We know that being a **survivor** can have a devastating effect on your life.

We're delighted to be able to offer this **workbook**, on understanding and healing from trauma, while you're waiting to access our services, or to use alongside our services.

We encourage you to make as much use of it as feels comfortable for you.

Whatever got you here to this workbook was not your fault

It doesn't matter whether or not..

It was your first time or not
You were sober or not
It was someone of the same gender or not
You didn't say No
You froze
You went along with it
It was someone you trusted
You didn't notice the warning signs

It doesn't matter....
What you were wearing
Your background
Your culture
Your mental health status

You don't have to be White, Straight, Cis or Neurotypical for your experience to matter here
Because you matter to us.

You've got this.

The Survivor Space Psychoeducation Specialist Team

WELCOME WELCOME WELCOME

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The End...**Page 189**

FEEL FREE TO DOODLE OVER ALL THESE PAGES,
AT THE BACK YOU HAVE SOME LINED PAGES FOR YOU TO USE TOO
COLOUR IN ANYTHING YOU FIND AND MAKE NOTES WHEREVER YOU WANT.
THIS IS YOUR WORKBOOK AND WE WOULD LOVE TO SEE YOUR DOODLES
SEND THEM TO ADMIN@SURVIVORSPACE.ORG.UK

BEFORE YOU START

Trauma is what happens when we experience something scary, upsetting or stressful.

It can cause us to feel so many different things, some obvious like fear or depression and some not so obvious like tummy pains or nightmares. Everyone is different with how they react.

Trauma can be a one-off event or something that happened again and again for a long time.

It can mess with our minds, make us feel unsafe in safe situations and make us feel bad about ourselves.

This book will help you understand how what happened to you affected your mind and body.
Sometimes how you even see the world or yourself.

In this book there are loads of activities to help you make your way through the healing part of trauma. Learn some new things and hopefully get an understanding of what's going on for you.

JUST A NOTE

There is a chance that during this part of your journey, when we think about healing and trauma, you might find yourself becoming upset and overwhelmed or numb, sleepy and 'spacey' (all normal reactions as you'll learn!).

It's really important that you have a self-care plan for keeping yourself safe and calm when it gets a bit too much. Something you can look at or do before, during and after each part to relax you.

This might include taking regular breaks when you need to.

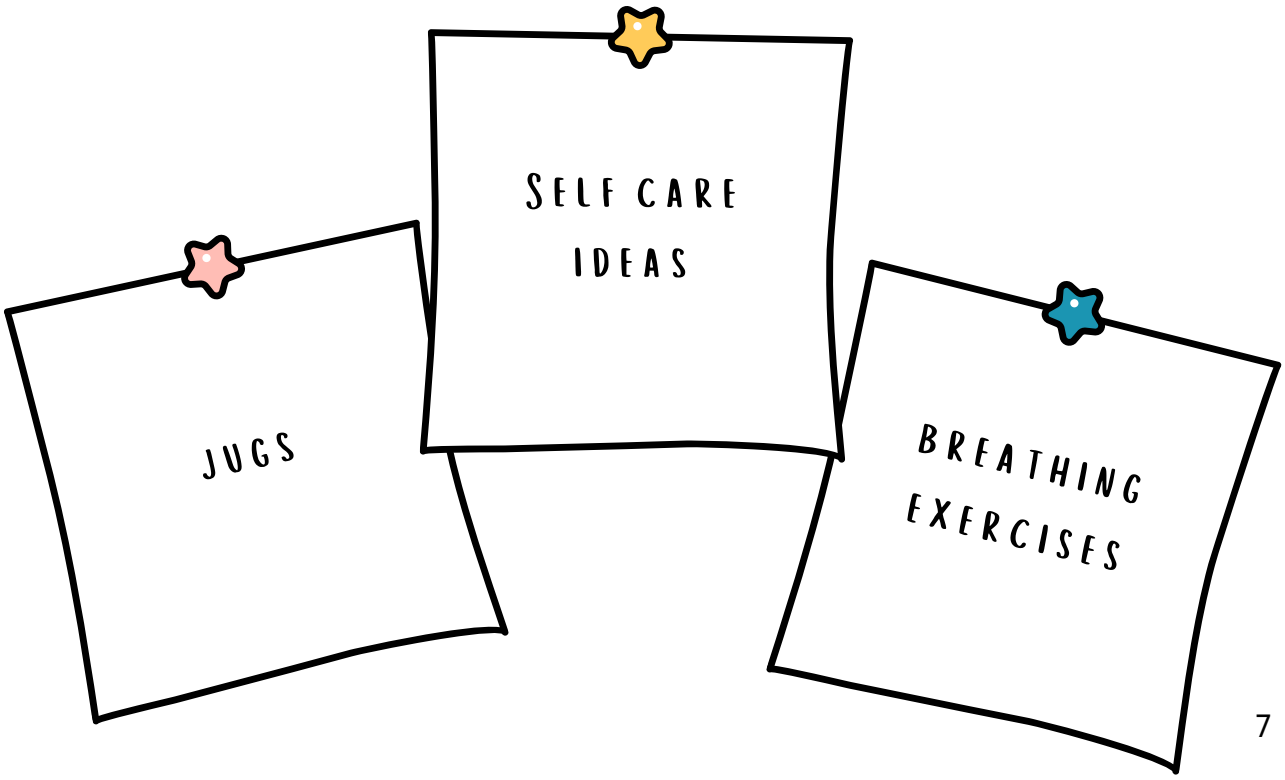
The first part is all about self care. Try and take your time with this section so you can come back to it over and over again to help you when you need it.



THE SELF CARE JUGS



WHAT YOU'LL LEARN



SELF CARE IDEAS

Self-care helps your mind and body feel looked after. It builds your resilience, and reminds you that you are worth caring for. Because you really, really are.

- ◯ Go for a walk
- ◯ Take a shower
- ◯ Talk to a friend
- ◯ Watch a movie
- ◯ Exercise
- ◯ Play with a pet
- ◯ Do some stretching or Yoga
- ◯ Mediatate or pray
- ◯ Write in your journal
- ◯ Listen to music
- ◯ Arts and craft
- ◯ Colouring in
- ◯ Dance like no-one is watching
- ◯ Sing as loud as you can
- ◯ Do some calming breathing exercises, like box breathing
- ◯ Read a book
- ◯ Make a self care box with comforting objects in
- ◯ Plan a daily routine
- ◯ Junk journalling
- ◯ Fidget toys
- ◯ Gaming
- ◯ Skin Care/Make-up
- ◯ Do absolutely nothing
- ◯ Weighted blanket or teddy

You can use these examples, and your own ideas, to fill in the jugs on the following pages.



NEURODIVERGENT IDEAS

HERE ARE SOME SELF CARE IDEAS FOR NEURODIVERGENT BRAINS

MAKE A LIST

sometimes when life feels a bit chaotic, organizing something, anything, can help.
A few ideas could be:

Tv Characters
Books
Imaginary band names
Smells that could be turned into candle scents
Places I want to travel
Fictional characters I'd be friends with
A list of things you could make lists about

Camel



Capybara



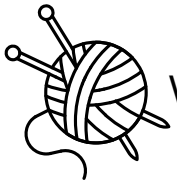
Cockrel



Crab



SET ASIDE 'FIXATION' TIME.

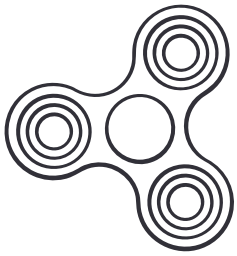


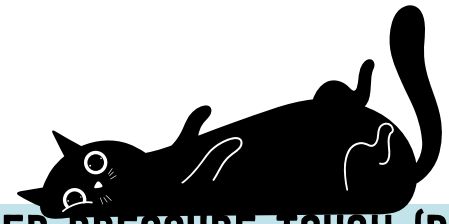
Whatever you are into at the moment, set aside a time to give it your full attention.

PUT TOGETHER A SENSORY KIT.

This could include noise cancelling headphones, fidgets, comfort objects, soft toy, something you like the smell of.
A snack that is particularly sensory friendly, like carrots if you need a crunch.
Things you like to look at or touch.







DEEP PRESSURE TOUCH (DPT)

Weighted blankets or lap pads
Compression clothing (tight, stretchy clothing)
Firm hugs (only if consented and welcome)
Massage therapy or self massage tools
Body socks (stretchy fabric you can push into or wrap around yourself)
Pressing against a wall, wrapping yourself tightly in a blanket ("burrito wrap")
Animal pressure, some people find lying under a pet comforting



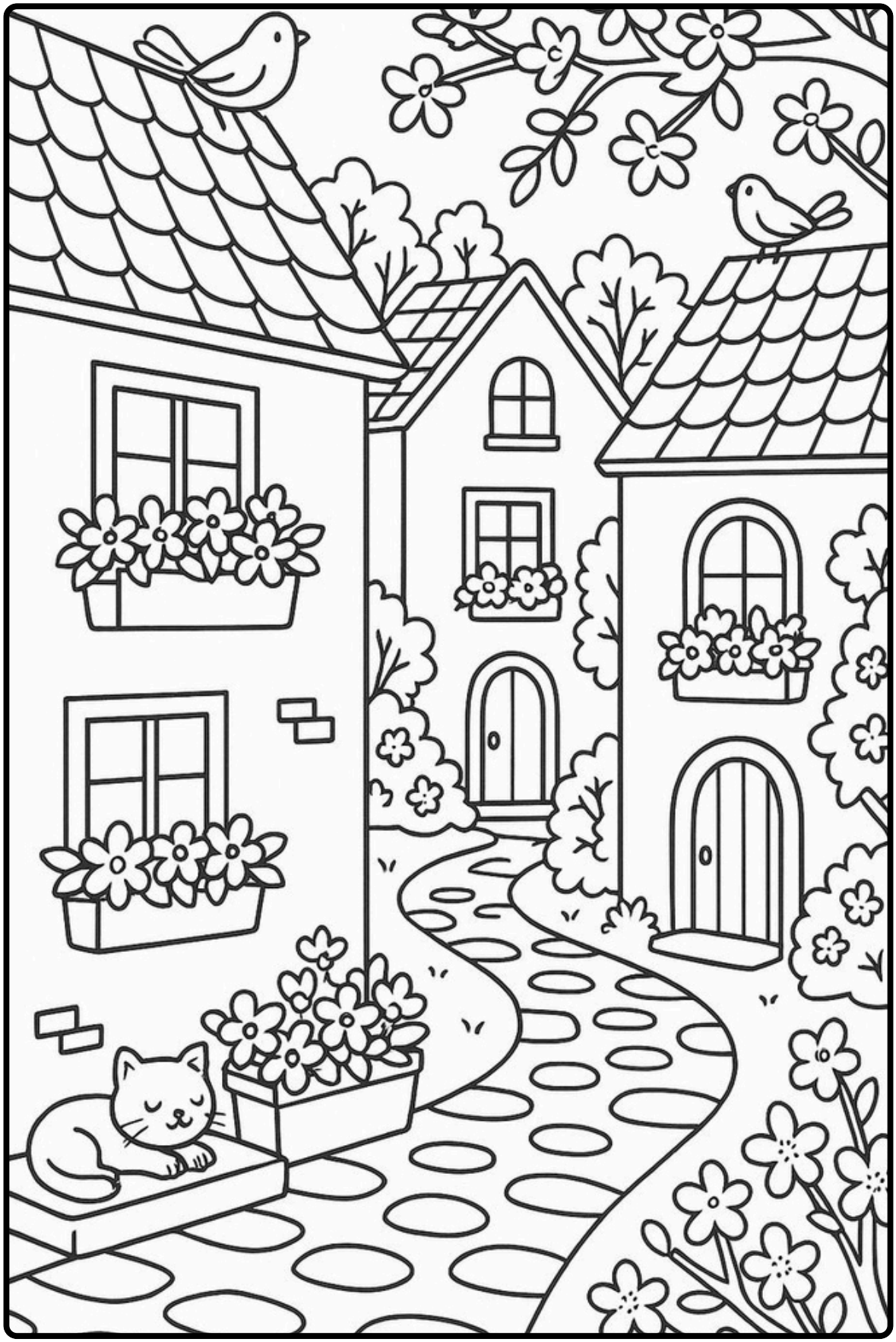
Caring for myself is not self indulgence. It is self preservation, and that is an act of political warfare.



-Audre Lorde

THIS MIGHT BE A GOOD TIME TO TAKE A MINDFULNESS COLOURING BREAK

You don't have to colour neatly, stay inside the lines, or even finish. This is just for you to rest your brain, slow your breath, and give your nervous system a break



SELF CARE JUGS

Throughout this book, there will be more information for you to use to fill these jugs up.

A FULL JUG IS A HAPPY JUG

When we have finished the booklet, these are things you can lean on throughout your life when you are not feeling yourself.

They can change over time, their effectiveness might even change daily, but knowing how to put a self-care plan together is one of life's little secrets.

For now, put in what you know. You can use the self care examples on pages 8 and 9 to help you. We can add to the jugs as we go along. You can rename them in your own language and make them your own.



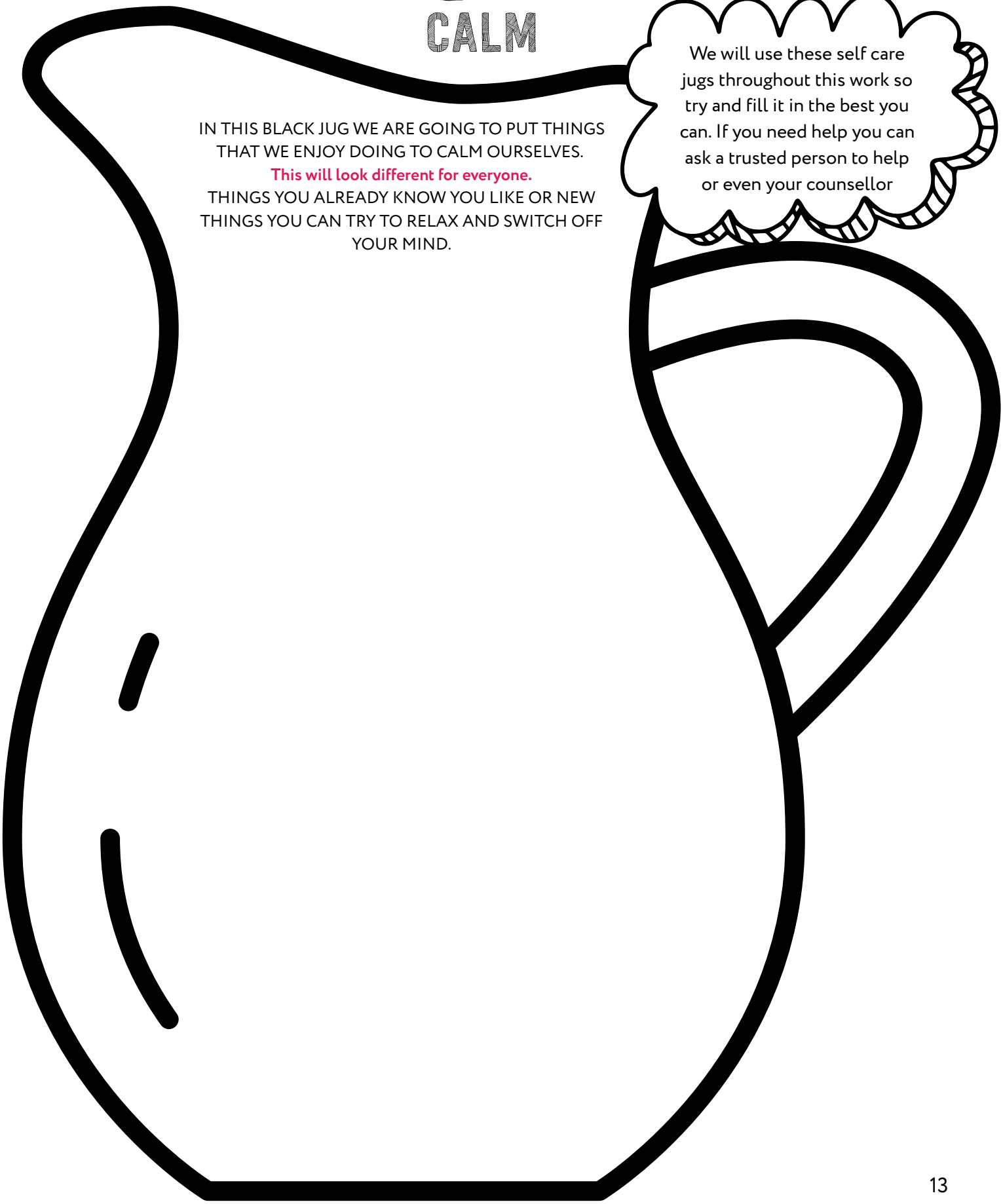
THE BLACK JUG
CALM

We will use these self care jugs throughout this work so try and fill it in the best you can. If you need help you can ask a trusted person to help or even your counsellor

IN THIS BLACK JUG WE ARE GOING TO PUT THINGS THAT WE ENJOY DOING TO CALM OURSELVES.

This will look different for everyone.

THINGS YOU ALREADY KNOW YOU LIKE OR NEW THINGS YOU CAN TRY TO RELAX AND SWITCH OFF YOUR MIND.

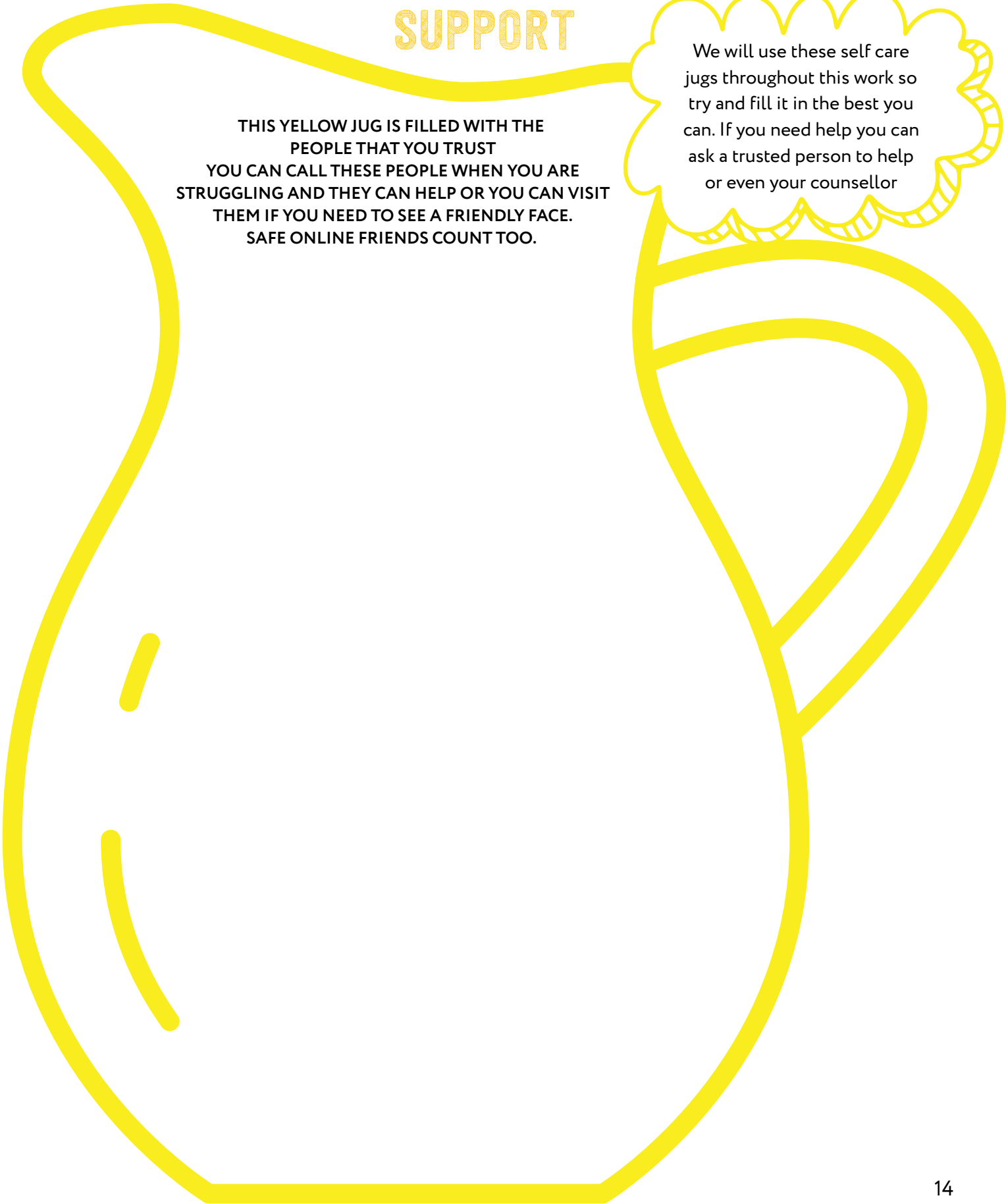


THE YELLOW JUG

SUPPORT

We will use these self care jugs throughout this work so try and fill it in the best you can. If you need help you can ask a trusted person to help or even your counsellor

THIS YELLOW JUG IS FILLED WITH THE PEOPLE THAT YOU TRUST
YOU CAN CALL THESE PEOPLE WHEN YOU ARE STRUGGLING AND THEY CAN HELP OR YOU CAN VISIT THEM IF YOU NEED TO SEE A FRIENDLY FACE.
SAFE ONLINE FRIENDS COUNT TOO.



THE GREEN JUG

MOVE

We will use these self care jugs throughout this work so try and fill it in the best you can. If you need help you can ask a trusted person to help or even your counsellor

THIS IS YOUR GREEN JUG
HERE WE CAN PUT EVERYTHING THAT 'ENERGISES' US.
THINGS THAT GET YOUR HEART RACING IN A PLEASANT WAY.
RUNNING WITH THE DOG, PLAYING 'JUST DANCE' OR YOGA.
This will look different for everyone.



THE PINK JUG
ENVIRONMENT

We will use these self care jugs throughout this work so try and fill it in the best you can. If you need help you can ask a trusted person to help or even your counsellor

THIS PINK JUG WE CAN FILL WITH PLACES THAT FEEL SAFE. PLACES AT HOME, SCHOOL OR WORK. PLACES YOU CAN GO WHEN YOU ARE OVERWHELMED.

THE PURPLE JUG

CRISIS

We will use these self care jugs throughout this work so try and fill it in the best you can. If you need help you can ask a trusted person to help or even your counsellor

THIS IS YOUR PURPLE JUG IF YOU SELF HARM OR HAVE SUICIDAL THOUGHTS/ACTIONS WE ARE GOING TO USE THIS AS OUR SAFETY PLAN.

How do I know when I am about to self harm and/or attempt suicide

How does your body feel? What thoughts are going through your head? What is happening around you?

Tried and tested things/ways that get me out of a harmful headspace quickly

Good distractions, you can use the other jugs to help you here.

People who I can ask for help

You can put a help line here.

REASONS TO LIVE

What is keeping you on this planet

1
2
3

Professionals I can call see page 98

Gp number -

NHS 111

Samaritans 116 123

SHOUT 85258

QUICK SHEET

This Sheet Is for quick reference.
A cheat sheet for when you are out and about and don't have your workbook with you
Maybe take a photo on your phone and keep it somewhere easily reachable.
Or rip this page out and take it with you.
You can share it with your tutor, Counsellor, ISVA or parent to help them help you.

THINGS THAT HELP ME FEEL SAFE

(PHONE, EAR BUDS, WATER)

YOU CAN TAKE THESE THINGS WITH YOU WHEN YOU LEAVE THE HOUSE OR HAVE THEM CLOSE BY WHEN YOU ARE AT HOME.

PLACES THAT FEEL SAFE

IN SCHOOL, WORK OR AT HOME. EVEN OUT AND ABOUT

PLACES YOU CAN GO TO WHEN YOU ARE OVERWHELMED, TO FEEL SAFE.

PEOPLE I CAN CALL FOR COMFORT

THIS ACTIVITY FOR ENERGY

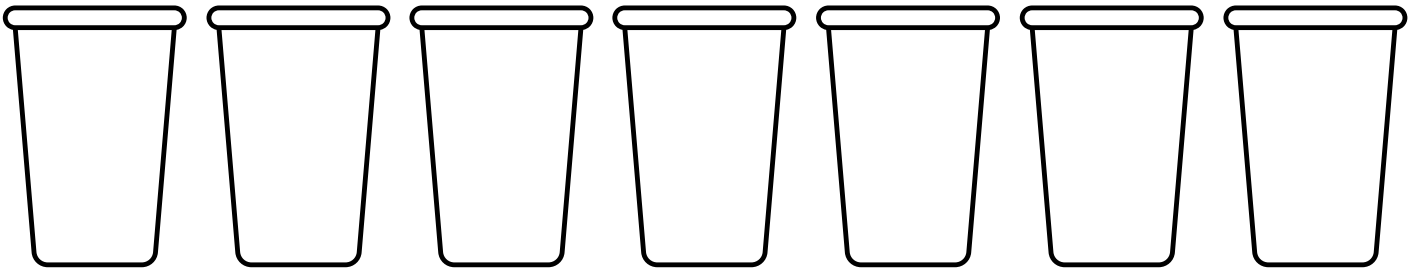
WE WILL LEARN WHY THESE TWO ARE IMPORTANT LATER

THIS ACTIVITY FOR CALM

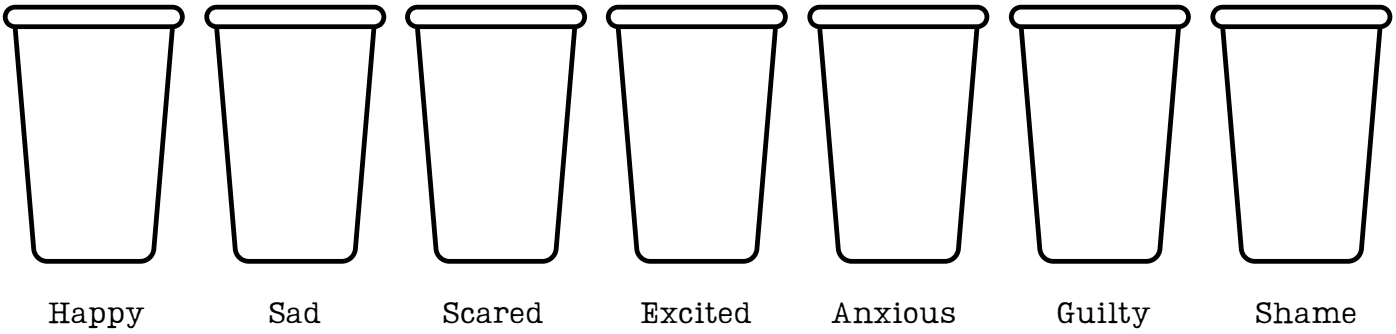
WHAT WOULD YOU LIKE FROM THIS WORKBOOK?



1. How much, right now, is in each cup? You can colour them in or draw a line



2. How would you like those cups to look once you have finished this book?



This next part is a bunch
of grounding exercises you can try.
Some are for **exploring,** some are
self care, some might make their way
into your **jugs** and your **QUICK** sheet .

When we say **grounding** I like to think
of it as a way to bring you back
down to **earth** after your
negative thoughts have taken you away.

You can do them all and come back
to the ones you like when you need
a **break**. Or leave them as a **surprise**
and when you need a break pick a
random page to do

There are also mindful **colouring**
pages and other exercises
scattered throughout the book.
We do hope you use them.

PART 1



WHAT YOU'LL LEARN

SIMPLE GUIDED RELAXATION

EMOTIONS WHEEL

BREATHING EXERCISES

GUIDED IMAGERY RELAXATION TECHNIQUE



Do you remember playing make believe when you were younger?
Imagining you were on stage as a rock star
or pretending to be a vet and bandaging your teddies?



You can use that same imagination now by using guided imagery.

Guided Imagery is a tool that can help you purposefully go to a calmer, more relaxed place. All you need to do is close your eyes and let your mind focus on the places you've always wanted to go. On the following page are more instructions on how to do this.

Your imagination might hold the key to helping you relax.
We all need a special place that helps us feel calm and grounded.

Imagine taking a mental vacation and getting a much-needed break from your everyday life.

It is normal for trauma survivors to sometimes have frightening or unwanted thoughts when they let their mind relax. They may worry that they are becoming too disconnected from what is happening in the present moment. If this happens to you, simply take a deep breath and open your eyes.
Remind yourself that you are in a safe place, feeling the air flow in and out of your nose.

When you are ready, you can go back to the imaginary scene of your choice.



Describe how you are feeling before the Guided Imagery
Do you have tense muscles? feeling upset? thoughts racing?

Make a note below

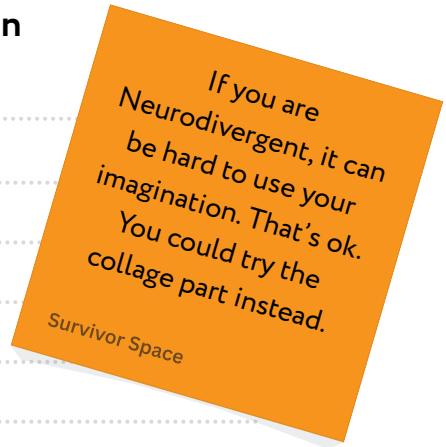
I'm feeling…

GUIDED IMAGERY

Now, think of a place you would like to go.

For example, is your place of peace somewhere you've been on holiday, such as a beach, an amusement park, or a mountain get-away?
Or is it some place you've always wanted to visit? Is it a fantasy world?

Describe the details of your dream destination



Where are you?

What do you see around you?

What smells fill the air?

What sounds surround you?

What sensations can you feel?

Get ready to imagine the scene.
Set a timer for at least one minute.
Take a few deep breaths.
Place your hand on your tummy and
feel it move up and down with your breath.
Allow the air to flow all the way into your belly.
Close your eyes and imagine yourself in that special place.
It's exactly as you dreamed it would be.
When the timer finishes you can wiggle your toes and open your eyes.

How did that feel in your body? Are your muscles feeling looser? Are you feeling calmer?
Make a note below

Now I'm feeling…

GUIDED IMAGERY

Guided Imagery can help you imagine something better for yourself.

It might be a good idea to create a collage of what your safe space looks like. It will always be here when you need it.

Take a look at the example below.



Is there someone in your life you feel could use this too? Maybe team up with them and do it together.

SPACE FOR A COLLAGE

“Safety is not the absence of threat, it is the presence of connection”

- Gabor Maté

5,4,3,2,1

THIS EXERCISE HAS BEEN PROVEN TO BRING YOU BACK TO THE PRESENT WHEN YOU NEED IT.

It is called a **'Grounding'** exercise.

5 Name 5 things you can SEE

RIGHT NOW I CAN SEE MY LAPTOP, MY PEPSI CAN, MY PHONE, A TREE AND MY HANDS

4 Name 4 things you can FEEL

RIGHT NOW I CAN TOUCH MY HAIR, THE SEAT I AM SITTING ON, MY FEET ON THE FLOOR, MY ELBOWS ON THE DESK

3 Name 3 things you can HEAR

RIGHT NOW I CAN HEAR A PLANE, MY BREATH, YOUTUBE

2 Name 2 things you can SMELL

RIGHT NOW I CAN SMELL FRESH AIR AND A CANDLE

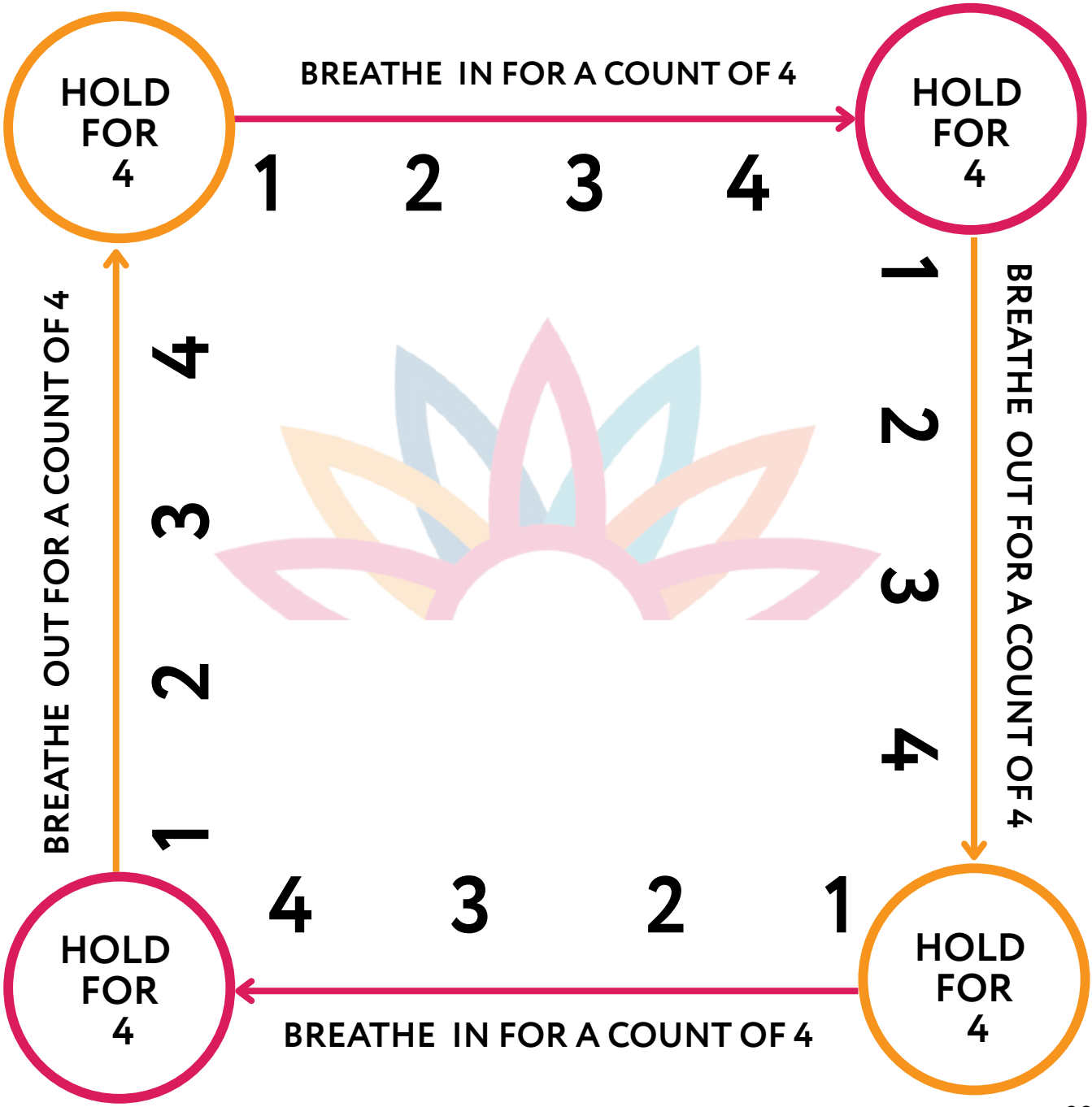
1 Name 1 thing you can TASTE

RIGHT NOW I CAN TASTE PEPSI

YOU DON'T HAVE TO WRITE THEM DOWN, YOU CAN DO IT IN YOUR HEAD.

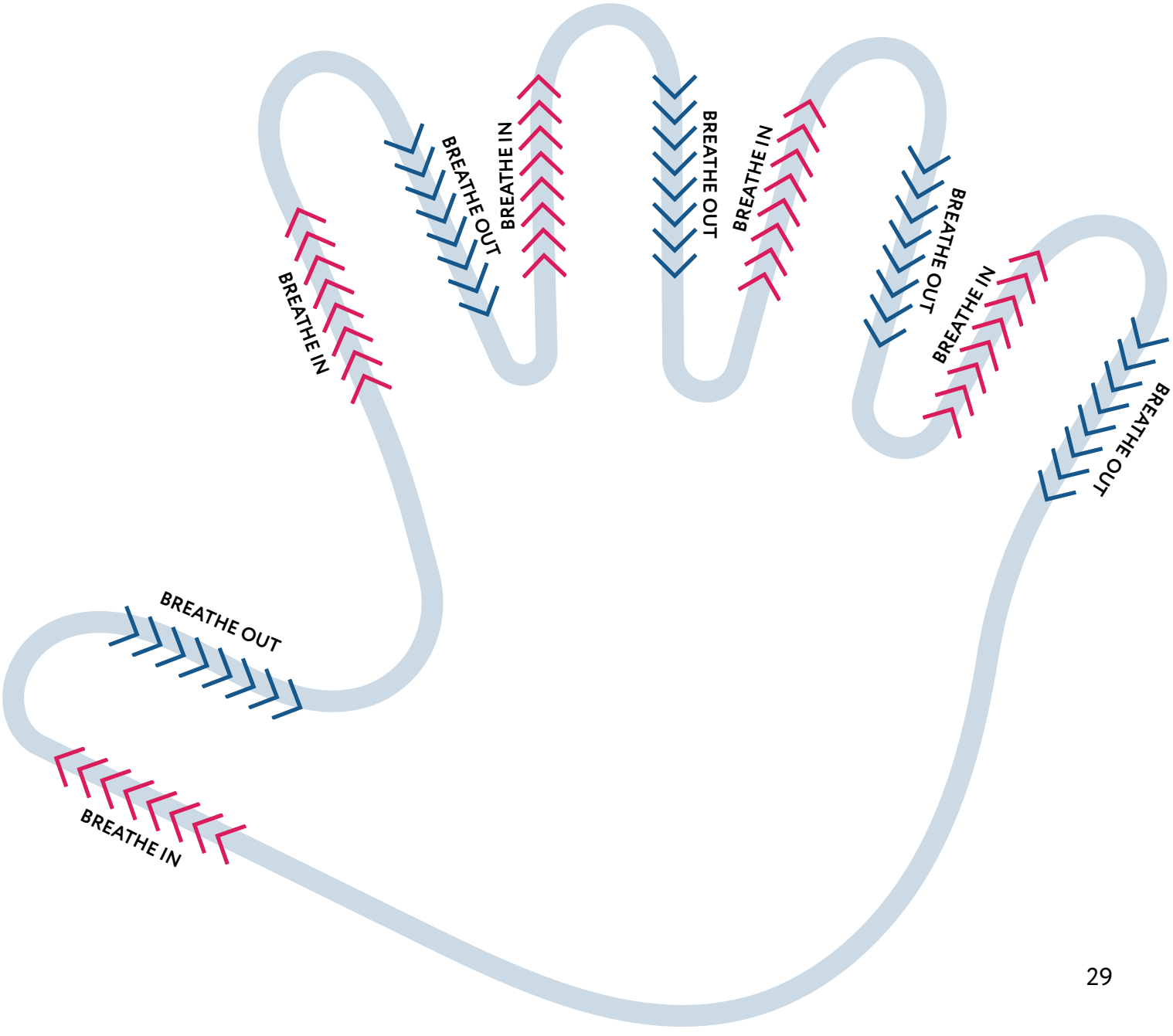
BOX BREATHING

Breathing exercises are a great way to calm down that nervous system when it is not having a good time.
Start on a corner circle and follow the lines around the square following the instructions.
If counting isn't your thing you can just trace the lines with your fingers breathing in and out as you go.



FINGER BREATHING

TAKE YOUR POINTING FINGER AND TRACE
THE OUTLINE OF YOUR HAND
BREATHING IN AND OUT AS YOU GO UP AND DOWN EACH FINGER

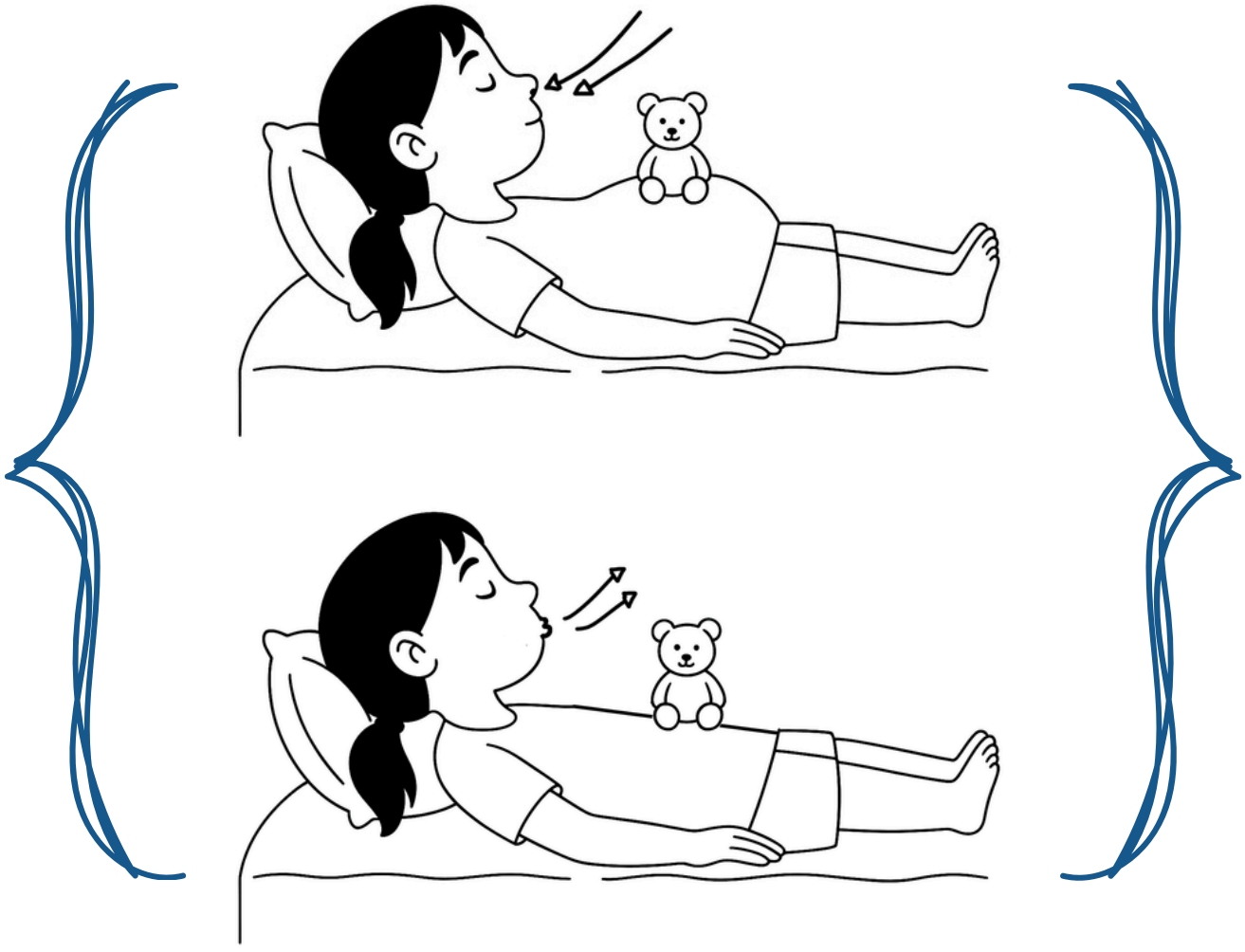


TUMMY BREATHING

If it feels comfortable, lie down and place something on your tummy.
It could be your hand, a teddy or something else that will stay in place.

Take in a deep breath and fill your belly with air so it pushes up your belly.
You can feel your hand/teddy/item rise and fall with each breath.
This is particularly good when you feel like you can't take a deep breath.

If lying down is no good you can try this sitting down instead.



THIS MIGHT BE A GOOD TIME TO TAKE A MINDFULNESS COLOURING BREAK

You don't have to colour neatly, stay inside the lines, or even finish. This is just for you to rest your brain, slow your breath, and give your nervous system a break



ALPHABET GROUNDING

A

B

C

D

E

F

G

H

I

J

K

L

M

N

O

P

Q

R

S

T

U

V

W

X

Y

Z

Alphabet Grounding is a simple, calming way to bring your focus back to now.

Pick a theme that feels safe or soothing for example:
Animals, Food, Places, Positive words
Then, go through the alphabet one letter at a time, naming something that fits your theme.

You can say it out loud, write it down, or think it quietly to yourself.
If your mind drifts that's okay.
Just notice, take a breath, and bring your focus back to the next letter.

Try it here

Pick your theme and fill in as many letters as you can. There's no right or wrong, it's about presence, not perfection.

MUSCLE TENSE AND RELEASE

You can relax your muscles by tensing then un-tensing your muscle groups one by one.

Feet and legs: Curl your toes and tighten your calves. Hold for 5 seconds… then let go.

Thighs: Squeeze your leg muscles together. Hold… and release.

Stomach: Tighten your belly as if you're bracing for a gentle poke. Hold… and release.

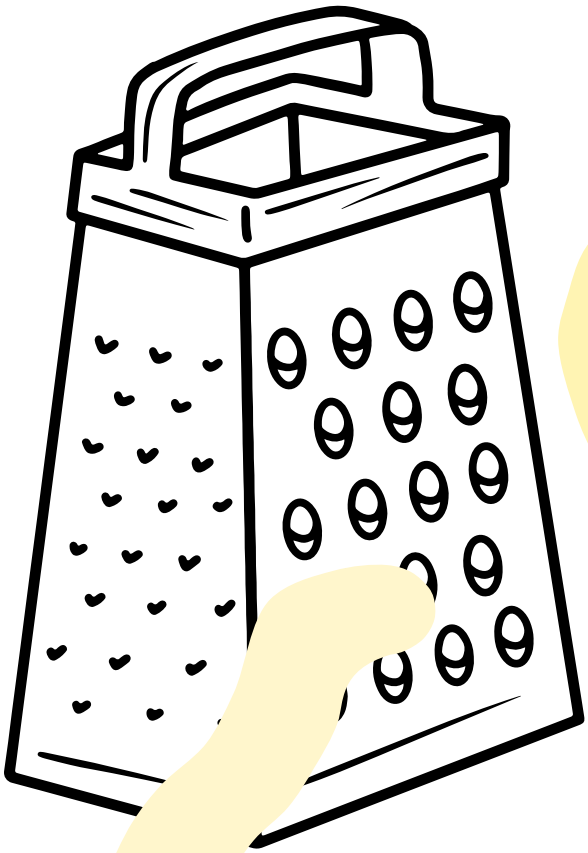
Hands and arms: Make fists, then stretch your fingers out wide.

Shoulders: Lift them up to your ears. Hold… drop them down.

Face: Scrunch up your face like you just tasted a lemon, then let it go completely.

Whole body: Take one deep breath, tense everything gently for a few seconds, then exhale and let it all melt away.

If you have any pains or injuries you can skip that area, or come back to this when you feel better



Things I am GRATE-ful for.

Fill in the cheese with the things you are grateful for.

MY JOURNAL

Here are some journal ideas for if you struggle with what to write.
Have a think about how you would answer them.

{ There is power in writing things down }

However, being creative with these is another way to express your emotions.
You could make a collage, draw, paint, write a song or make up a dance.
Whatever makes you happy.

If my feelings were a character who would they be and what would they say?
When was a time I felt proud of myself, even in a small way?

How am I feeling in my body today?
What emotions are showing up for me right now?
What do I need most today (from myself, from others, or from the world)?
What's one small thing that brought me comfort or joy?
What's one challenge I faced, and how did I respond?

What part of me needs kindness right now?
What helped me feel safe or calm today?
What kind of helper are you: The Fixer, the Listener, the Cheerleader, or the Quiet Supporter and why?

What's something I'd like to try this week to support myself?
What's one thing I want my future self to know about me today?
What do I want my future living space to look like?

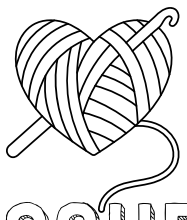
Sometimes a more hands on approach will help if you find being still difficult.

You can find 'how to' videos on Youtube.

Here are a few ideas, you can add your own.



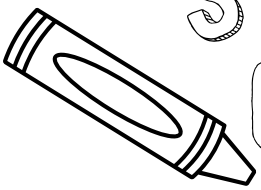
PAPER STARS



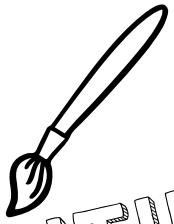
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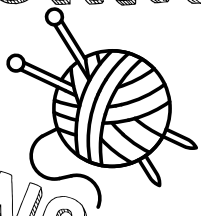
FRIENDSHIP BRACELETS





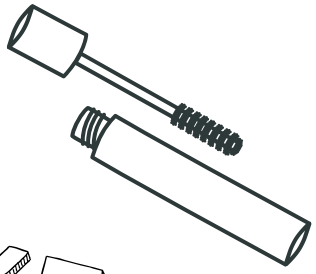
COLOURING

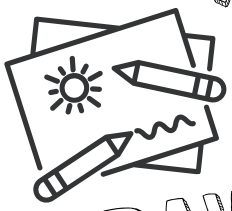




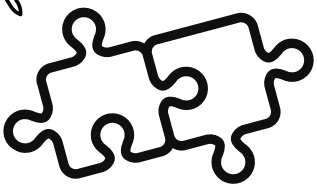
KNITTING

PAINTING





DRAWING



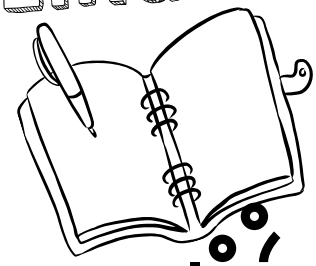
PUZZLES

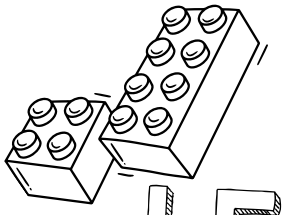
MAKE UP



HAIR BRAIDING

JOURNALLING





LEGO

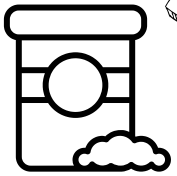


PLANT CARE



COOKING

PLAYDOUGH



BAKING



PART 2



WHAT YOU'LL LEARN

- FIGHT, FLIGHT, FREEZE, FAWN AND FLOP
- FLASHBACKS
- POLYVAGAL THEORY & THE WINDOW OF TOLERANCE
- WAYS TO COPE WITH DIFFICULT EMOTIONS

HOW TRAUMA CAN AFFECT US

When something really scary or upsetting happens
(trauma), your brain can get stuck.
It gets stuck thinking that the trauma isn't over.

It's kind of like when you watch a scary movie and suddenly
every little sound feels creepy, even though you know it's just the hamster.

Your brain stays on high alert,
like it's waiting for something else bad to happen.

Your nervous system has no chill,
it's making you feel anxious, jumpy, or angry
like you're in danger, even when you're totally safe.

Basically, your body hasn't caught up to the fact that it's over.
It's still stuck in survival mode.

Let's take a look at what might happen when you are out of danger
but your body didn't get the memo.



FEAR

Fear is an important emotion for survival
It is at the heart of the
Fight, Flight, Freeze, Fawn and Flop response.

We've needed fear since the dawn of time. Back when we were cave people, fear kept us alive.
It told us to run from danger, like wild animals or natural disasters.

Fear is your brain's natural alarm system. Once it gets switched on, it can be hard for your brain to properly "file away" those scary experiences as things that are over and done with. Your brain holds onto these memories, so that if something feels scary again, you can react quickly to protect yourself, without even thinking about it.

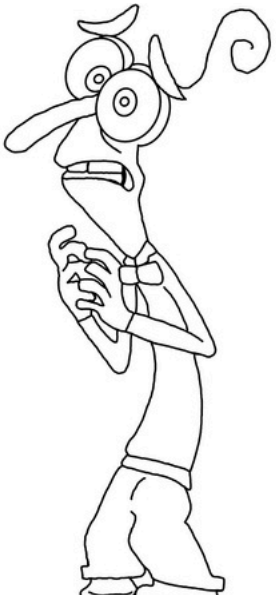
You can think of your brain like a filing cabinet. Everyday memories (like a fun camping trip or how to do your makeup) get neatly filed away in drawers. You can pull them out when you need them, but most of the time, they stay tucked away in the past.

Fear memories, though, are different. They don't get put away neatly. Instead, they sit right on top of the filing cabinet in a folder that's always within reach. That way, your brain can grab them instantly the next time it thinks you might be in danger.

And if you are stuck in those Fear memories your brain is grabbing them even when there is no real threat.

Everyone's 'fear folder' looks different. And because it works on instinct, it can make us react in certain ways without much control even when we don't feel scared.

It's a bit like your star sign. You don't get a say in what you get, like you don't get a say in what reaction you have to danger.



ANGER

Anger is a valid emotion

Anger is a natural response to having our boundaries crossed,
having our trust betrayed or not being respected.

As a survivor it is normal to be extremely angry at the person or people that hurt you and even towards those who didn't protect you.

You could even be angry at the police, the medical people involved and sometimes just be angry at everyone and everything in the world.

Sometimes we can even be angry at ourselves.

Anger is tricky, it is possible we don't know how to deal with anger as we weren't taught how to when we were younger.

A way to think about it can be like a fizzy drink.
Your anger is the fizzy drink.
When anger is activated it's shaken.
If we don't let the fizz out slowly and controlled it can explode out of the bottle,
If we don't open it up to let the fizz out then its stuck inside waiting to explode.

Remember, if any of this is triggering or you start to feel overwhelmed take a break. If you need to talk to someone check your jugs for people and services you have made note of.



Anger, along with fear, helps us to survive.

ANGER

ANGER HELPS US IN OUR FIGHT RESPONSE
(YOU WILL LEARN ABOUT THAT IN JUST A SECOND)

ANGER MIGHT ALSO BE COVERING OTHER EMOTIONS.

MOST EMOTIONS
(IF THEY FEEL SAFER)
CAN BE COVERING ANOTHER EMOTION
(For example, think of sadness as a person, they are wearing an angry mask when we look at sadness all we see is the anger mask that they are wearing, not their sadness underneath)

LET'S SAY THAT SADNESS ISN'T MET WITH COMFORT WHEN YOU WERE GROWING UP.
YOU WERE TOLD TO 'STOP CRYING' 'THERE'S NOTHING TO BE SAD ABOUT'
BUT
YOU GOT ATTENTION WHEN YOU WERE ANGRY
YOU WERE CALLED 'A FIRECRACKER' 'SHE STICKS UP FOR HERSELF'
WE CAN SEE HOW WE WOULD USE ANGER TO FEEL CONNECTED

THE OPPOSITE CAN ALSO BE TRUE

AS A CHILD THE RULE IS:
ANY ATTENTION IS GOOD ATTENTION

EVEN IF THAT ATTENTION WAS NEGATIVE.
AS HUMANS WE NEED 'CONNECTION' IN ANY FORM TO SURVIVE

IF WE THINK BACK TO THE FIZZY BOTTLE,
SADNESS COULD BE THE ONE THAT SHAKES THE BOTTLE
AND GETS OUR ANGER 'ACTIVATED'
WE ARE ANGRY BUT IT WAS SADNESS THAT GOT US THERE

BE **CURIOUS** ABOUT YOUR **EMOTIONS**
IT TAKES SOME PRACTICE, BUT IF WE THINK A LITTLE DEEPER

WE CAN ASK OURSELVES **WHAT IS UNDERNEATH THIS EMOTION**.

PRACTICAL THINGS FOR DEALING WITH ANGER

IF THAT FIZZY BOTTLE JUST WON'T STOP GETTING SHAKEN UP AND OVERFLOWING WHAT CAN WE DO?

SCRIBBLE AN ANGRY LETTER
SCRUNCH IT UP AND THROW IT AT YOUR WALL.
GET OUT EVERYTHING YOU HAVE EVER WANTED TO SAY
GIVE IT A BIT OF RAAAHHHH

Then put it in the bin when you are less fizzy.

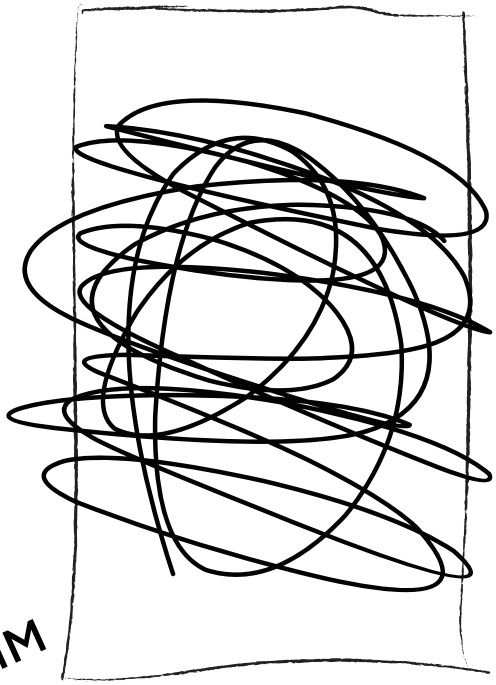
RUN

DANCE

STOMP YOUR FEET

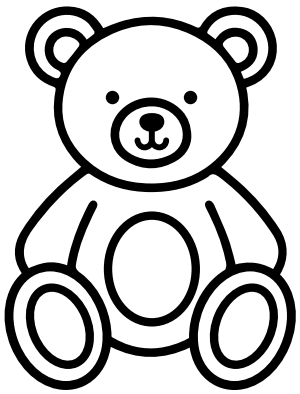
JUMP UP AND DOWN

SCREAAAAMMMMMM



RAGE PAGE - GET A PIECE OF PAPER AND ANGRILY SCRIBBLE UNTIL THE FEELING HAS PAST.

HIT SOMETHING SOFT, A MATTRESS OR A PILLOW. A TEDDY... YOU CAN APOLOGIZE AFTER



into a pillow or you can get cool little scream pillows called Shoutlets. you can take them out with you and a scream is never too far away

USE THE VOICE RECORDER APP TO VENT YOUR ANGER.
YOU CAN DELETE IT AFTER.
TRY SENTENCES LIKE 'I FEEL' OR 'I'M ANGRY BECAUSE'.

RAGE PAGE!
ANGRILY SCRIBBLE HERE

RAGE PLAYLIST

These are the songs of the ladies from Survivor Space.

BAT OUT OF HELL - MEATLOAF
AIN'T SHIT - DOJA CAT
TITANIUM - DAVID GUETTA FT SIA
BREAK STUFF - LIMP BISKIT
MASTER OF PUPPETS - METALLICA



ADD YOUR RAGE SONGS TO THIS PAGE

FANCY A LITTLE BREAK?

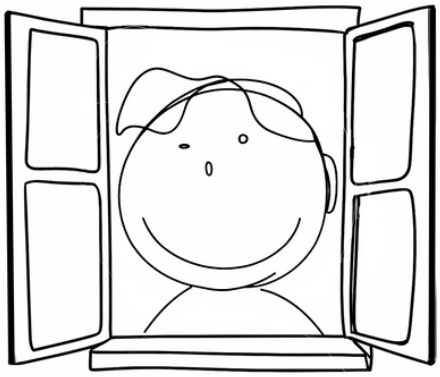
We made this wordsearch just for you

Affirmation Word Search

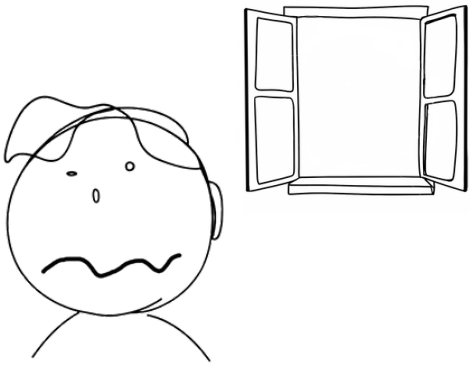
H	E	G	C	O	N	F	I	D	E	N	T	V	V
E	D	E	V	R	I	S	O	S	W	F	E	R	L
A	O	D	H	W	O	E	U	L	U	R	O	N	O
L	S	T	R	O	N	G	O	R	I	N	A	N	V
I	N	G	H	U	L	O	E	P	V	D	W	H	E
N	S	R	G	R	U	L	S	U	L	I	R	G	D
G	A	O	R	G	I	N	G	S	U	L	V	U	R
E	F	W	O	R	I	V	T	R	F	U	R	O	E
L	E	W	U	A	G	F	E	I	E	F	A	N	R
O	T	O	N	T	R	A	E	N	P	R	D	E	H
H	R	R	D	E	G	R	I	R	O	E	I	U	L
W	U	T	E	F	U	H	E	E	H	W	A	R	H
U	S	H	D	U	S	P	H	I	R	O	N	U	U
L	T	Y	A	L	A	O	A	O	R	P	T	I	R

POWERFUL
INSPIRE
SHINE
THRIVE
SURVIVOR
WHOLE
LOVED
GRATEFUL
CONFIDENT
STRONG
SAFE
GROUNDED
GROW
ENOUGH
HEALING
HOPEFUL
RADIANT
TRUST
WORTHY

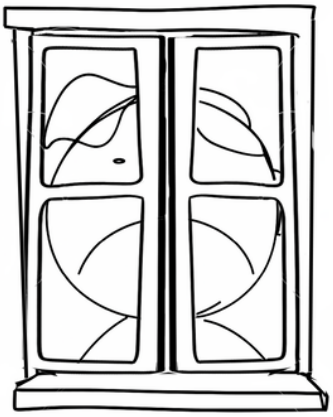
THE WINDOW OF TOLERANCE



Comfort Zone



Hyper Arousal



Hypo Arousal.

Comfort Zone

Ventral Vagal 'Rest and Digest'

Our ventral vagal nervous system is our state of calm.

This is you in your window of tolerance. When things are ok we are in the comfort zone.

We are able to do the things we enjoy.

We are mindful, curious and present.

When we are in the comfort zone we are living in the 'right now'.

Hyper Arousal

Sympathetic 'Fight, Flight or Fawn'

The sympathetic nervous system is responsible for our reactions to danger.

When you are out of your comfort zone your initial reactions will be Fight, Flight, or Fawn/Friend. Your body thinks one of these will be the best way to stay alive.

Hypo Arousal

Dorsal Vagal 'Freeze, or Flop'

Our Dorsal vagal is the most simplistic part of the nervous system.

This is what happens when your body feels like nothing else will work. It shuts down and 'plays dead'.

(Think scared mouse)

TRAUMA RESPONSES

FIGHT

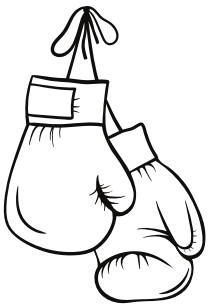
Your body gets ready to
fight the danger, this might feel like.

Body Responses:

Faster or irregular heart beat
Tightness in chest
Tensed muscles, clenched fists/jaw
Fast breathing (shallow breaths)
Flushed face or skin
Adrenaline rush (energy spike)
Tunnel vision or seeing red (focused on threat)
Hearing sounds louder than normal
Dry mouth
Tight throat unable to speak

Mind Responses:

Angry, snappy or impatient
Aggressive or defensive thoughts
Urge to attack, argue, or confront
Feeling powerful or overconfident
Reduced rational thinking (more reactive)
Racing thoughts, or repetitive (sometimes nasty) thoughts
Urge to hurt yourself or someone else (even if you don't act on it)



FLIGHT

Your body gets
ready to run,
this might feel like.

Body Responses:

Racing heart
Shaking or trembling
Sweaty palms
Restless legs/urge to move or run
Dilated pupils (enhanced vision)
Rapid, shallow breathing
Churning stomach, loose bowels
Dizziness
Cold sweats
Feeling hot all over
Hear a high pitched noise

Mind Responses:

Anxiety, panic, or nervousness
Overthinking or racing thoughts
Urge to escape or avoid the situation
Feeling trapped or cornered
Difficulty concentrating
Urge to run and hide
Urge to take risks that you wouldn't normally to escape.



TRAUMA RESPONSES

FREEZE

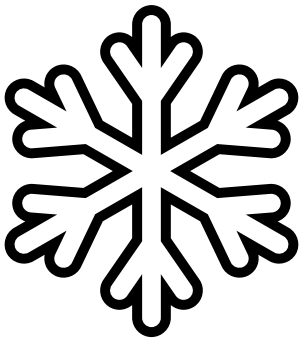
You freeze.
This might feel like

Body Responses:

Body stiffness or paralysis (feeling "stuck")
Slowed heart rate (sometimes)
Shallow or held breath
Numbness or "shutting down"
Cold hands and feet
Reduced physical sensations
Tunnel vision
Dizziness
Trembling or shaking
Hearing sounds as distorted or distant

Mind Responses:

Dissociation (feeling detached or "not real")
Foggy mind, zoning out
Sense of helplessness
Feeling invisible or disconnected
Difficulty speaking or moving



FAWN/FRIEND

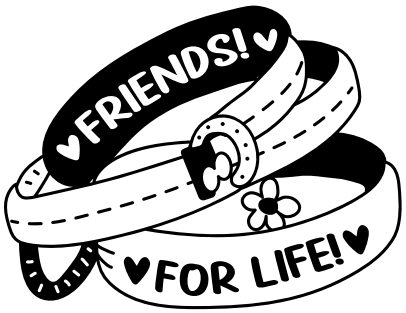
Making the person your friend is the best way to survive. This might feel like.

Body Responses:

Polite or compliant body language (forced smile, submissive posture)
Soft voice, nodding frequently
Avoid conflict
Tense gut or "butterflies" in the stomach
Tight throat

Mind Responses:

People-pleasing behaviour
Urge to please, compliment, or accommodate others
Anxiety about upsetting others
Loss of personal boundaries
Hyper-awareness of others' emotions
Taking risks to gain others' approval



TRAUMA RESPONSES

FLOP

You flop. This might feel like

Body Responses:

Complete physical collapse or going limp
Urge to urinate/defecate or loss of control.
Low heart rate and blood pressure
Very shallow breathing or holding breath
Feeling weak
Extreme tiredness
Possible fainting

Mind Responses:

Emotional numbness or blankness
Sense of total surrender or giving up
Disconnection from surroundings (extreme dissociation)
Mental "shut down," unable to think clearly
Feeling spaced out or distant
Hearing voices
Want to engage in numbing activities or substances.



When you experience any of these you are out of your window of tolerance.

We can move in and out of the window of tolerance easily throughout day to day life, like when you have a test at school or a first date.

But after trauma it can feel difficult to get back into your comfort zone.

Remember, if any of this is triggering or you start to feel overwhelmed take a break. If you need to talk to someone check your jugs for people and services you have made note of.

What response do you most relate to?

○ FIGHT ○ FREEZE ○ FLOP

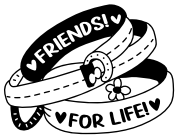
○ FLIGHT ○ FAWN/FRIEND

CALMING DOWN THE NERVOUS SYSTEM

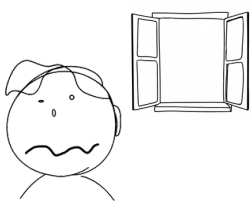
Remember not everything works for everyone.
Some might even make you feels worse!
What might work for Hyper arousal might also work for Hypo arousal for you.
Test a few and see what works
You have your self care plan to lean on if you need to.

IF YOU ARE IN HYPER AROUSAL FIGHT/FLIGHT/FAWN-FRIEND THESE ARE FILLED WITH ENERGY YOU NEED TO CALM





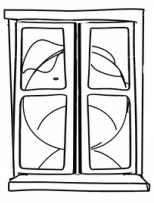
Shaking or stomping out your energy
Comforting food e.g hot chocolate
Breathing exercises, see part one
Drinking from a straw
Warm bath or shower
Gratitude practice
Weighted blanket
Soothing music
Meditation
Fidget toys
Stress ball



IF YOU ARE IN HYPO AROUSAL FREEZE/FLOP THERE IS NO ENERGY YOU NEED TO MOVE



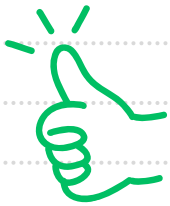

Looking left to right (even if it's just your eyes)
Heavy work (lifting, pulling, push-ups, etc.)
Eating something chewy or crunchy
Tense each muscle one by one
Chanting or humming
Throw a ball at a wall
Jumping Jacks
Stretching
Walking
Yoga



WHAT WORKED FOR YOU?

HERE YOU CAN MAKE A LIST OF WHAT WORKED AND WHAT DIDN'T.
MAYBE YOU FOUND YOUR OWN TECHNIQUES.
JOT THEM DOWN THEN YOU WILL HAVE A LIST OF RESOURCES YOU CAN USE OVER TIME.

Things that worked



You can add these to your jugs

Survivor Space

Things that didn't work



Remember, if any of this is triggering or you start to feel overwhelmed take a break. If you need to talk to someone check your jugs for people and services you have made note of.

DISSOCIATION

Something else we should talk about is dissociation.

It's a bit like the **freeze** and **flop** responses we just spoke about.

Everyone dissociates sometimes, daydreaming, zoning out, or losing track of time are small, everyday examples.

But sometimes, when things feel unsafe or overwhelming, dissociation can happen. It is a clever way your mind "checks out" to protect you. It's your brain's way of saying,
"This is too much right now I'll keep you safe by switching off a little."

It can feel like:
Your thoughts or feelings don't feel like your own.
You can't focus or remember things that just happened.
Things around you look foggy, far away, or dreamlike.
You lose chunks of time or can't remember parts of your day.
You feel like you're watching yourself from outside your body.
Feeling numb, empty, or disconnected from the world around you.

Why it happens
Dissociation is your mind's protection mode, it helps you survive,
when things feel too big or too scary to handle.

It's not your fault, and it doesn't mean there's something "wrong" with you.
For some people, if dissociation happens a lot or feels hard to control, it might become part of dissociative disorder a pattern that can show up differently for everyone.

If that happens, it's something to explore gently with a therapist or counsellor who understands trauma.



Dissociation doesn't mean you're broken it means
your body and mind have learned a powerful way to survive.
With grounding and support, you can teach your system that it's safe now.

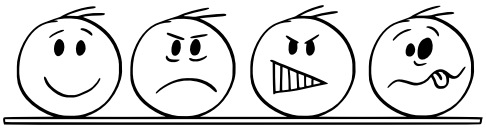
Little note just to say....

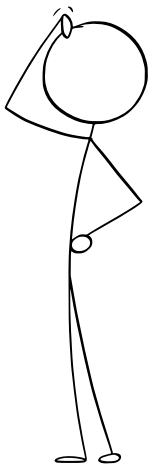
It's important to do nice things that nourish you
when you are in your comfort zone.
Your comfort zone needs to be a place of calm,
not just a place that isn't hyper or hypo arousal.

Cherish your comfort zone, do self care things
even when you are not overwhelmed.

Treat yo' self

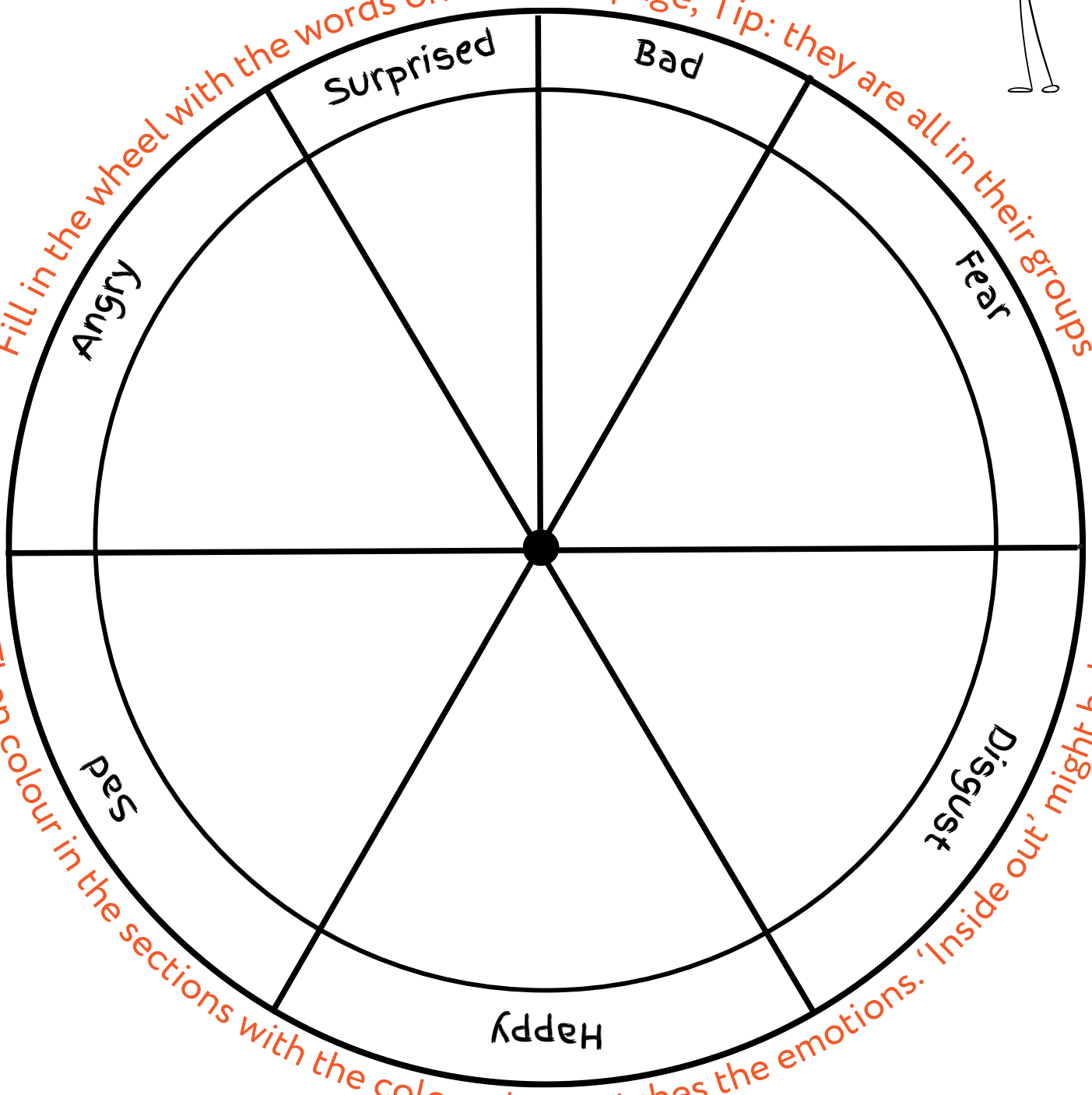
EMOTION WHEEL





Fill in the wheel with the words on the next page, Tip: they are all in their groups

Then colour in the sections with the colour that matches the emotions. 'Inside out' might help



EMOTION WHEEL

You might have different names for emotions or perhaps they show up as physical things for you instead.
Write down or draw what feels right for you.

Awful Repelled Judgemental Embarrassed
Appalled Grossed Out Horrified

Scared Anxious Insecure Weak Rejected
Threatened Worthless Helpless Frightened

Embarrassed Mad Aggressive Distant Critical
Revolted Awful Judgemental

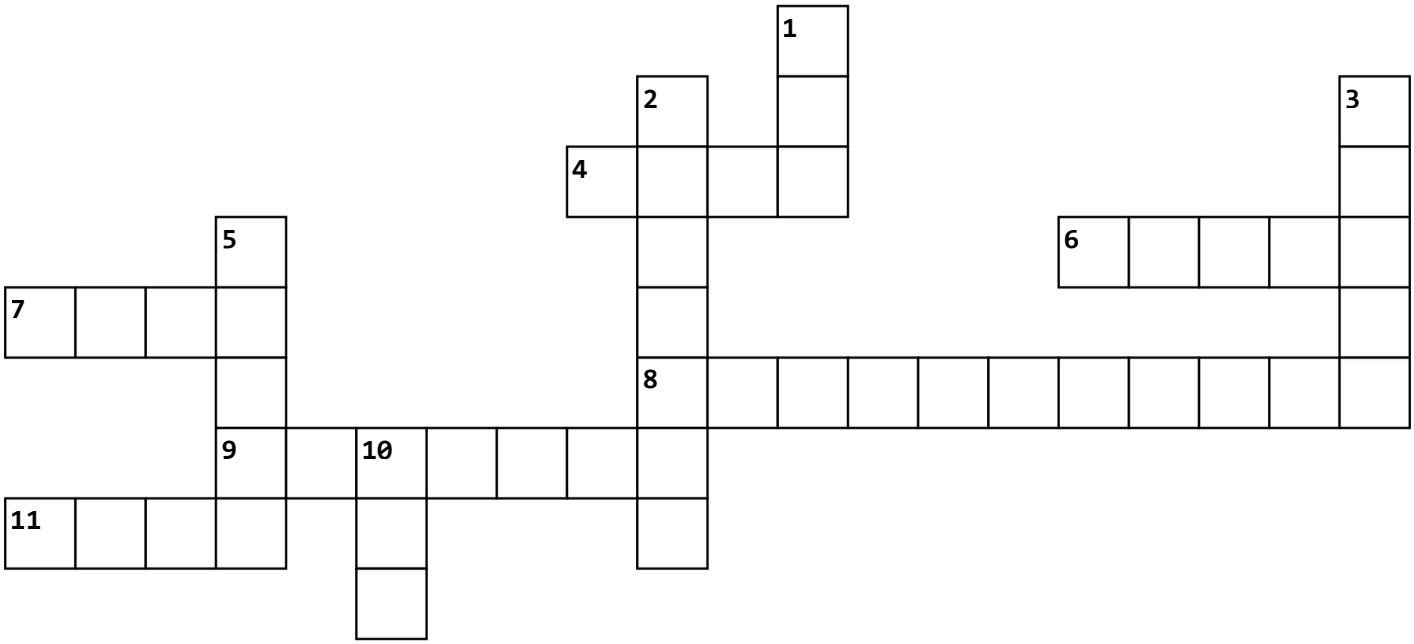
Isolated Lonely Depressed Vulnerable Guilty
Hurt Empty Grief Ashamed Abandoned

Startled Confused Amazed Excited Shocked
Eager Energetic

Playful Accepted Proud Powerful Peaceful
Trusting Joyful Creative Loving Thankful

Bored Busy Stressed Tired Sleepy
Pressured

EMOTIONS CROSSWORD



Across

4. The feeling when you wish you had what someone else has.

6. The feeling when you are mad or upset with someone.

7. The feeling when you think something bad might happen.

8. Your cheeks go red and you feel a bit silly.

9. A strong feeling when something seems gross or unpleasant.

11. The emotion of caring deeply for someone or something.

Down

1. The emotion you feel when something makes you laugh or smile.

2. A feeling of worry or nervousness about what might happen.

3. The feeling when nothing seems interesting or fun.

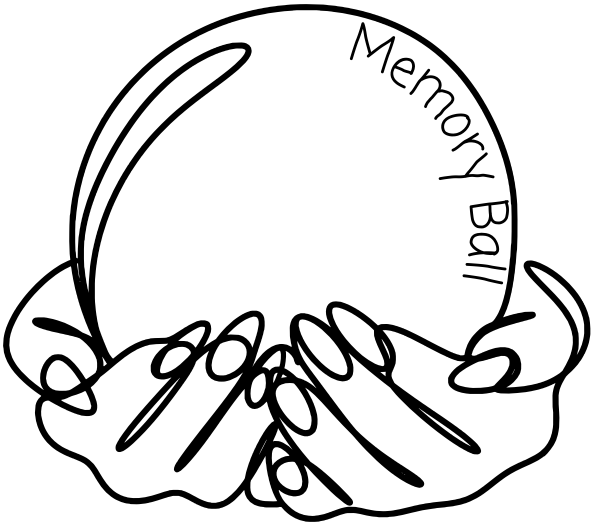
5. When you feel pleased with yourself or others.

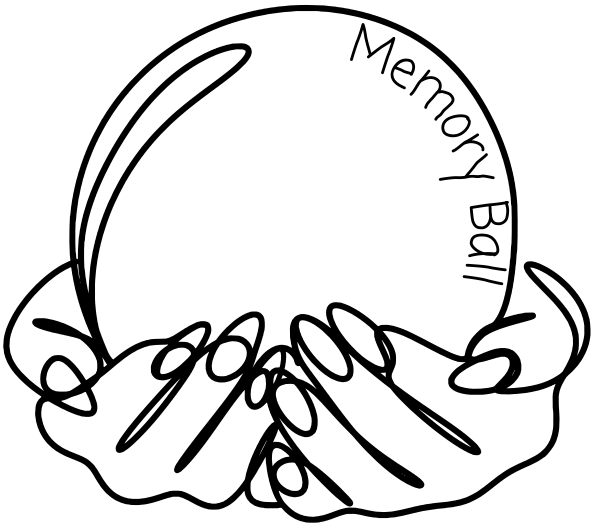
10. The opposite of happy.

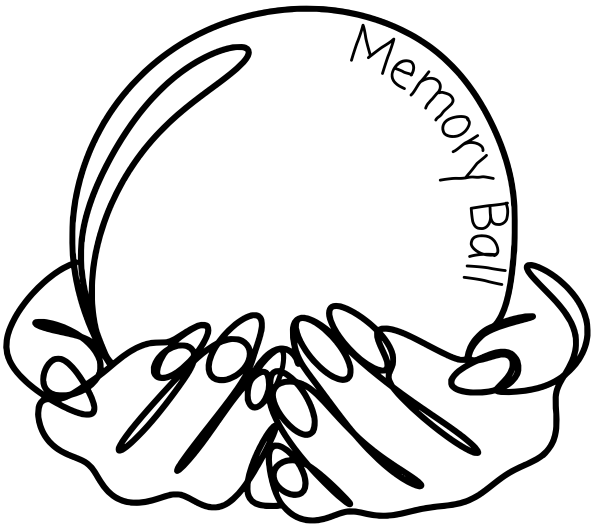
Answers on Page 58

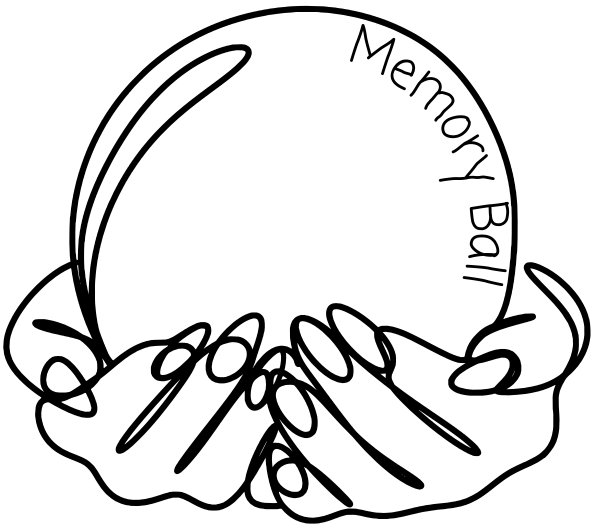
MEMORY BALLS

A good way to understand emotions is to think of a memory
that reminds you of that emotion.
A bit like the memory balls in 'Inside out'.
What colour are they?
How do they feel?
Is there more than one emotion attached to that memory?
Here are some 'memory balls' for you to write a memory in and then colour in,
you can use the emotions wheel for help.
You don't have to explain why you chose the emotion(s) that you did, this is for you and if it makes sense to you that's all that matters.









THIS MIGHT BE A GOOD TIME TO TAKE A MINDFULNESS COLOURING BREAK

You don't have to colour neatly, stay inside the lines, or even finish. This is just for you—to rest your brain, slow your breath, and give your nervous system a break



SO FAR...

We now know why we may have reacted the way we did when we were in danger, and why it might be difficult to get out of our trauma reactions in day to day life.

We have also been given some ideas of what to do when we are out of our comfort zone in Hypo or Hyper arousal (knee deep in those fear memories)

After trauma and the never-ending cycle of fear memories, we can be left feeling anxious, depressed and even experience flashbacks.

Remember everyone's story is different so if you don't relate to this, that is ok.

Let's see how we might feel if we experience depression, anxiety and/or flashbacks

Remember, if any of this is triggering or you start to feel overwhelmed take a break. If you need to talk to someone check your jugs for people and services you have made note of.

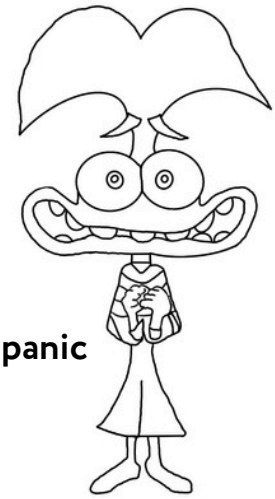
“P.S. You’re not going to die. Here’s the truth: It feels like you are. It feels like a lion is chasing you. It feels like a bear has spotted you. But it’s just the anxiety. You’re safe.”

-Glennon Doyle

Across 4-Envy 6-Anger 7-Fear 8-Embarrassed 9-Disgust 11-Love.
Down 1-Joy 2-Anxiety 3-Bored 5-Pride 10-Sad

ANXIETY

Anxiety is common for survivors.
Do you reconise any of these symptoms?



- ◯ Tense or on edge for no reason
- ◯ Lots of thoughts that 'something terrible' might happen
- ◯ Worrying a lot, more than I need to, about anything and everything
- ◯ I avoid going out, to shops, school, parties, because I am scared I might panic
- ◯ Easily irritated, or annoyed
- ◯ Hating on myself, a lot, where I start to believe that I am no good
- ◯ Trouble concentrating
- ◯ Feeling overwhelmed by simple tasks
- ◯ Feeling out of control
- ◯ Wanting to be told that everything is ok

WHEN THESE THINGS HAPPEN AGAIN AND AGAIN OVER A LONG PERIOD OF TIME, THEY CAN START TO CAUSE PROBLEMS IN YOUR DAY TO DAY LIFE
PANIC ATTACKS ARE COMMON WHEN YOU HAVE BEEN DEALING WITH ANXIETY FOR A LONG TIME

ANXIETY IS A PART OF LIFE

SINGERS GET ANXIETY BEFORE THEY PERFORM. BEYONCE EVEN HAS AN ALTER EGO 'SASHA FIERCE'. THIS IS HER WAY OF DEALING WITH HER ANXIETY.

THE DIFFERENCE IS THIS ANXIETY GOES AWAY WHEN THE PERFORMANCE IS FINISHED. ANXIETY AFTER TRAUMA COMES WITHOUT THE PERFORMANCE.

- ◯ Dizziness
- ◯ Feeling sick or a sore tummy
- ◯ Feeling like you can't breathe, for no reason
- ◯ Trouble sleeping
- ◯ Sweating for no reason
- ◯ Shaking or trembling
- ◯ Feeling tired
- ◯ Numbness or tingling in your body
- ◯ Muscles feel tense
- ◯ Heart beats really fast for no reason

You might experience other anxiety symptoms that aren't on this list.

PANIC ATTACKS

THIS IS WHEN ANXIETY HAS PEAKED.

THEY ARE COMMON FOR TRAUMA SURVIVORS

SCARY THINGS HAPPEN TO YOUR
BODY AND YOUR MIND.

THEY FEEL LIKE YOU ARE ABOUT TO DIE!
YOU WON'T

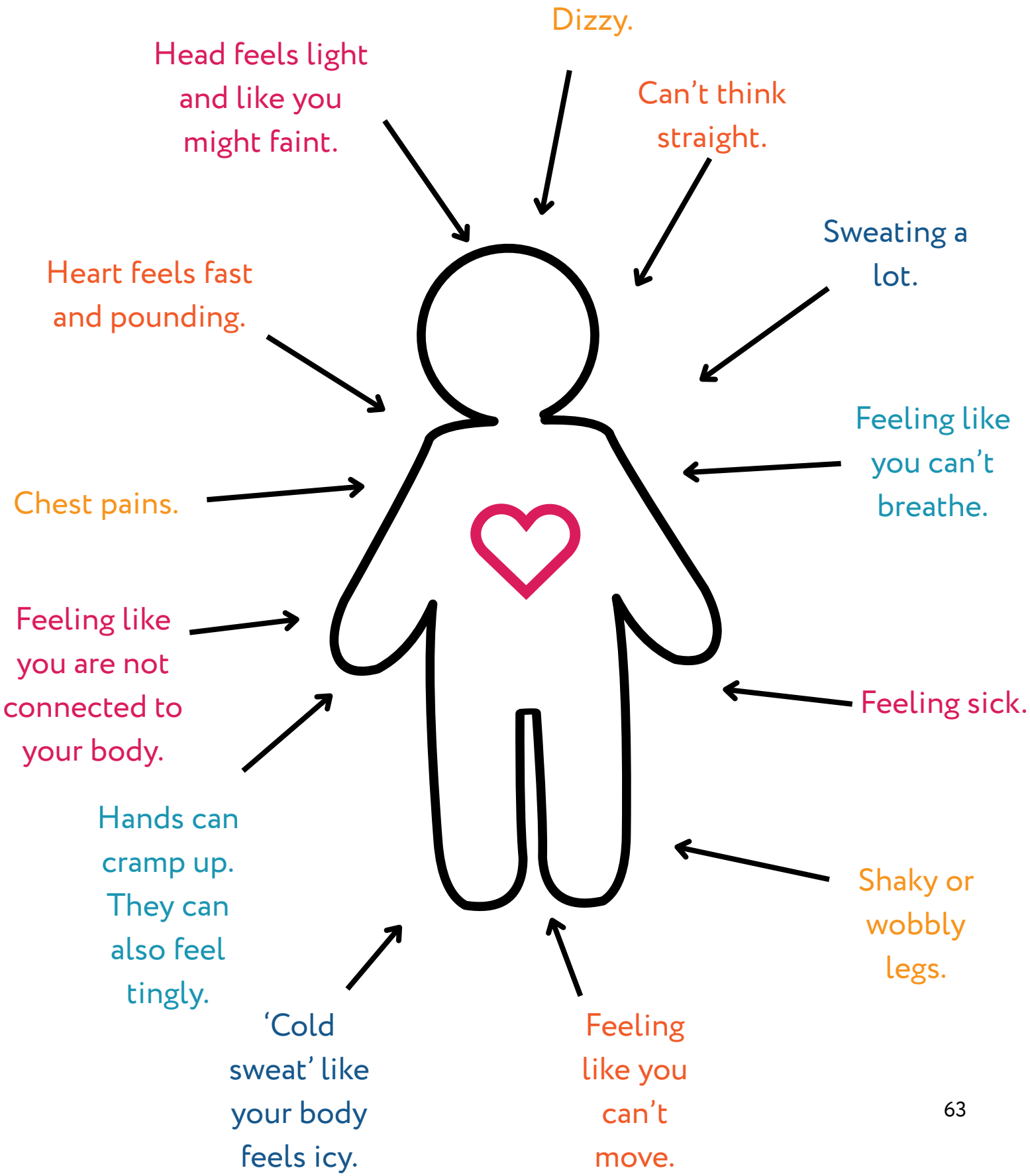
THEY LAST BETWEEN 5 AND 20 MINS

SOME PEOPLE GET THEM OFTEN AND SOME MAYBE A FEW TIMES A MONTH.

A GOOD PLACE TO START IF YOU FEEL LIKE THIS IS TO SPEAK TO YOUR DOCTOR OR COUNSELLOR AND TRY SOME GROUNDING EXERCISES.
ONE PANIC ATTACK REMEDY IS TO REMIND YOURSELF THAT YOU HAVE SURVIVED 100% OF YOUR WORST DAY.

PANIC ATTACKS

This is a short body map of what they may feel like



DEPRESSION

Depression is not uncommon when you have been through trauma.

Do you recognise any of these symptoms?

- ◯ Feelings of sadness
- ◯ Crying a lot
- ◯ Feeling hopeless or empty
- ◯ Irritable or annoyed easily
- ◯ Dont want to do things that I would normally enjoy
- ◯ Don't want to hang out with friends or family
- ◯ Feeling bad about yourself
- ◯ Blaming yourself for everything
- ◯ Trouble thinking or concentrating
- ◯ Frequent thoughts of death or suicide

If you are feeling suicidal
you can call Samaritans 116123
If you are in immediate danger call 999



© DISNEY

This is not all the symptoms of depression.
They can also be signs of different stages of your period, normal side effects of growing up or Neurodivergence.

Some show up every now and again for none of those reasons.

We start to worry when these things happen often and are hard to shake off.
If you are worried its best to see your Doctor.

- ◯ Sleeping a lot
- ◯ Weight changes, comfort eating or not eating.
- ◯ Slowed thinking or movement
- ◯ Feelings of what is the point
- ◯ Struggling to wash
- ◯ Self harm - cutting, burning etc
- ◯ Risky behaviour
- ◯ Making a suicide plan.

Remember, if any of this is triggering or you start to feel overwhelmed take a break. If you need to talk to someone check your jugs for people and services you have made note of.

APPRECIATING THE LITTLE WINS

"If all you managed today was changing your underwear, that's still progress. Healing isn't always loud, sometimes it's quiet survival." - Burr

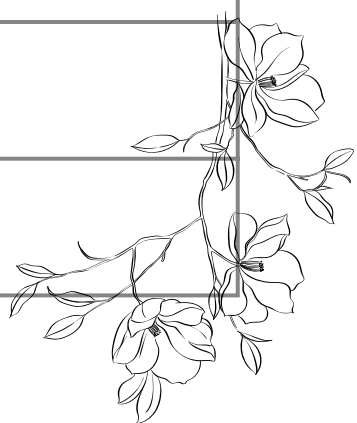
When you are low, everything seems dark.
In these times we have to take every glimmer of hope we can find, to teach our brains that progress is happening and there are better days coming.

Lighter days are ahead even if it doesn't feel like it.

Use can use this space to appreciate your progress.
No matter the size.

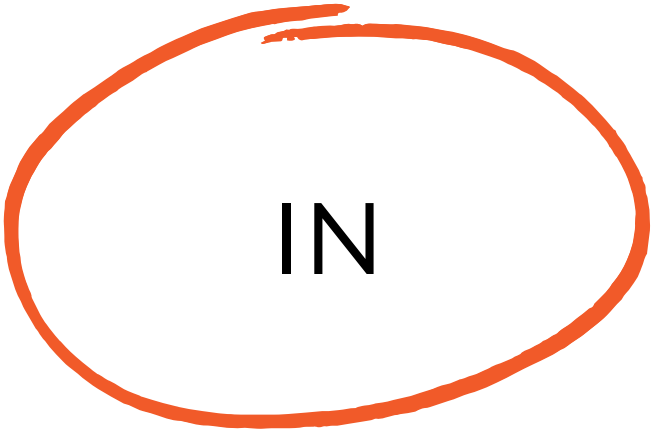
Progress can look like: clean underwear, brushing your teeth, showering, calling the GP.
One thing a day is all you need.
You can do this, I believe in you

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	



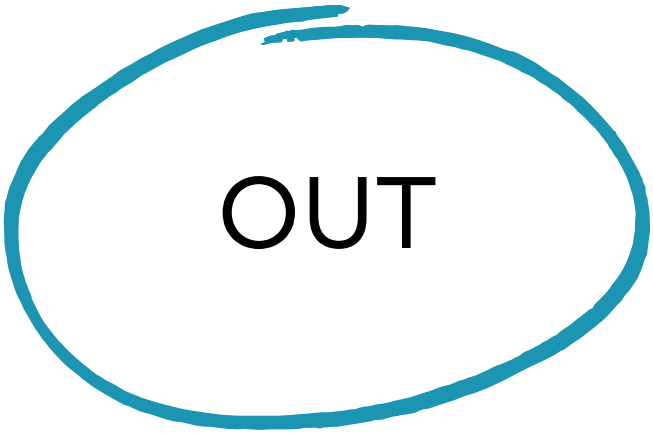
NO MATTER HOW YOU ARE FEELING RIGHT NOW

TAKE A BREATH



NOTICE THE AIR GOING INTO YOUR LUNGS
AND FILLING UP YOUR BELLY

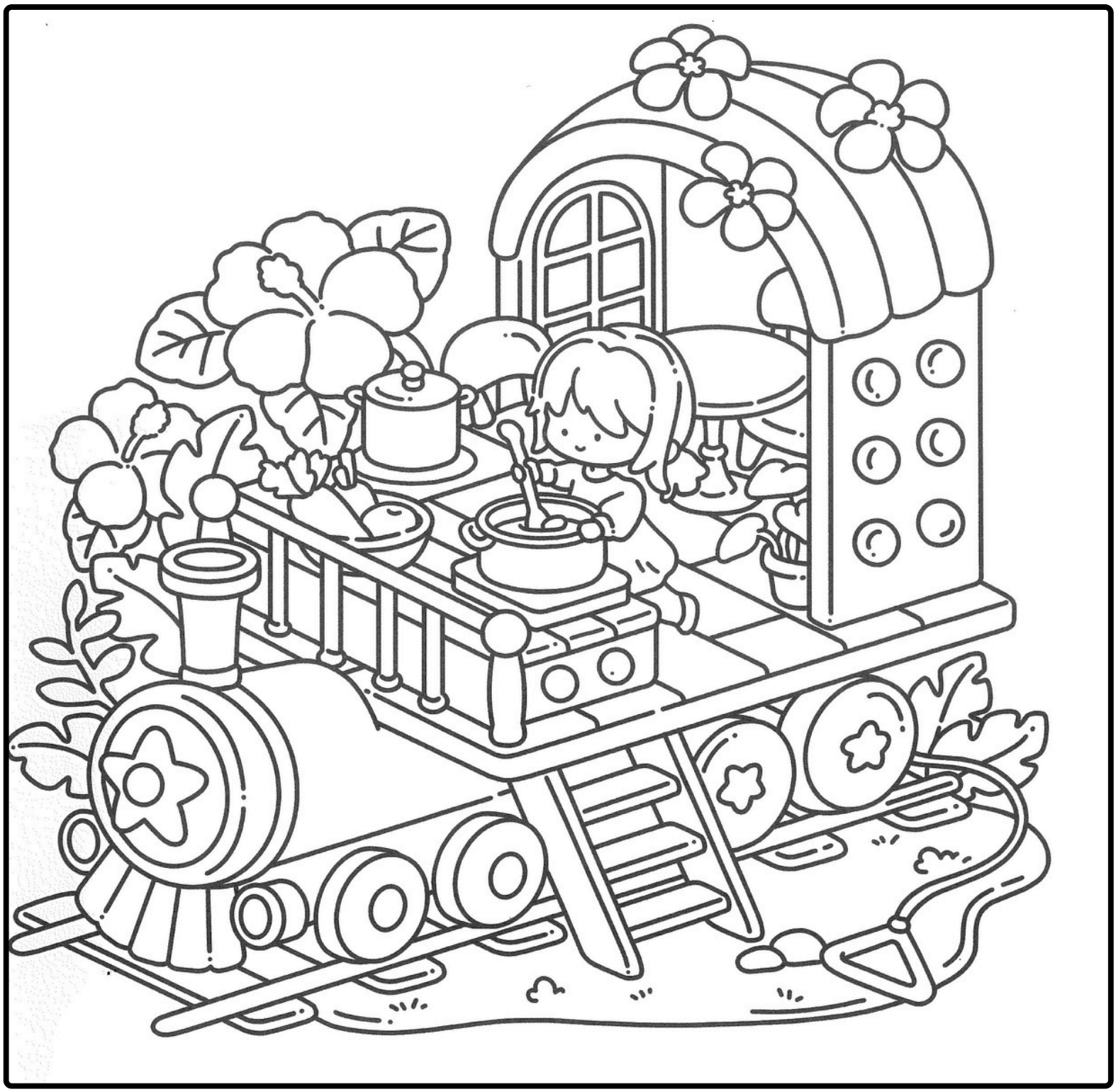
AND



ALL THE AIR LEAVING YOUR BODY ALONG WITH ANY
BAD THOUGHTS OR FEELINGS.

THIS MIGHT BE A GOOD TIME TO TAKE A MINDFULNESS COLOURING BREAK

You don't have to colour neatly, stay inside the lines, or even finish. This is just for you—to rest your brain, slow your breath, and give your nervous system a break



FLASHBACKS

Flashbacks can be scary, but they are not uncommon.

Flashbacks are the 'fear memories' **popping up.**
It can feel different for each person.

It might feel like you are back in that scary moment
like you've been thrown into a movie of your awful time.

You might be able to see that moment in your head like a photo.

Flashbacks can show up out of nowhere,
or they can be triggered by something
that reminds you of what happened.

This could be a smell, a sound, or a certain place.

Here is a joke to lighten the mood before we get started

Knock Knock
Who's there?
You
You who?
You who big summer blow out.

RETHINKING OUR TRAUMA



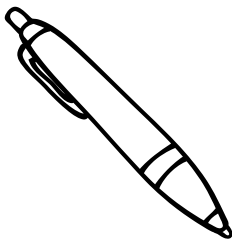
ACTIVITY

Flashbacks can make us feel powerless.
A way to give yourself some power back is to retell the story, in your way.

First we start off with your flashback. What does it look like for you? If writing it down seems too tough at the moment maybe writing in the 3rd person might help. Using words like She/He/They instead of me or I.
(If that doesn't feel comfortable you can skip this bit.)



Then we rewrite the story.
What would the story look like
if you were able to re-write it?
Maybe you grow wings and fly away.
Maybe you come along as yourself now
and save yourself from the situation.
Your imagination is the limit, it can be as silly or as real as you like.

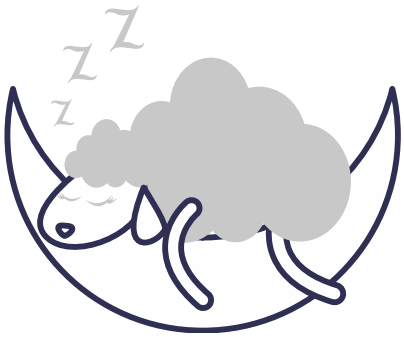


You can also use this for nightmares!

YOUR FLASHBACK(S)

YOUR FLASHBACK(S) RE-TOLD

WHY TRAUMA CAN CAUSE NIGHTMARES



So remember when we spoke about how traumatic memories can stick around after the event has happened. In our dreams we can also relive them. Exhausting right?

Nightmares can replay parts of what happened, or show it in a "disguised" way like being chased, trapped, or attacked.

It's your brain's way of trying to make sense of the memory.

Dreaming (especially in deep sleep called REM) is the brain's time to file away memories and feelings.
Trauma memories are often too intense to process normally, so they spill out as nightmares.

Trauma leaves behind strong emotions like fear, shame, or powerlessness. These emotions can appear in dreams, even if the dream itself looks different from what actually happened.

Nightmares can make you dread going to sleep, which leads to less rest, more stress, and sometimes even more nightmares.

When you feel ready
you can do the
exercise we did earlier
for flashbacks
with your nightmares.

We need sleep. There I said it.
Here are some things that can help you,
if you are struggling with sleep or
nightmares.

Nightmares don't mean you're "broken" or weak. They're a sign your brain is working hard to heal from something painful.

SLEEP HYGIENE SCHEDULE

The truth is, everyone is different, there is no 'one size fits all' method. But these are a few suggestions to get you thinking about what could work for you



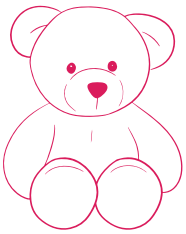
BEFORE BED

Skip the Coffee, Tea, Fizzy or Energy Drinks. Caffeine keeps you awake.

If you enjoy fitness, doing some light exercise before you go to bed could work.

Turn on the night filter on your phone, blue light keeps you awake!

Wind down with calming activities, reading, journalling, music that relaxes you . Things from your Yellow Jug.



BED TIME

Temperature plays a big part in how you sleep. You can try more or less layers whatever works well for you.



Grounding techniques like the ones we covered in the first section to CALM your mind.

If silence feels bad, try an audio book, white noise or even a fan, ASMR can help too. Best to avoid true crime just before bed. You'll be surprised how much our ears pick up even when we are asleep.

Try to go to sleep and wake up around the same time everyday it helps your body regulate.



If you find yourself lying there for more than 20 minutes, try getting up, moving around maybe doing some more calming exercises and trying again.

Make your space cosy, have your preferred blankets, teddies, comfort things around you



SLEEP HABITS

Keep a notebook and a pen near you to jot down any racing thoughts, let the notebook have them. You don't need them now.

If you remember your dreams, keeping a dream diary and noting the feelings that came up can help you keep track.

The NHS suggests if you are suffering with nightmares to keep a note of what you did during you day too, to see if anything is triggering your nightmares.

MY SLEEP HYGIENE SCHEDULE

BEFORE BED - THINGS I CAN DO TO CALM MYSELF BEFORE BED

BED TIME - THINGS I CAN DO AT BED TIME TO HAVE A GOOD NIGHT'S SLEEP

SLEEP HABITS - THINGS I WOULD LIKE TO TRY

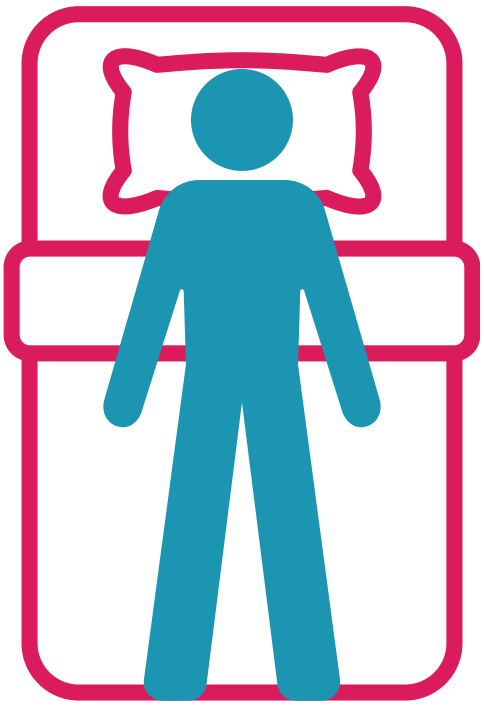
BED TIME RITUALS

We can use our imagination when it comes to sleep and bed time routines.

We can imagine 4 STRONG things, people or objects.
that are going to stand all around us:
one at the top and one at the bottom of our bed and
one on each side as we sleep, protecting us.
If you are lucky they may even come into your dreams when you need them.

Mine are: a huge tree at the head of the bed, like the ones in Lord of the Rings that can move and fight for me if I need them too. Thor to my right (the god of thunder), Hulk to my left and the Cullen Vampires from Twilight at the foot of my bed.
Do you think you can come up with your own powerful sleep defenders?

Write them in their place below.



NEURODIVERGENT MUSINGS

Sometimes when we add Neurodivergence to trauma, some of our experiences can be more intense because of our special brains.

Here is a check list you can go through if you are struggling to figure out what is wrong.
Soon enough it will be like second nature and you'll get to know what you like and what makes you uncomfortable

SENSORY

Touch - Is the texture of my clothes or how they fit annoying me? Is it too hot or too cold?

Sound - Is someone eating too loudly? Are there too many voices around me or a low hum I can hear that no one else can?

Sight - Am I surrounded by things I don't like to look at? Is it too bright or too dark?

Smell - Is my nose overwhelmed by smells I don't like? Can I smell my clothes, is someone is wearing a perfume I don't like?

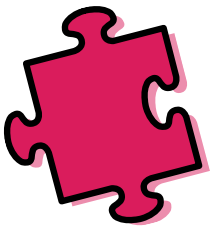
Taste - Have I eaten something I don't like and I can still taste it?

Situations - Have I been still for too long? Do I need a break?

On the next page is space for you to come up with solutions to your own overwhelm.
If you have a friend that might benefit from this too, you can do it together
It may help you if you share this with a trusted person so they know how to help.

MY SENSORY NEEDS

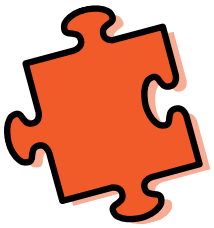
TOUCH



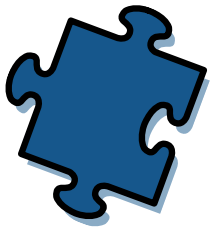
SOUND



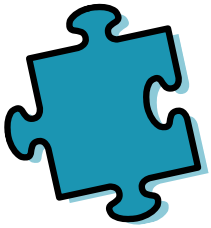
SIGHT



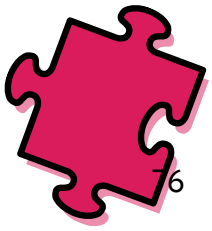
SMELL



TASTE



SITUATIONS



THIS MIGHT BE A GOOD TIME TO TAKE A MINDFULNESS COLOURING BREAK

You don't have to colour neatly, stay inside the lines, or even finish. This is just for you—to rest your brain, slow your breath, and give your nervous system a break



TRIGGERS

We are coming to the end of part 2.
It's been deep and possibly triggering. Make sure you are taking regular breaks and taking care of yourself.

Even if it doesn't feel like too much,
we have learnt that we can switch off or
feel sleepy when we are overwhelmed.
That is also true when it comes to doing things like this.
Sometimes you might need to force yourself
to do some self care.
You can look back at your jugs for a reminder.

Our final activity for this section is looking at triggers.
We now know what it might feel like
when we are overwhelmed,
so now we can look at what things might put us there.
When we know our triggers we can approach them more mindfully with tools (mental tools, not weapons…).

If we have a fear of going to the shops, for example, what can we do to soothe ourselves and teach our brain that there is nothing to be afraid of?

TRIGGERS

There are no right or wrong answers here, some triggers seem obvious like a place where a trauma happened.
Some might seem less obvious like a real hatred for the colour red.

Places

Smells

People

Activities

Anything else?

Remember, if any of this is triggering or you start to feel overwhelmed take a break. If you need to talk to someone have a look at the back of this book or your self care jugs for people you can call, or things you can do

> True healing occurs when I give myself permission to feel whatever feelings live below the triggers.
>
> Gabby Bernstein

CLIMBING YOUR LADDER

When trauma happens, it can feel like you've fallen right to the bottom of a dark, damp, smelly well. It feels like there's no way out. Everything that once felt easy might now feels like a chore worse than cleaning the litter tray. You might even start having new unhelpful feelings about who you are and your worth.

You might find that:
It's hard to trust people.
You think differently about yourself.
You've gone into your shell and stopped doing things you used to enjoy.
You have thoughts like, "What's the point?"

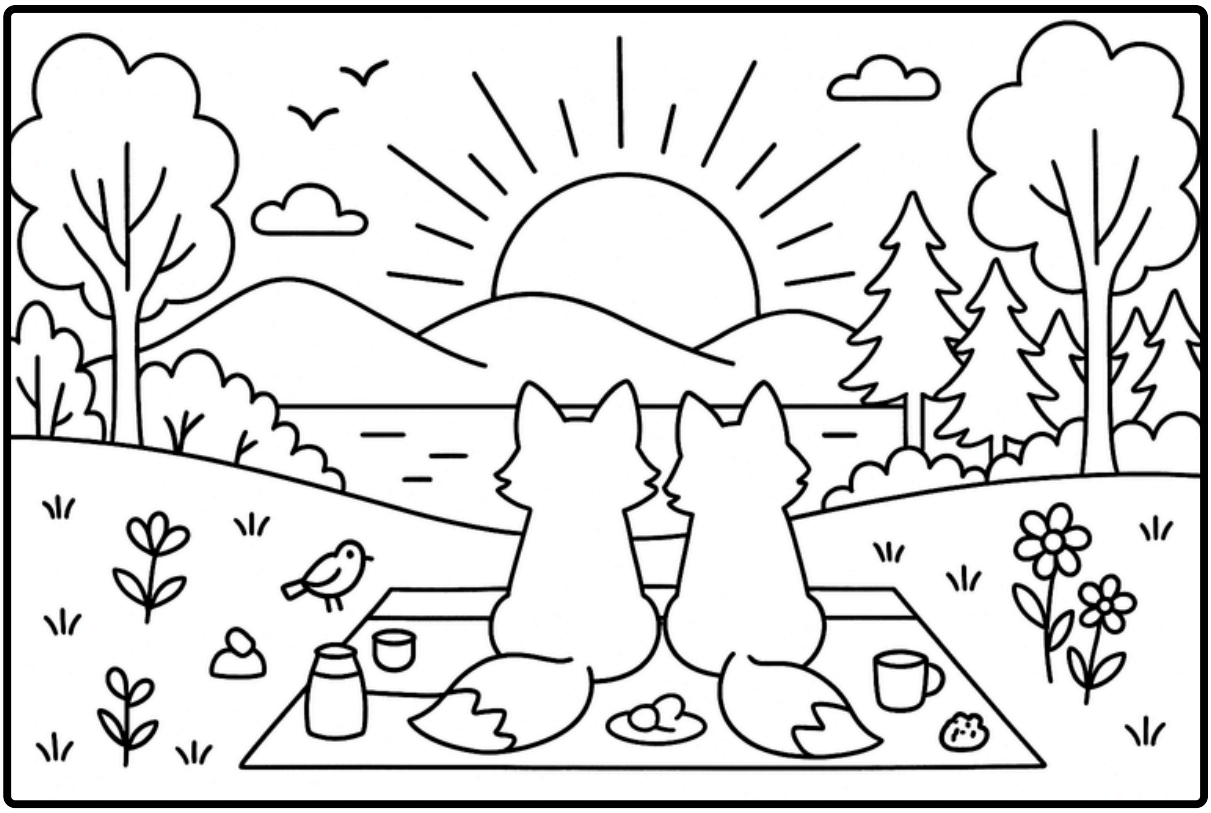
Trauma changes how we see the world, other people, and ourselves.
Healing is like building a ladder to climb back up out of the well step by step.
Sometimes, we build "distraction ladders" doing things that help us forget for a while, like staying busy, working too much, or using things like alcohol or self-harm to cope. These might give temporary relief, but they can be shaky ladders, the steps might rot or break, and you can find yourself back at the bottom again.

That doesn't mean you've failed, of course not.
It just means you're learning what holds and what doesn't.
Each time you rebuild, your ladder gets stronger. You start to add new, healthy steps like talking to someone you trust, journalling, grounding, setting boundaries, or resting, the things you put in your jugs earlier on in the workbook are likely to build good ladder steps.
It's not a straight climb. Sometimes you slip down a few steps, and that's okay. You've built those steps yourself, so you know how to climb back up again.
It's tiring (especially if you "missed leg day"!), but every step teaches your brain something new.

Every healthy action builds new neural pathways teaching yourself that you can be safe, even if that safety comes from within you.

You didn't deserve what happened.
It's painful, and it's hard.
But now, you get to rise like a phoenix (who uses ladder metaphors)
showing yourself how strong and resilient you can become.
You are learning life skills that will help you take care of you.
And you are the most important person in your story.

PART 3



WHAT YOU'LL LEARN



SAMARITANS 116123 OR TXT 'SHOUT' TO 85258

SAMARITANS 116123 OR TXT 'SHOUT' TO 85258

SELF-HARM AND SUICIDAL THOUGHTS

NOTE: Reading about self-harm and suicide may be triggering for you. Please make sure you have support available and only read this section if you feel up to it.

SELF-HARM

What does it mean

Some people think that this means cutting yourself,
and it can, but it can also mean,
Risky behaviours that could or do end in harm
Hitting yourself
Burning yourself
Pulling out your hair
Bruising yourself
Other ways of hurting yourself

What it doesn't mean

That you are strange
That you are attention seeking
That you want to kill yourself

Some people self-harm to feel something, anything.
Some people self-harm to release emotions.
Some people self-harm to punish themselves.
Whatever relief self-harm provides that relief is only temporary.

From what we learnt earlier, going through trauma is hard and exhausting, sometimes self-harm seems the only way.

We don't judge here, but we do try and help.
So let's look at some ways we can help ourselves when we want to self-harm.

ALTERNATIVES TO SELF HARM

You are already well equipped to know what your triggers might be and ways to calm your system through the previous activities.
Some of those might be helpful when thinking about self harm too.

Rubbing in the shower. Using shower gel etc for lubrication
This gives the same feeling of the 'burn; but less damage to the skin.

Below are some specific self harm alternatives

Putting an elastic band on your wrist and pinging it when you feel like harming.

If you are cutting, put the stuff you use in a box. On top of the box write the number of a helpline or a trusted person that you can call before you harm.
You can even tape up the edges so it makes it harder to reach the items you want to use.

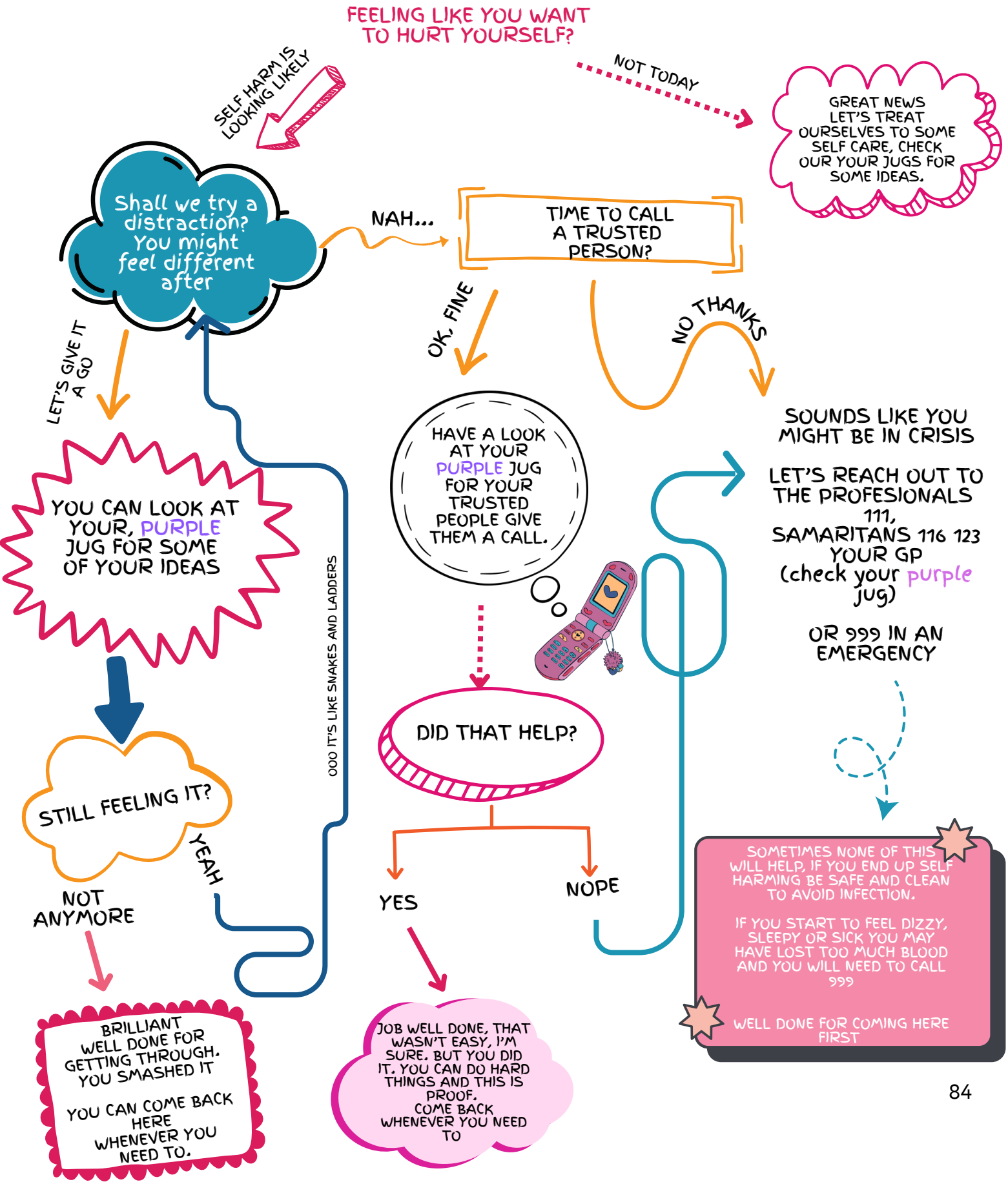
You can take some ice and squeeze it really hard in your hand. Or splash cold water on your face

Sometimes drawing on yourself with red pen can look like a cut, that can sometimes offer the same relief.

Put together a calmbox
Things that you like to look at and touch, photos of good memories, something you can do with your hands like slime or a fidget toy

SAMARITANS 116123 OR TXT 'SHOUT' TO 85258

SELF-HARM FLOW CHART



ENDORPHINS

When you're injured, the body produces endorphins (happy hormones), which help to stop physical pain, they also have a calming effect on the stress response.

Self-harm causes pain and the endorphin 'hit' then makes both the physical and the emotional pain feel better.

If you're in shutdown, out of your window of tolerance, the pain of self-harm cuts (sometimes literally) through the fog of numbness, and the endorphins give a sense of well being.

Unfortunately, these effects are only temporary.

SAMARITANS 116123 OR TXT 'SHOUT' TO 85258

IF YOU ARE HARMING

IF YOU ARE CURRENTLY SELF-HARMING, THESE STEPS REDUCE INFECTION RISK BUT WE ENCOURAGE YOU TO REACH OUT FOR SUPPORT BEFORE DOING SO

We recommend using clean things if you are cutting,
To make sure you don't get an infection.

This can look like using alcohol wipes on the area before cutting,
cleaning your items before and after using them.
Using antibacterial cream on the wound if safe to do so.

(For some common signs of infection to keep an eye out for have a look at page 87.)

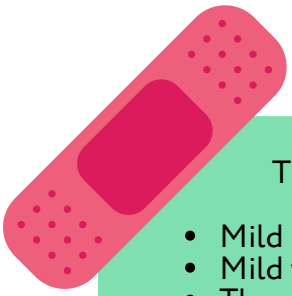
Never share your cutting things
blood-borne diseases like Hep C and AIDS are real and life long.

When you are ready to quit harming, it can help if
you tell someone so you can throw away
all of your things responsibly.

SEE PAGE 97 FOR MORE RESOURCES INCLUDING APPS TO HELP YOU

HOW TO SPOT INFECTION

IF YOU ARE SELF HARMING IT IS IMPORTANT
TO LOOK OUT FOR
SIGNS YOU MIGHT HAVE AN INFECTION

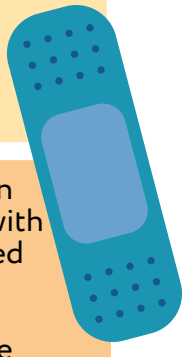


The body must start up its immune system to help with healing.
This means that **some mild signs are expected** while the wound heals:

- Mild redness or swelling around the wound
- Mild warmth over the wound, which reduces over time
- The wound produces fluid
- Mild pain or discomfort which is improving over time
- Some tingling or 'electric shock' sensations that reduce as the wound heals
- Antibiotics are not always required for wound healing unless there is evidence of an infection.

All of these things **increase the risk of an infection** in your wound:

- If the wound comes from a human or animal bite
- If there is dirt or debris in the wound
- If you are on medication that lowers your immune system (for example, arthritis medication)
- If you have a condition that lowers your immune system. Please talk to your doctor or nurse about your medical conditions
- If you have diabetes
- If you smoke or Vape
- If you have a poor diet



Symptoms of **mild infection**:

- Spreading redness
- Increased heat
- Increased swelling
- Increased or new pain
- Increased fluid leaking from wound

Mild infection can usually be treated with specially medicated dressings, but sometimes oral antibiotics may be needed.

In some cases, **infection can become more serious and progress into a condition called sepsis. This is an EMERGENCY and requires immediate treatment from your nearest A&E department.**
Signs of sepsis include:

- Change in mental state, like confusion or disorientation
- Diarrhoea (runny poo), feeling sick or being sick
- Slurred speech
- Severe muscle pain
- Severe breathlessness
- Urinating (weeing) less than normal. For example, not urinating for a day
- Loss of consciousness
- High temperature (fever) or low body temperature
- Cold, clammy and pale or mottled skin
- Fast heartbeat
- Fast breathing
- Chills and shivering
- Feeling dizzy or faint

If you think you have Sepsis Call 999 straight away

Taken from NHS

SAMARITANS 116123 OR TXT 'SHOUT' TO 85258

SUICIDE

SUICIDE MYTHS	SUICIDE FACTS
PEOPLE WHO ARE SUICIDAL ACTUALLY WANT TO DIE	SOMETIMES PEOPLE WHO WANT TO KILL THEMSELVES JUST WANT TO STOP FEELING THE WAY THEY DO AND WANT THE SITUATION THEY ARE IN TO STOP. WHILST THAT SOUNDS VERY SIMILAR TO SUICIDE, THE DIFFERENCE IS HUGE AND TALKING ABOUT IT CAN HELP SAVE SOMEONE'S LIFE.
TALKING ABOUT SUICIDE CAN GIVE SOMEONE THE IDEA TO DO IT	SUICIDE CAN BE A TABOO SUBJECT, OFTEN, PEOPLE WHO ARE FEELING SUICIDAL DON'T WANT TO WORRY OR BURDEN ANYONE SO THEY DONT TALK ABOUT IT. BY ASKING SOMEONE DIRECTLY ABOUT SUICIDE YOU ARE OPENING UP A CONVERSATION ABOUT IT. PEOPLE WHO HAVE FELT SUICIDAL WILL OFTEN SAY WHAT A HUGE RELIEF IT WAS TO TALK TO SOMEONE ABOUT IT. TALKING ABOUT IT CAN GIVE HELP THAT PERSON FIND DIFFERENT OPTIONS THAN SUICIDE.
YOU CAN'T ASK SOMEONE IF THEY ARE SUICIDAL	EVIDENCE SHOWS THAT IF YOU ASK SOMEONE IF THEY ARE SUICIDAL IT COULD PROTECT THEM. IT CAN GIVE THEM THE PERMISSION TO TALK ABOUT HOW THEY ARE FEELING AND REALISE THAT THEY AREN'T A BURDEN
YOU CAN ONLY CALL SAMARITANS WHEN YOU ARE SUICIDAL	THE SAMARITANS HELPLINE IS ALWAYS OPEN 116 123 FOR ANYONE THAT NEEDS TO TALK, SUICIDAL OR NOT

Suicide and Shame

If you've thought about or tried ending your life, you might feel guilty or ashamed. Family or friends might have made it worse by telling you you're selfish or just looking for attention.

The truth is when you're in emotional pain it's difficult to focus on anything else. It's not your fault and it's nothing to be ashamed of.

SOME INFORMATION GATHERED FROM SAMARITANS WEBSITE

SUICIDE

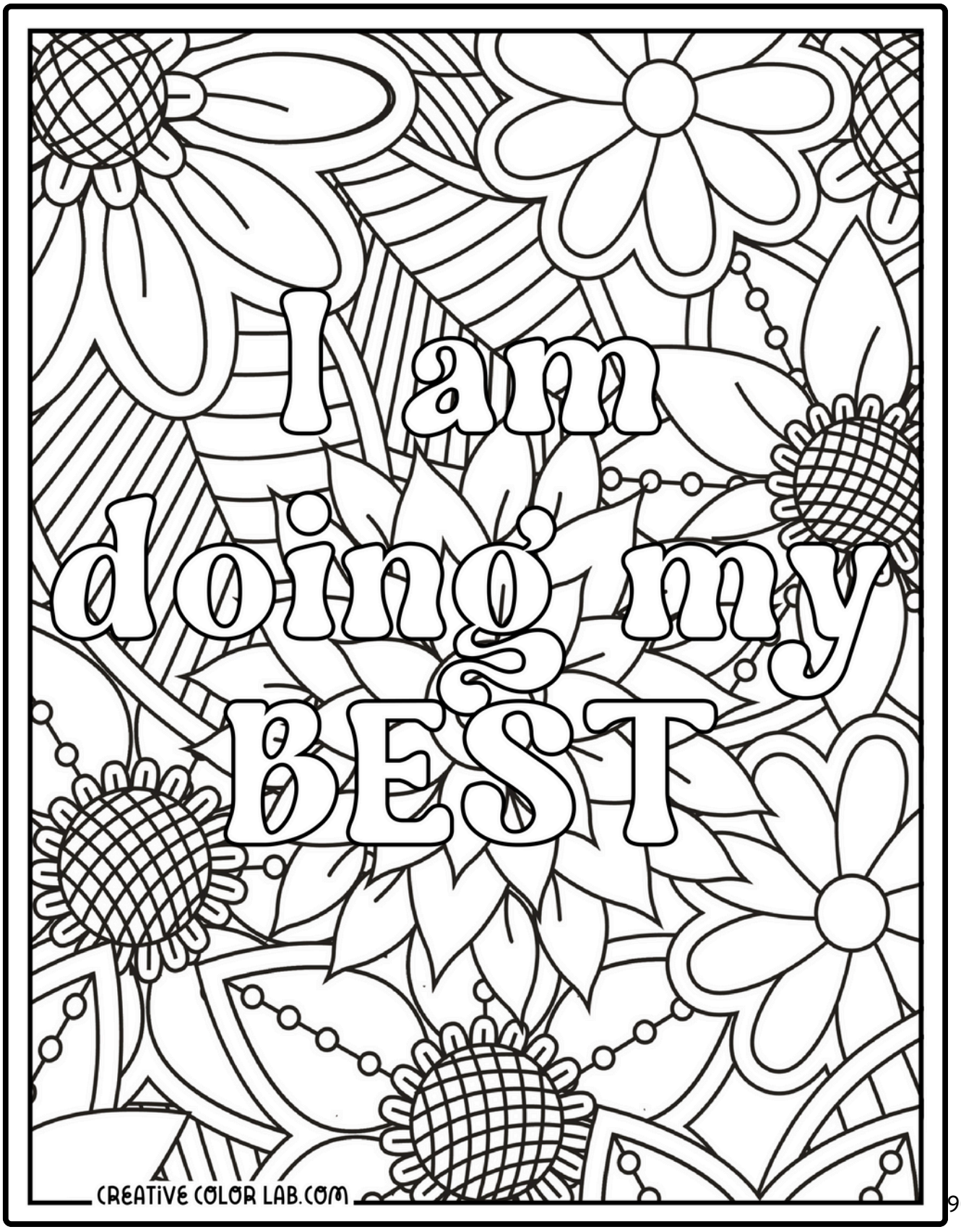
SUICIDE MYTHS	SUICIDE FACTS
PEOPLE WHO TALK ABOUT SUICIDE AREN'T SERIOUS AND WONT ACTUALLY DO IT	PEOPLE WHO DIE BY SUICIDE HAVE OFTEN TOLD SOMEONE THAT LIFE DOESN'T FEEL WORTH LIVING OR THAT THEY HAVE NO FUTURE. SOME PEOPLE MIGHT TALK ABOUT SUICIDE TO GET ATTENTION...BECAUSE THEY NEED HELP. IT'S IMPORTANT TO ALWAYS TAKE SOMEONE SERIOUSLY WHEN THEY TALK ABOUT SUICIDE. HELPING THEM GET THE SUPPORT THEY NEED COULD SAVE THEIR LIFE.
IF A PERSON IS SERIOUS ABOUT SUICIDE THERE IS NOTHING YOU CAN DO ABOUT IT	OFTEN, FEELING SUICIDAL IS TEMPORARY, EVEN IF SOMEONE IS FEELING LOW, ANXIOUS OR STRUGGLING TO COPE, GETTING THE RIGT SUPPORT AT THE RIGHT TIME IS SO IMPORTANT. IN A SITUATION WHERE SOMEONE IS FEELING SUICIDAL, BE PATIENT, STAY WITH THEM IF IT IS SAFE TO DO SO. IF YOU THINK IT IS AN EMERGENCY CALL 999.
YOU HAVE TO BE MENTALLY ILL TO THINK ABOUT SUICIDE	1 IN 4 PEOPLE HAVE THOUGHT ABOUT SUICIDE AT SOME TIME IN THEIR LIFE. NOT ALL PEOPLE WHO DIE BY SUICIDE HAVE MENTAL HEALTH PROBLEMS AT THE TIME THEY DIE. HOWEVER MANY PEOPLE WHO DIE BY SUICIDE HAVE STRUGGLED WITH THEIR MENTAL HEALTH TO A SERIOUS DEGREE. THIS MAY OR MAY NOT HAVE BEEN KNOWN BEFORE THE PERSON'S DEATH.
YOU CAN'T TELL WHEN SOMEONE IS FEELING SUICIDAL	SUICIDE IS COMPLEX AND HOW PEOPLE ACT WHEN THEY'RE STRUGGLING TO COPE IS DIFFERENT FOR EVERYONE. SOMETIMES THERE ARE SIGNS SOMEONE MIGHT BE GOING THROUGH A DIFFICULT TIME OR HAVING DIFFICULT THOUGHTS. FOR SOME PEOPLE, SEVERAL SIGNS MIGHT APPLY FOR OTHERS JUST ONE, TWO, OR NONE.

SAMARITANS 116123 OR TXT 'SHOUT' TO 85258

SOME INFORMATION GATHERED FROM SAMARITANS WEBSITE

THIS MIGHT BE A GOOD TIME TO TAKE A MINDFULNESS COLOURING BREAK

You don't have to colour neatly, stay inside the lines, or even finish.
This is just for you to rest your brain, slow your breath, and give your nervous system a break



"Listen, don't die,
There's nothing but darkness,
On the other side,
At least, over here,
You can see cool shit/stuff,
Like daisies and rainbows,
And bunny rabbits/belly button fluff"

- BK. Burley

SAMARITANS 116123 OR TXT 'SHOUT' TO 85258

PROTECTIVE FACTORS

Protective factors are things that keep us on this planet. Sometimes we have to remind ourselves what those things are.

Learning about things like grounding, mindfulness, the comfort zone, etc, can help you to cope with the feelings that might lead to thoughts of hurting yourself or to end your life. Just by doing this workbook you are equipping yourself with skills to stay safe!

COMMUNITIES I AM PART OF

Humans love connection, it is in our DNA. We like to feel like we are part of a group, accepted and safe.
Your community might be your place of worship, your school friends or your chess team. Community is something bigger than you, that involves other people.

THINGS I LOVE TO DO

Doing something creative or productive that has something you can see finished (or half finished if you are like me), like cleaning your room, doing the dishes, or a colouring page, can have a huge impact on your wellbeing.
You don't even have to be good at what you do!
Starting an activity or creative work is an act of faith that you will see the outcome.

PEOPLE I AM CONNECTED TO

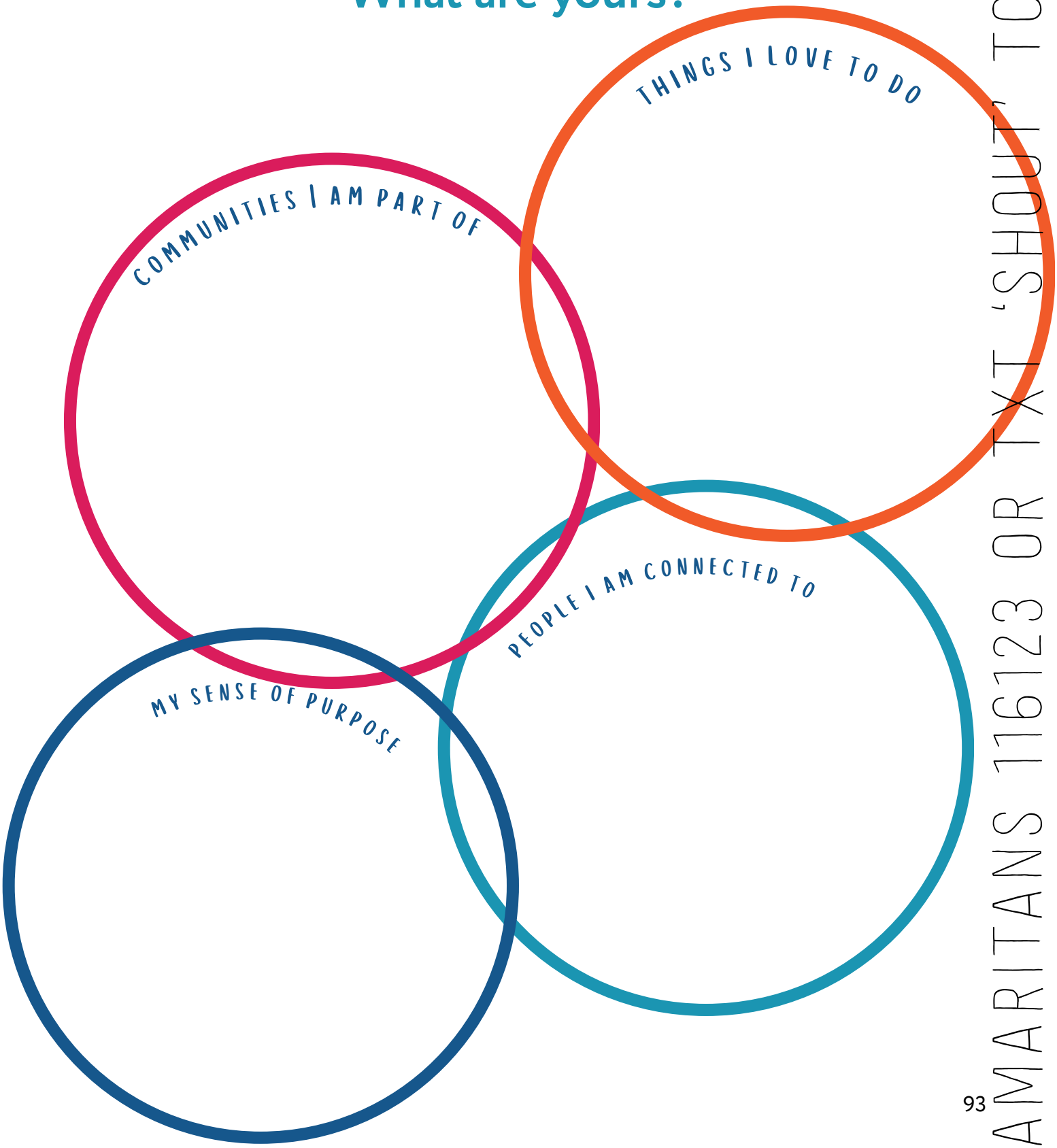
Even if you are an introvert! Loneliness can make the feelings that may lead to self-harm or suicidal thoughts much worse, so having people around you that you can talk to (even if it's not about your mental health or feelings) is really helpful.

MY SENSE OF PURPOSE

What is your sense of purpose? Are you someone's child? Are you a friend? Are you someone's sibling? Finding your sense of purpose can be tricky, but finding it or even a version of it can help you connect with life in a meaningful way.
Your purpose in life could be to read every book by a certain author, or be the best grandchild. Start small if it's hard.

PROTECTIVE FACTORS

What are yours?



SAMARITANS 116123 OR TXT 'SHOUT' TO 85258

NEEDS GARDEN

I don't think it's a secret that we all have basic needs to keep us alive:
Food for nourishment
Liquid for hydration
Sleep to energize
Movement to keep our bones and muscles healthy
And the sense of safety
But those things are to keep us alive
what do we need to LIVE?

We are all like an ecosystem, there will be days when everything is perfect, you nourished your soil, your plants were well taken care of, there will be other days that your soil is feeling a little dry and your flowers are wilting.

A fun (IMO) way to look at this is to imagine your needs as a garden.

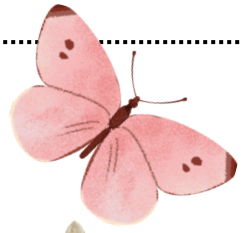
The soil, which most plants need, is your basic needs.
That soil thrives when you are sleeping well, eating and drinking healthily, getting enough exercise and in a safe environment.



When we don't take care of the soil the flowers wilt.
Your flowers are what is important to you. The things that you enjoy doing or perhaps 'have' to do to eventually do what you want to do like school for example, it is necessary if you want a particular job or pay check, it also helps with social skills, time management and independence.
This part could also be basic, like hygiene and meditation..



The soil is your basic needs, things that are needed for survival. It's hard for your flowers to thrive if your soil isn't nourished with sleep, food, exercise and safety.



The butterfly isn't just for show, butterflies are able to cross-polinate, (move one thing to another). They can sprinkle some hobby pollen onto your healing flower for example. They can also help grow new flowers, they might plant a period plant once a month. They are your little garden helpers.



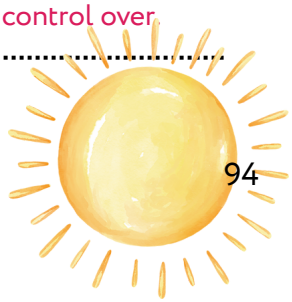
The Bees represent your social need. Bees are social beings. Introvert or Extrovert we all need some social interaction every so often. Our gardens need the bees to stay healthy.





Your environment is who you surround yourself with, The media you watch and your actual space. Your rain is likely to feed your garden if you are watching positive content on socials, surrounding yourself with trusted loved ones and making sure your environment works for you, even if that change is a fidget toy to make you feel calm in environments you have no control over.

Play is so important. It doesn't have to be make believe play with Barbies or doll houses, but it also could be. Tapping into your playful side really helps your garden flourish. It's how we explore, express, and connect without pressure or fear. Play is the opposite of survival mode; it's the mind and body's way of saying, "I'm safe enough to be curious again."



NEEDS GARDEN

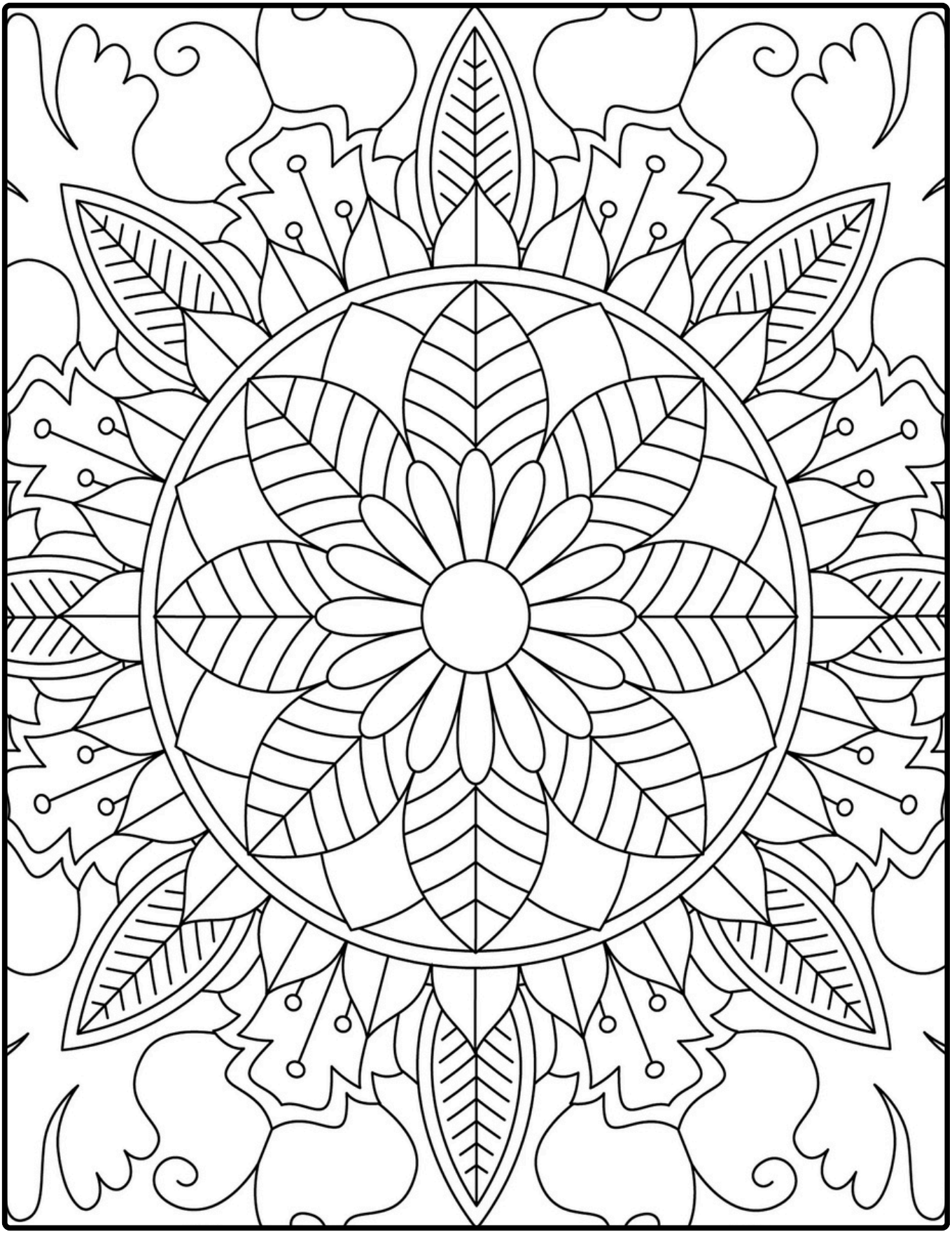


This is your needs garden, fill in the flowers with what is important to you. This could be family, school, friends. hobbies.

You can add more flowers or only fill in one.

THIS MIGHT BE A GOOD TIME TO TAKE A MINDFULNESS COLOURING BREAK

You don't have to colour neatly, stay inside the lines, or even finish. This is just for you—to rest your brain, slow your breath, and give your nervous system a break



CONCLUSION

When we think of self-harm or suicide distractions are your friend.

The option is always available to you later. By then you might feel differently.

Give distractions a go.

By now we have added some great stuff to our self care jugs.

We have our Purple jug for when things get rough, and our protective factors to lean on.

Thoughts about self-harm and suicide can get stronger the more you think about them.

Distractions give you time to think about something else.

Drugs and Alcohol might seem like a good numbing choice however, they can also make self-harm and suicide more appealing, it's best whilst you are not feeling 100% to lay off the booze and the drugs.

YOU ARE NOT ALONE.

SAMARITANS 116123 OR TXT 'SHOUT' TO 85258

RESOURCES

1

RAPE CRISIS ENGLAND WALES HELPLINE

You can find information about a range of issues on RCEW's website https://rapecrisis.org.uk/get-help/tools-for-victims-and-survivors/

2

SHOUT

Shout is a free, confidential, anonymous text support service. You can text them from wherever you are in the UK on 85258.

3

SELF-INJURY SUPPORT

Support for girls and women affected by self-harm. Email tessmail@selfinjurysupport.org.uk any time. Or you can call 0808 800 8088, text 07537 432444, or use webchat (www.selfinjurysupport.org.uk) Tues through Thurs 7 – 9.30pm.

4

SAMARITANS

You can get in touch about anything that's troubling you, no matter how large or small the issue feels. Call on 116 123.

5

HARMLESS SELF-HARM RESOURCES

Find a range of information about Self-harm and suicide prevention on http://www.harmless.org.uk/

6

PAPYRUS

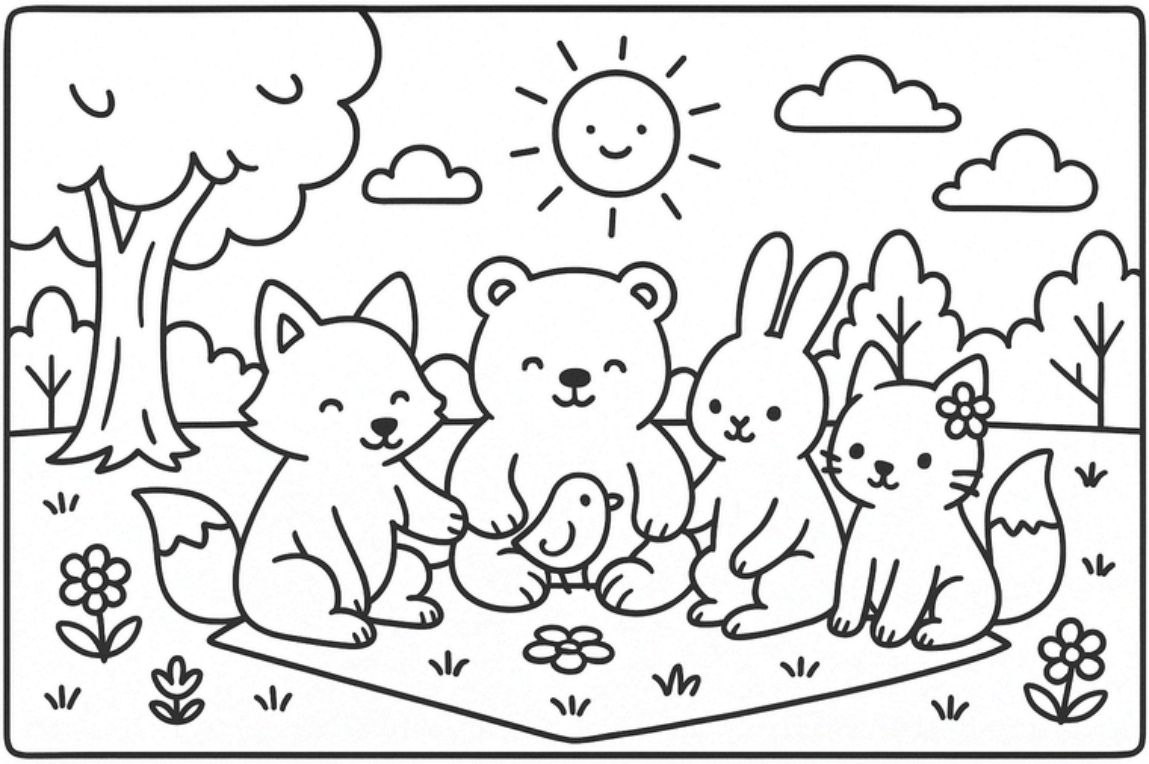
Confidential support for under-35s at risk of suicide and others who are concerned about them. Open 24 hours, 7 days a week. Helpline: 0800 068 41 41,
Text: 07860039967, Email: pat@papyrus-uk.org

7

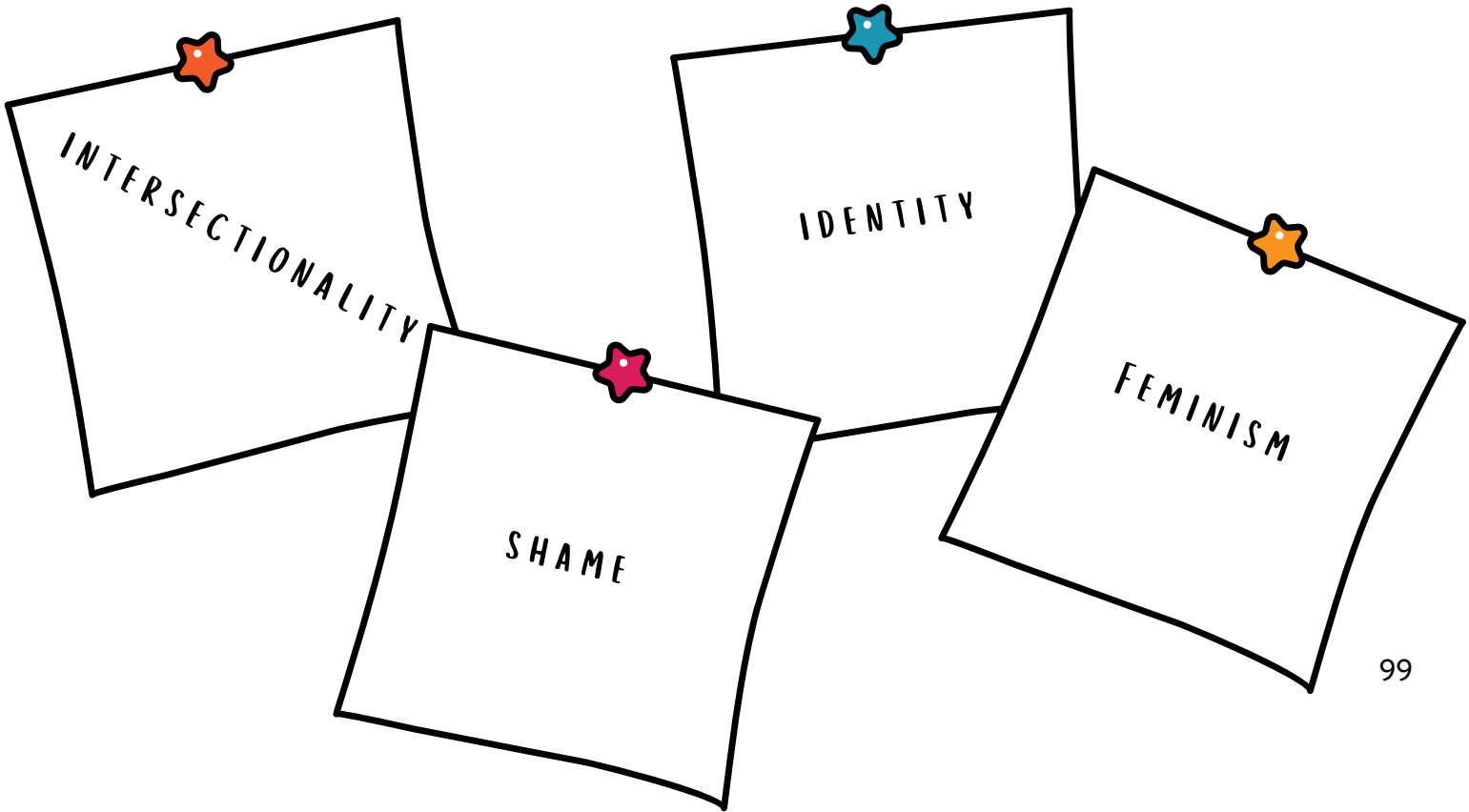
CALM HARM APP

Free app that helps you manage or resist the urge to self-harm. Download here: www.calmharm.stem4.org.uk/

PART 4



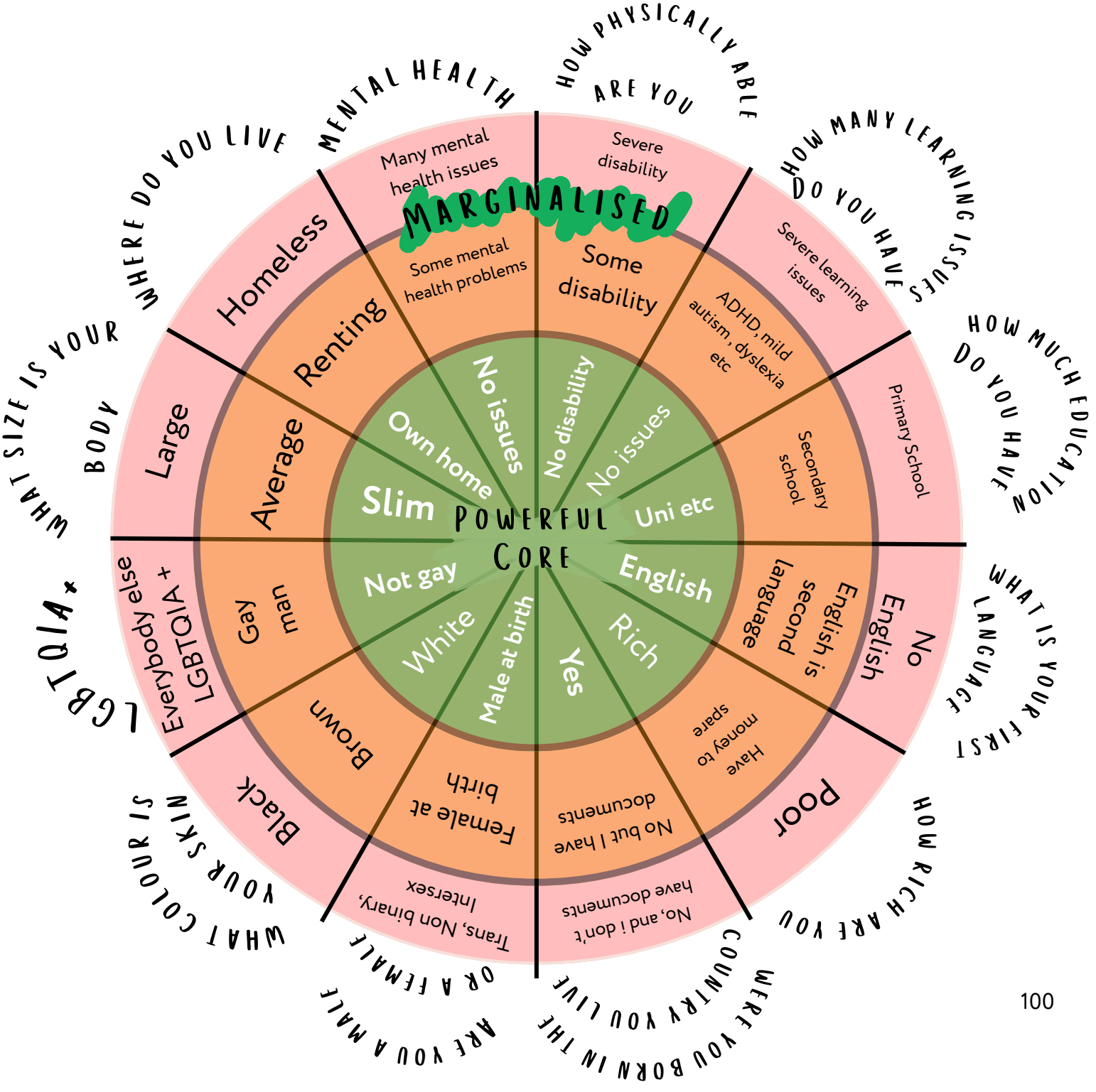
WHAT YOU'LL LEARN



POWER WHEEL

DEALING WITH TRAUMA LOOKS DIFFERENT FOR EVERYONE, IT ALSO CAN COME WITH SOME BARRIERS OR PRIVILEGES DEPENDING ON YOUR INTERSECTIONALITY

LEARNING ABOUT YOUR INTERSECTIONALITY CAN HELP YOU UNDERSTAND HOW THE WORLD SEES YOU. THIS CAN AFFECT HOW YOU SEE YOURSELF AND YOUR HEALING. WHEN WE START THINKING ABOUT INTERSECTIONALITY WE CAN HEAL SOME OF OURSELVES AND ACCEPT PARTS OF OURSELF WE MAY NOT HAVE THOUGHT ABOUT UNTIL NOW.



TRUE OR FALSE

"You can be proud of all the parts of who you are."

True

100%. Your race, gender, neurodivergence, sexuality, culture, and story — they all matter and make you you. Intersectionality reminds us that none of those parts should be left out.

"Talking about intersectionality is just making things more complicated."

False

It helps us understand people more fully. No one is just one thing — and everyone deserves to be seen as a whole person

"If someone is struggling at school, it's probably just because they're lazy or not trying hard enough."

False

A student might be masking autism, dealing with racism, or managing anxiety around being closeted. Intersectionality reminds us to look beyond the surface.

"A disabled white person and a disabled Black person will have the exact same experience."

False

Both may face ableism, but the Black person might also face racism — including in how their disability is seen, diagnosed, or responded to.

"People's identities don't affect how they're treated in places like school or healthcare."

False

Racism, homophobia, ableism, and transphobia still show up in schools, hospitals, and society. Intersectionality helps us name and challenge that.

"Neurodivergent people can also be LGBTQIA+ or people of colour."

True

Intersectionality means people can hold many identities at once. For example, someone can be autistic, queer, and South Asian and all of these parts matter in how they're treated.

"Everyone's experience of being queer is the same."

False

A gay white teen might feel safe coming out at school, while a queer Muslim teen might fear rejection or even danger at home. Intersectionality helps us see those different layers.

"If someone is part of more than one minority group, they might face more barriers than someone who is only part of one."

True

That's the heart of intersectionality — it shows how identities overlap, and how that can increase challenges and impact mental health.

We all experience the world in different ways depending on who we are. Being a trauma survivor, some of us are also queer, trans, autistic, Black or Brown, disabled, or part of a religion or culture that people don't always understand. Some of us might have more privilege in certain areas, and less in others.

Having privilege may not feel like you're getting special treatment, it often means that you aren't discriminated against for that characteristic (for instance being white) because you fit in.

Including intersectionality in this workbook helps us understand ourselves.
It helps us be kinder to others.
And it reminds us that healing and life is about everyone not just the loudest or most privileged

You belong here, every part of you.

THIS MIGHT BE A GOOD TIME TO TAKE A MINDFULNESS COLOURING BREAK

You don't have to colour neatly, stay inside the lines, or even finish. This is just for you, to rest your brain, slow your breath, and give your nervous system a break



EXAMPLES OF HOW INTERSECTIONALITY CAN AFFECT A TRAUMA SURVIVOR

Sam (they/them) – Queer, Nonbinary, Autistic

Sam is non-binary and autistic. After they were assaulted by someone they trusted, they tried to explain it to a teacher, but were misunderstood and told to "calm down." Sam often shuts down in noisy or overwhelming environments, and struggles to talk about what happened.

Their trauma recovery is shaped by their sensory needs, their gender identity, and not always being believed because they don't react the way people expect.

Amina (she/her) – Black, Muslim, Cis Girl

Amina experienced sexual abuse from someone in her extended family. She's scared to tell anyone because she knows people already judge her culture unfairly. She's also worried her community won't believe her, or will blame her for speaking out.

Her pain is made heavier by racism, cultural expectations, and being a girl in a society that often silences Black survivors.

Riley (he/him) – White, Working-Class, Neurodivergent, Cis-Male

Riley was touched inappropriately by an older teen at a party, but when he told someone, they laughed it off. Because he's ADHD and known for "being loud," no one took him seriously. At school, he's labelled a troublemaker, so he stopped asking for help.

Riley's trauma is dismissed because of stereotypes about boys, class, and neurodivergence.

EXAMPLES OF HOW INTERSECTIONALITY CAN AFFECT A TRAUMA SURVIVOR

Jas (she/her) – South Asian, Bisexual, Closeted

Jas was groomed online by someone who pretended to understand her. She didn't tell anyone, because she was scared of being outed. At home, her family doesn't talk about sex and at school, no one talks about queer survivors.
Jas is left holding the trauma alone silenced by fear, culture, and invisibility.

Casey (she/they) – Disabled, Trans, White

Casey was sexually assaulted during a hospital stay. Because they're disabled and trans, they fear no one will believe them. When they tried to report it, the focus was on their gender and body not on their safety.
Casey's healing is shaped by medical ableism, transphobia, and people seeing them as "too complicated" to support.

Liv (she/her) – White, Middle-Class, Cis, Straight

Liv was sexually assaulted by a friend of the family. Her parents believed her straight away and paid for her to see a private counsellor. At school, teachers offered extra support, and no one questioned what she was wearing or doing.
Liv's trauma is real and so is the fact that being white, straight, middle-class, and visibly "respectable" meant she was more likely to be believed and supported.

If you've had support others didn't get, that's not something to feel guilty about. It's something you can notice and use to stand up for people who didn't.

TAKE A PEBBLE FOR A WALK

Put a pebble on the page, take your pen and push it around drawing as you go. This can be quite frustrating, but it can also be a lot of fun.



I would go on to learn that African American women, like other women of colour, like socially marginalised people all over the world were facing all kinds of dilemmas and challenges as a consequence of intersectionality, intersections of race and gender, of hetereosexism, transphobia, xenophobia, ableism, all of these social dynamics come together and create challenges that are sometimes quite unique.



-Kimberlé Crenshaw

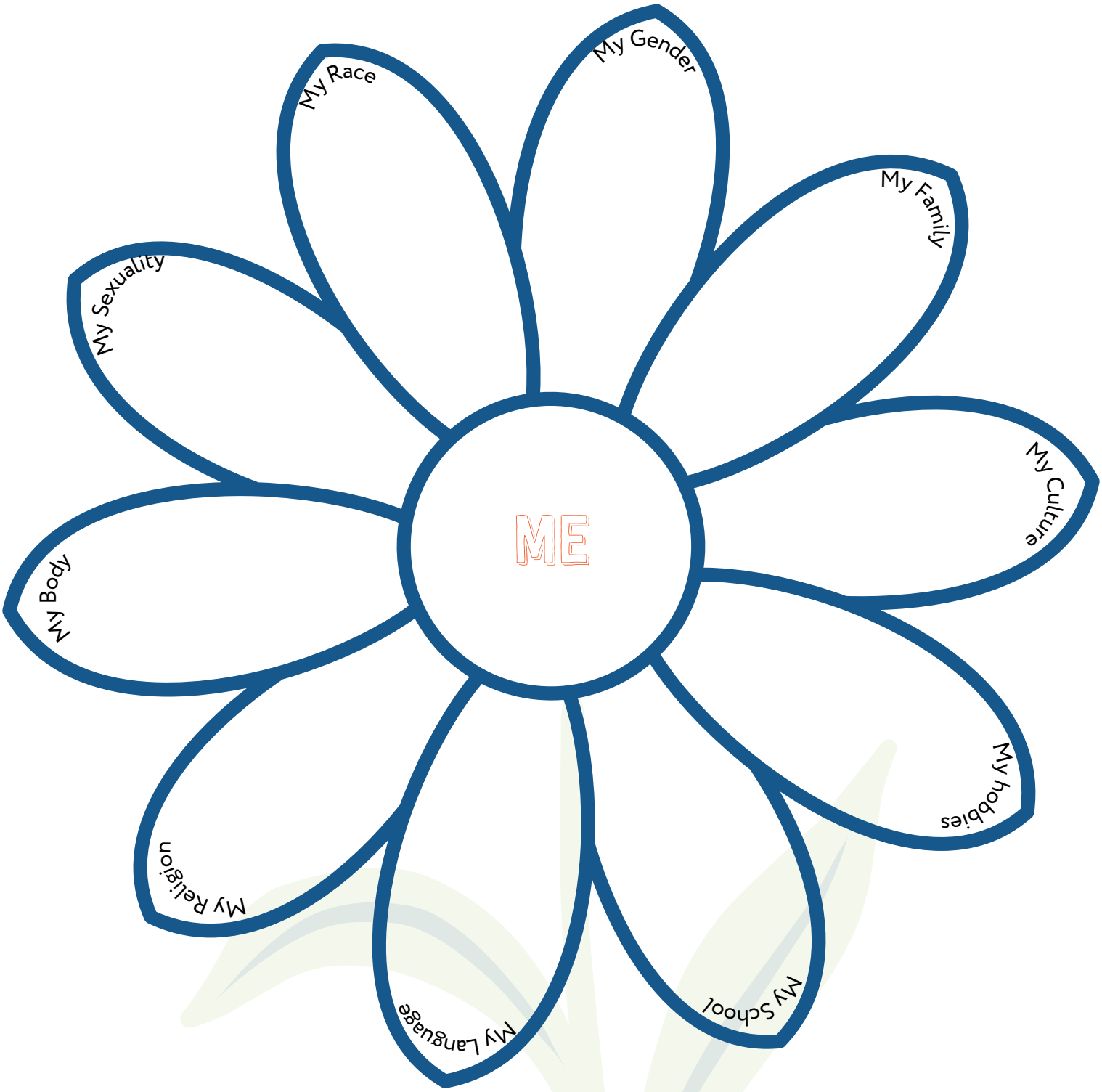
QUESTIONNAIRE

- ◯ You've never worried about being misgendered in public
- ◯ Your race isn't questioned or stereotyped in your school or community
- ◯ Your family accepts your gender and/or sexuality
- ◯ You've always had access to period products when you needed them
- ◯ You've never had to hide a part of who you are to stay safe
- ◯ You've had support from adults who believed you
- ◯ You can get to therapy or support without needing to explain your identity
- ◯ You've never been told your trauma was "your fault" because of how you looked or dressed
- ◯ You can physically access most buildings without needing help
- ◯ You speak the same language as most people around you
- ◯ You don't need to translate for your family
- ◯ You feel represented in the books, shows, or media you like
- ◯ You've never worried about how racism, ableism, homophobia, or transphobia might affect your safety
- ◯ You've never skipped meals or worried about money at home
- ◯ You've never had to "mask" your personality or tone things down to be accepted

Add up your score.

This number doesn't define you it just shows some of the ways the world might treat you with more ease (or not).
If your score is low, it doesn't mean you're "less than."
If your score is high, it doesn't mean your life is easy or that your pain doesn't matter.
What matters is noticing the differences and using what we learn to support each other.
It's also a good idea not the assume that people are bothered by their score.
Some people are already happy with who they are regardless of any of the above.

I AM PROUD OF ME



MY PERSONAL RIGHTS

1. I have the right to ask for what I want.
2. I have the right to say no to requests or demands I can't meet.
3. I have the right to express all my feelings, positive and negative.
4. I have the right to change my mind.
5. I have the right to make mistakes and do not have to be perfect.
6. I have the right to follow my own values and beliefs.
7. I have the right to say no to anything if I feel I am not ready, if it conflicts with my values, or if it is unsafe.
8. I have the right to determine my own priorities.
9. I have the right not to be responsible for the actions, feelings, or behaviours of others.
10. I have the right to expect honesty from others.
11. I have the right to be angry at someone I love.
12. I have the right to be myself, to be unique.
13. I have the right to express fear.
14. I have the right to say I don't know.
15. I have the right not to give excuses or reasons for my behaviour.
16. I have the right to make decisions based on my feelings.
17. I have the right to my own personal space and time.
18. I have the right to be playful.
19. I have the right to be healthy.
20. I have the right to feel safe and to be in a non-abusive environment.
21. I have the right to make friends and be comfortable around people.
22. I have the right to change and grow.
23. I have the right to have my wants and needs respected by others.
24. I have the right to be treated with dignity and respect.
25. I have the right to be happy.



If you are not familiar with your personal rights then take the time to read this daily until you are aware of your rights and begin to assert them. And remember...everyone else has these rights too!

From: Therapist's Guide to Clinical Intervention, Sharon L. Johnson, Academic Press, 2004

SHAME VS GUILT

Guilt says: 'I made a mistake'.
Shame says: 'I am a mistake'.
You are not a mistake. Ever.

Guilt = "I did something wrong."

"I said something mean to my friend and I feel bad."

"I hurt someone and I want to make it right."

"I lied, and that's not who I want to be."

"I interrupted someone and I feel bad — I didn't mean to."

"I forgot to reply again, and I know that might've hurt them."

"I masked so hard I snapped at someone."

Guilt is about your actions, it means you care.
These feelings can help you reflect and grow.

Shame = "There's something wrong with me."

"I was assaulted, and now I feel dirty."

"Everyone would leave if they knew the real me."

"I cry too much, I'm too much, I mess everything up."

"Why can't I be normal like everyone else?"

"I always say the wrong thing, I'm so annoying."

"I stim or move weird, and people probably think I'm a freak."

Shame is about your identity and it's a liar.

SHAME GREMLINS

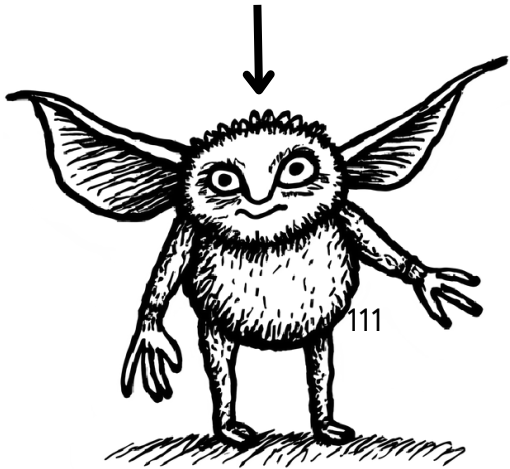
Brené Brown is basically a **SHAME DOCTOR.**
She's done loads of research on how shame messes with us and how it can make life feel really **RUBBISH.**
We talked earlier about how connection is super important for humans.
We literally **NEED** it to survive.
Shame shows up when we feel like we don't **BELONG.**
When we think something about us makes us
"too weird," "too much," or "not enough."

It creeps in when we feel like we've lost connection or
like we don't deserve it anymore.
And shame doesn't just hurt it silences us.

WHEN SHAME SHOWS UP
WE CALL THEM SHAME GREMLINS.



This thing might
haunt me in
my dreams



In Brené Brown's work, "shame gremlins" are those toxic, sneaky thoughts that crawl into our heads and whisper lies when we feel most vulnerable. For survivors of sexual trauma these gremlins often SHOUT, they are mean, and convincing.

Common Shame Gremlins After Sexual Trauma

"You didn't say no loud enough"

"You should've fought back"

"It was your fault."

"You were wearing something revealing"

"You are too much"

"You have shamed your family"

"You had an orgasm"

"They're more popular / older / trusted"

"No one will believe you"

"You fancied him, so it doesn't count"

"You don't have proof"

"You froze, why didn't you do anything?"

"You deserved it"

"You should've known better"

"If you say something your family will disown you"

"You let them in"



They are growing on me

THIS IS A TOUGH READ. CHECK IN WITH YOUR JUGS IF YOU START FEELING OVERWHELMED.

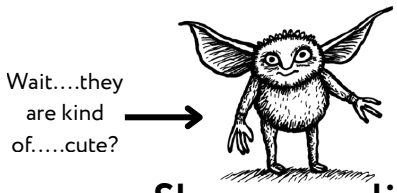
💬 Reminder:
Shame gremlins grow in silence.
The minute you speak them out loud or write them down, they shrink.

SHAME GREMLINS

Sometimes it's hard to see through the fog of shame.

We are going to try and show some compassion to ourselves and slay those shame gremlins with vulnerability and kindness.
We deserve compassion because it wasn't our faults!
Follow on from the example below.

You can add your own or take one of the common shame gremlins from above, if you find it difficult think what you would say to someone you care about if it was their shame gremlins.
You could get a trusted person to help you fill this in



Shame gremlin

'You froze you should have fought back!'



Compassionate response

'I didn't fight back because I didn't have a choice in my trauma response.'



Final Truth

'Just because I froze, doesn't make my experience any less valid. I am worthy of healing, my body was protecting me'.

SHAME GREMLINS



Shame gremlin

Compassionate response

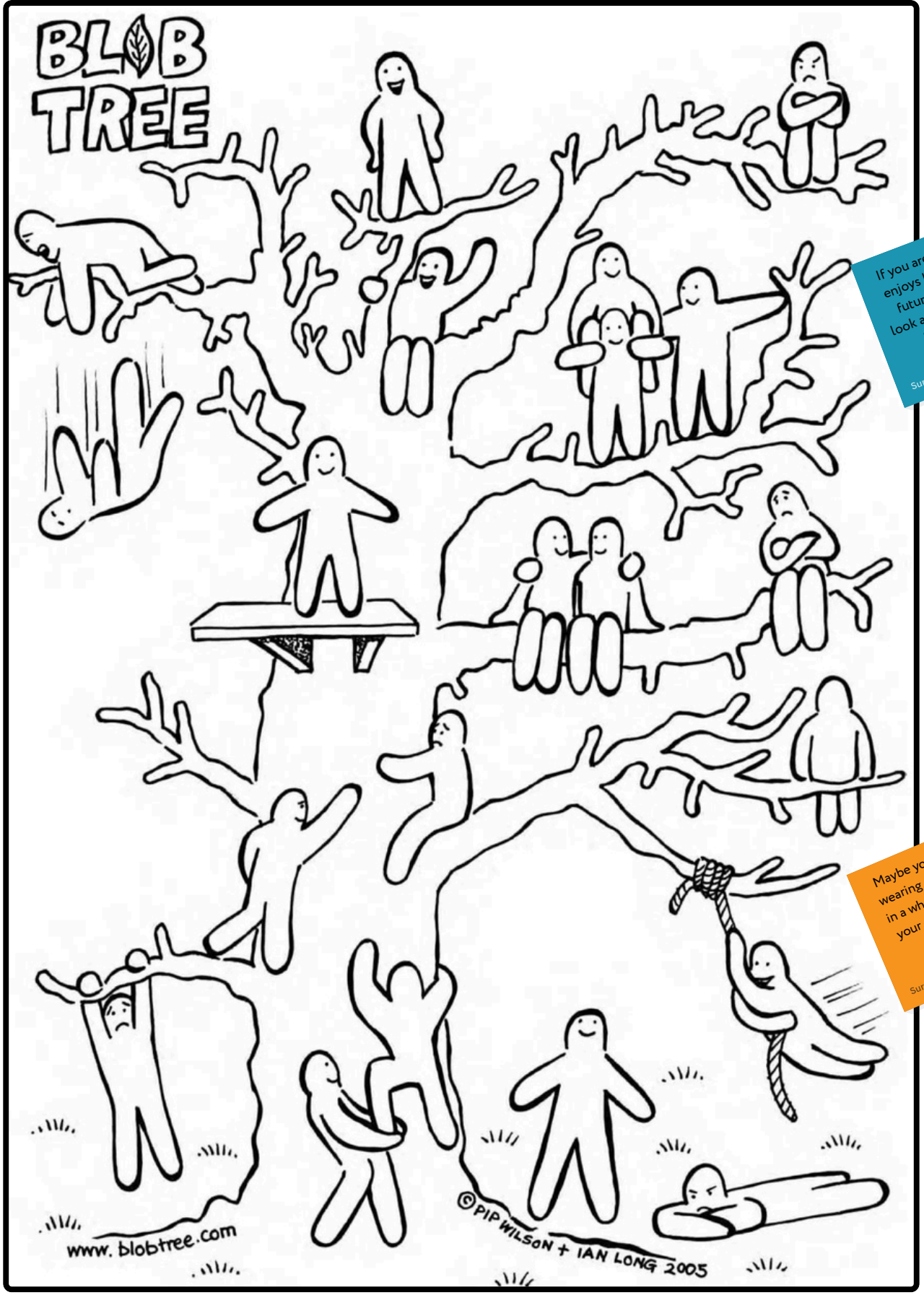
Final Truth



Shame gremlin

Compassionate response

Final Truth



If you are a person who enjoys looking into the future, maybe have a look at who you aspire to be in the future

Survivor Space

Maybe your blob is wearing a hijab or is in a wheelchair, add your own identity.

Survivor Space

This blob tree is a great way to try and map how you are feeling.

You can start by choosing a person who best represents how you feel now in your life. There is no right or wrong here, if you are a blob just hanging in, there is no shame in that, you matter.

A fun extra activity is colouring in the people using the emotions wheel we put together earlier.

What do you think everyone is feeling?

The interesting part is not everyone has the same answers so give it a go.



Every woman's success should be an inspiration to another. We're strongest when we cheer each other on.



– Serena Williams

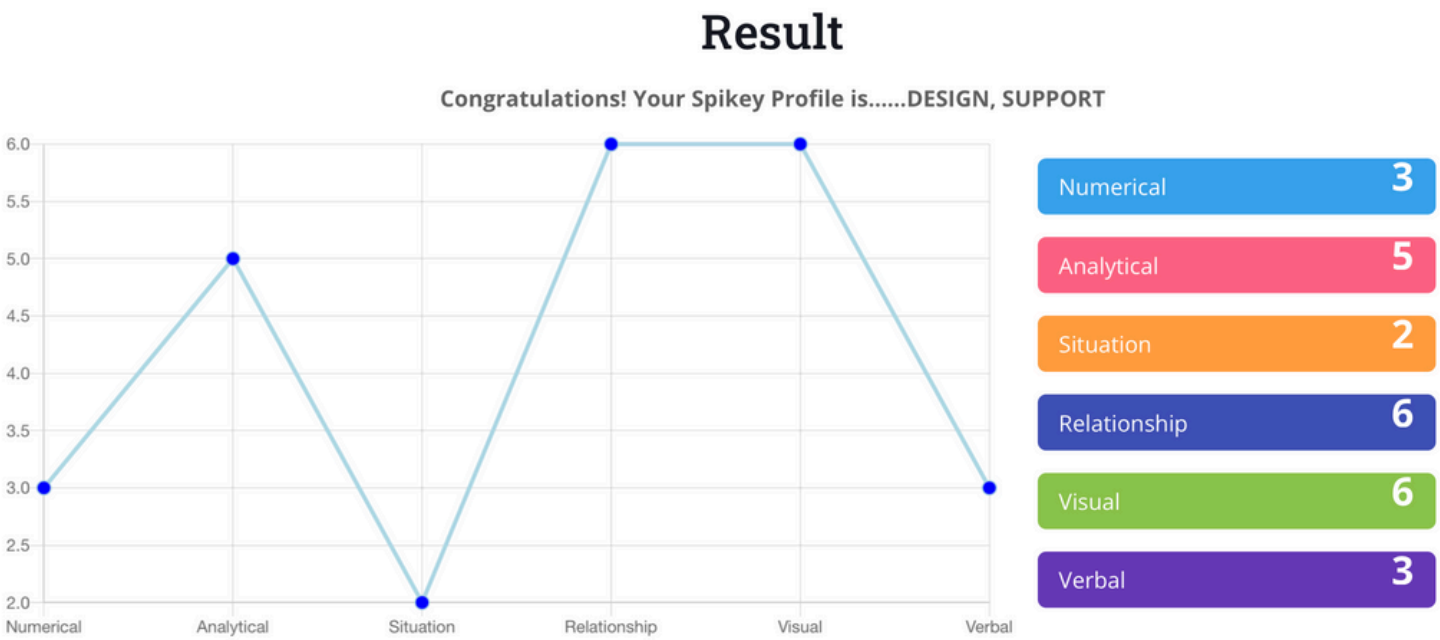
SPIKEY PROFILES

Being Neurodivergent can **feel** overwhelming and limiting.

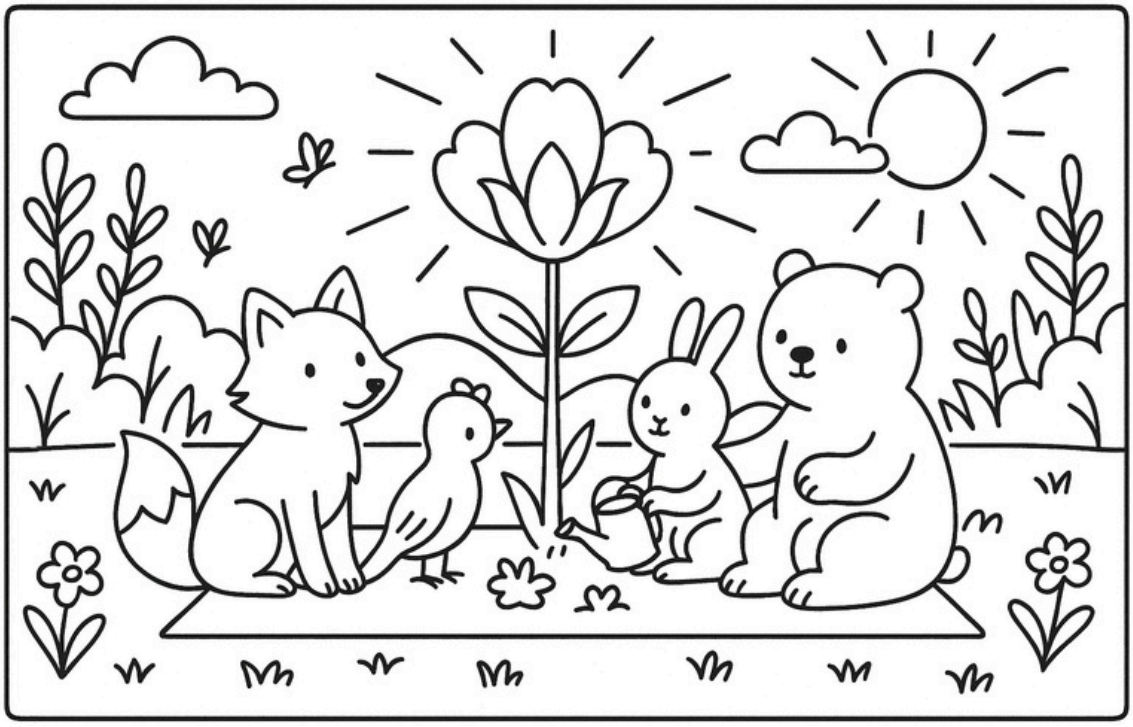
The great minds over at 'exceptional individuals' have put together a quiz that determines your 'spikey profile'. It lets you know where your neurodivergent super powers lie and what a good career could be for you.

Mostly, it's a bit of fun.

from a Desktop PC or Laptop go to
www.exceptionalindividuals.com



FEMINISM



WHAT YOU'LL LEARN

"What's the greatest lesson a woman should learn? That since day one, she's already had everything she needs within herself. It's the world that convinced her she did not."

- Rupi Kaur

WHAT IS FEMINISM?

Feminism fights for equality.

History of inequality: For a long time, women and girls were denied basic rights like voting, owning property, working certain jobs, or getting an education. Feminism fought (and still fights) to change this.

Everyday life: Feminism challenges issues like unequal pay, gender stereotypes, harassment, and violence against women and girls.

Inclusivity: Modern feminism recognises that sexism doesn't affect everyone in the same way. Other parts of someone's identity—like race, disability, class, or sexuality—can add extra layers of inequality. This is called intersectionality.

What feminism looks like today

Standing up against sexist jokes or stereotypes.

Supporting equal opportunities in school, work, and sports.

Challenging beauty standards that say how people "should" look.

Campaigning for safer streets, workplaces, and relationships.

Listening to and amplifying voices from all genders and backgrounds.

Why it's important for survivors

For survivors of trauma, feminism can be a source of empowerment.
It recognises that many harms happen in a society where power is unfairly divided, and it works toward changing those systems.

Feminism says: your voice matters, your body belongs to you, and you have the right to safety and respect.

Three of these statements are false.

Can you guess which ones?

"FEMINISM IS ABOUT WOMEN BEING BETTER THAN MEN"

"ONLY WOMEN CAN BE FEMINISTS"

"FEMINISM HAS HELPED WOMEN GAIN RIGHTS LIKE VOTING, GOING TO SCHOOL AND WORKING DIFFERENT JOBS"

"FEMINISM SAYS ALL GENDERS DESERVE EQUAL RIGHTS AND RESPECT"

"FEMINISM ISN'T IMPORTANT ANYMORE WE DONT NEED IT NOW"

"FEMINISM SUPPORTS THE IDEA THAT EVERYONE SHOULD HAVE THE FREEDOM TO MAKE CHOICES ABOUT THEIR OWN BODY"

"FEMINISM RECOGNISES THAT PEOPLE CAN FACE LOTS OF DIFFERENT KINDS OF DISCRIMINATION. BECAUSE OF RACE, SEXUALITY, DISABILITY ETC"

"FEMINISM INCLUDES FIGHTING AGAINST GENDER STEREOTYPES LIKE 'BOYS DONT CRY' 'WOMEN SHOULD BE IN THE KITCHEN'"

QUOTES ON EQUALITY

"Feminism isn't about making women strong. Women are already strong. It's about changing the way the world perceives that strength."
– G.D. Anderson.

"I'm over trying to find the 'adorable' way to state my opinion and still be likeable. Fuck that. I don't think I've ever worked for a man in charge who spent time contemplating what angle he should use to have his voice heard."
– Jennifer Lawrence.

"I do not wish women to have power over men;
but over themselves."
– Mary Shelley.

"Wouldn't it be nice if Black girls weren't inundated with negative, sexist comments about Black women? If they were told instead of the many important things that we've achieved? … Black women, too often in the shadows of such accomplishments, actually powered the civil rights movement."
– Megan Thee Stallion.

"It is absolutely men's responsibility to fight sexism too. And as spouses and partners and boyfriends, we need to work hard and be deliberate about creating truly equal relationships."
– Barack Obama.

"The idea of being a feminist – so many women have come to this idea of it being anti-male and not able to connect with the opposite sex – but what feminism is about is equality and human rights."
– Lena Dunham.

"Let go of who you think you're supposed to be; embrace who you are."
— Brené Brown.

"Being a human is hard work, but it's easier to carry that load together. Keep showing up and extending grace for yourself and others."—Mx.

"There's power in being seen. By living authentically and fully as ourselves, we're also ensuring that those who need to see someone like us, can." — Andy Duran.



FEMINISM TODAY



There are lots of women and men who have fought for equality. Some you may know and some you may not.

Take some time to find out about what these people are doing for equality today (You can google their names).

This bit is your feminist homework, write down what these people are doing for human rights.

On your metaphorical travels, note down some other people who you are inspired by that are doing their bit for equality.

Dr Denis Mukwege

Eve Ensler (now known as V)

Haben Girma

Alicia Garza, Patrisse Cullors & Opal Tometi

Tarana Burke

BODY POSITIVITY

We live in a world that often tells us our bodies need to look a certain way to be loved or accepted.

The beauty industry make **BILLIONS** of pounds off of people not loving their body because it doesn't look like it **"SHOULD"**.

But your body is a living, feeling, powerful part of you. It is not there to be looked at, studied or commented on.

It's Yours.

Florence Given reminds us that: **"When you stop performing your body for others, you start living it for yourself."**

Body positivity means reclaiming your body from the gaze of others and learning to see it with kindness, pride, and gratitude.

Fill the next page with images and quotes that scream to YOU that your body is a badass.

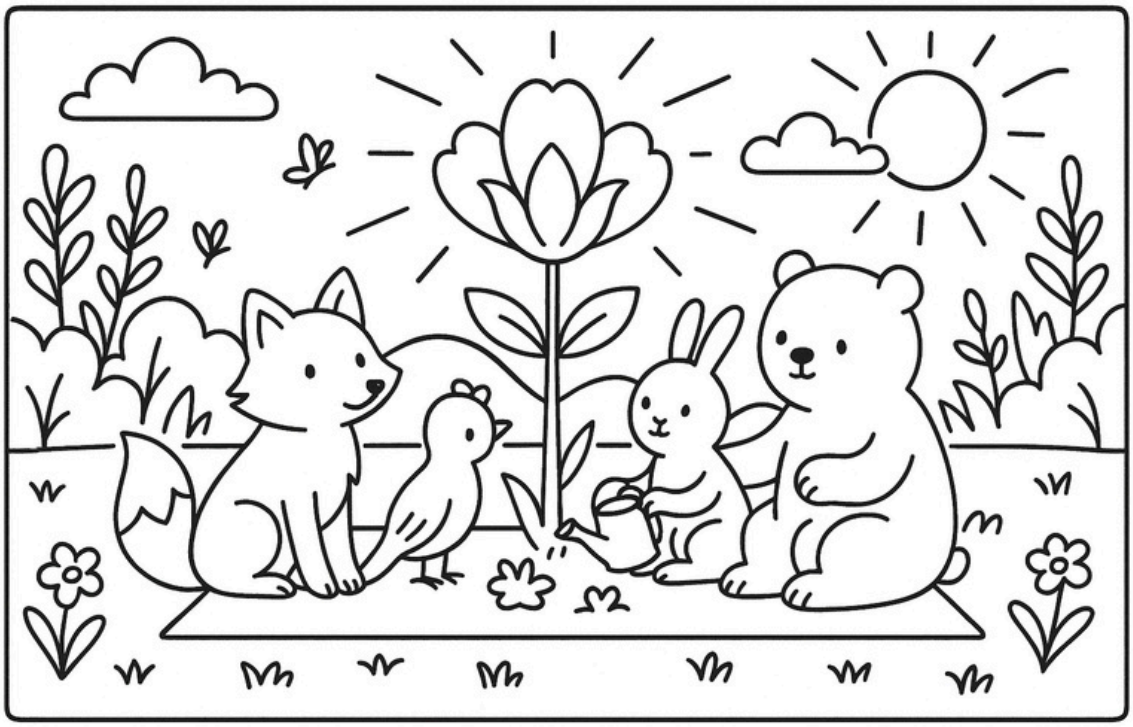


"I am more than how I look."

"I release you from the need to be 'pretty' for anyone else."

When you're done, look at your collage and notice how it makes you feel. Does it help you see your body differently? Does it remind you of your worth beyond appearance?

PART 5

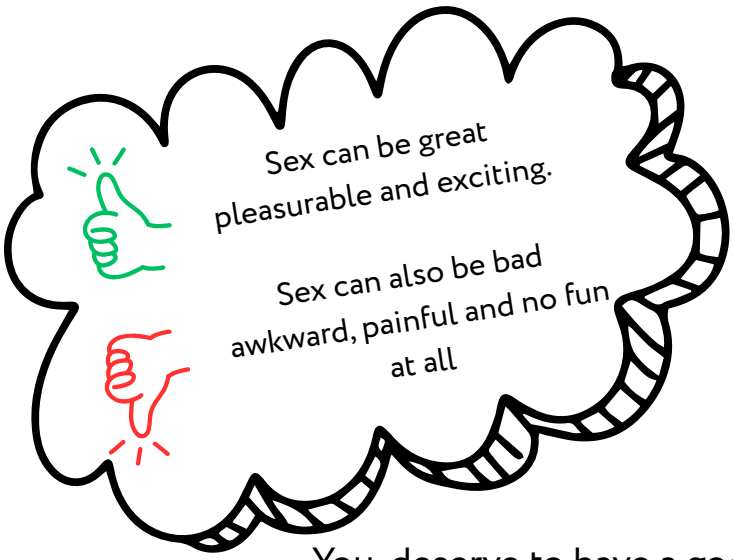


WHAT YOU'LL LEARN

SEX AND CONSENT

RELATIONSHIPS

SEX AND CONSENT



Consent has to be ongoing.
Just because two people have sex doesn't mean that either of them has to have sex again, if only one of them wants to and the other doesn't.
You are allowed to change your mind, half way through, 5 mins in, 10 seconds in.
That's why it's important to keep checking in with each other to make sure everyone is happy.

You, deserve to have a good relationship with sex, be able to ask for what you like and say no to what you don't like and be listened to for both.

Let's talk about consent.

It is important (and potentially trauma avoiding) to make sure when you decide to have sex with someone you know that you are **BOTH** giving consent.
This is why **TRUST** is so important.

You need to both be able to tell each other 'yes' or 'no'
Is it ok if I go down on you?
Is it ok if we have penetrative sex?

It's not the sexy part of consensual sex, but it's the difference between sexual assault and rape and a consensual, healthy and pleasurable time.

What if your partner isn't feeling it?
What if you get rejected or your needs don't get met?
Those can be scary possibilities, but not as scary as the possibility of sexual coercion or assault.

WHAT DO YOU KNOW ABOUT CONSENT?

1. What is consent?

A) Saying "yes" even when you're unsure
B) Being pressured to agree because you feel bad
C) Freely giving permission without pressure or fear
D) Not saying "no"

Answer: C - Consent means freely, clearly, and enthusiastically agreeing to something without pressure, manipulation, or fear.

2. True or False: If someone doesn't say "no," it means they're giving consent?

False - Consent must be clear and enthusiastic. Silence or lack of resistance is not consent.

3. Can someone give consent if they're drunk, high, or asleep?

A. Yes
B. No
C. Only if they agreed earlier
D. Only if you know them well

Answer: B - Someone cannot legally or ethically give consent if they are intoxicated, unconscious, or asleep.

4. True or False: Consent can be taken back at any time.

True - Anyone can change their mind and withdraw consent at any time, even if something already started.

5. If someone says "I don't know" or "maybe," what does that mean?

A. You should keep going and hope they're okay with it
B. It counts as a yes
C. They're shy but mean yes
D. It's not a yes — you should stop and talk about it

Answer: D - "Maybe" or "I don't know" means stop only a clear, confident yes is consent.

6. Consent is needed:

A. Every time
B. Only the first time
C. Only for serious relationships
D. If the other person is under 18

Answer: A - Consent is needed every time, even in long-term relationships. It's about respect, not just legal rules.

7. True or False: You can feel pressured into saying yes even if you like the person.

True - Pressure — even from someone you like — makes consent invalid. You should never feel guilted or forced into saying yes.

8. What should you do if you're unsure whether someone is comfortable?

A. Keep going
B. Ask them directly and listen to their response
C. Wait for them to say no
D. Ignore it — they'll speak up if they're uncomfortable

Answer: B - The best way to respect someone is to check in and communicate clearly.

THIS MIGHT BE A GOOD TIME TO TAKE A MINDFULNESS COLOURING BREAK

You don't have to colour neatly, stay inside the lines, or even finish.
This is just for you, to rest your brain, slow your breath, and give your nervous system a break



Consent is three things
Capacity, Age and Ability



Capacity Quiz

(these work for your partner too, change I to they)

Check in with these questions.

Could I operate heavy machinery?

Could I post a Snapchat story without cringing later?
(more cringe than normal….)

Can I get through a sentence without crying?

Am I sober? (I haven't drunk alcohol or done drugs)

If a tiger jumped out at me, would I try to stroke it instead of running?

If you answered no, no, no, no,
I would stroke the fluff out of that tiger,

You probably don't have the CAPACITY to make a clear decision
about having sex and could be taken advantage of
or regret your choices.

CAPACITY?





Got capacity

Fill this one in…

Haven't got capacity

- I don't know what sex is.
- I don't know why we are doing it.
- I don't know that I have another choice.
- I don't have enough time or space to think about my choice.
- I don't know the pros and cons of sex.
- I can't tell the other person yes or no.

Oh hey, you there, remember, you can change your mind at any time.
You can ask any questions it's always your choice.
These rules are for everyone involved.



In England and Wales, the legal age of consent is 16 years old no matter if you're male, female, trans, part of the LGBTQIA+ community.
The Legal Age is 16.

This means that at 16, the law says you're old enough to make important decisions about protecting yourself from pregnancy and sexually transmitted infections (STIs), and that you have the understanding to decide whether to have sex.

But — if you're in a relationship with someone older who's in a position of power or trust (like a teacher, sports coach, scout leader, youth worker, or similar), the rules are different.
In these cases, the legal age of consent goes up to 18.

Why? Because power changes everything. When someone has authority over you — like marking your schoolwork, coaching your team, or leading your group — it can make it harder to say no or make a free choice.

The law protects young people from being taken advantage of in these situations, even if it looks like they're "agreeing" at the time.

THIS MIGHT BE A GOOD TIME TO TAKE A MINDFULNESS COLOURING BREAK

You don't have to colour neatly, stay inside the lines, or even finish.
This is just for you, to rest your brain, slow your breath, and give your nervous system a break





Ability is a bit like **capacity,** but it also considers things like **disabilities** or **big age differences.**

Sometimes, a person might have a disability or condition that makes giving consent more complicated, for example, if they find it hard to understand what's being asked, or to communicate their answer.

This could be because of learning disabilities, brain injury, or certain health conditions.
If someone can't easily communicate — whether by talking, writing, signing, or using a device — it's extra important to make sure they're still fully understood and able to make their own choice without pressure.

This matters because everyone deserves the right to choose what happens to their body.

Respecting someone's ability to give consent means slowing down, checking they've understood, and making sure they have the tools or support they need to say yes, no, or not sure.

If it feels needed then talking to your doctor about this can help with making a decision.

THE SEX QUIZ

Do I want to have sex?	No	I wouldn't bother then. Probably best to wait
	Yes	Go to next question
Am I old enough?	No	I wouldn't bother then. Probably best to wait
	Yes	Go to next question
Do I know what happens during sex?	No	I wouldn't bother then. Probably best to wait
	Yes	Go to next question
If I got pregnant or an STI (sexually transmitted infection) would I know what to do?	No	I wouldn't bother then. Probably best to wait
	Yes	Go to next question
Do I have enough confidence to buy condoms from the shop? Or ask a Doctor or Nurse	No	I wouldn't bother then. Probably best to wait
	Yes	Go to next question
Do I know what I like? Have I explored my own body?	No	I wouldn't bother then. Probably best to wait
	Yes	Go to next section

IF YOU HAVE GOT THIS FAR, YOU GET THE GENERAL IDEA OF SEX AND THE RISKS. NOW LET'S ASK OURSELVES ABOUT THE RELATIONSHIP BETWEEN OURSELVES AND THE OTHER PERSON.

Can you have real chat about what you both like and don't like and consent?	No	I wouldn't bother then. Probably best to wait
	Yes	Go to next question
If you were to say no at ANY point, would they listen and stop?	No	They sound like a deadbeat. Not the one for you sis.
	Yes	Go to next question
Is that person much older than you, if you are aged 16-18?	Yes	We love ourselves more than this, no thanks. Check page 146.
	No/ doesn't apply to me	Go to next question
Has that person ever lied or disrespected you?	Yes	We love ourselves more than this, no thanks.
	No	Go to next question
Does this person have power over you? Teacher, tutor, trainer, etc	Yes	If you are under 18 it's illegal to have sex anyway. Its a no from me. It might be a good idea to check out page 146.
	No	Go to next question
Are we both sober and mentally well?	Yes	I wouldn't bother then. Probably best to wait
	No	Go to next question
Do I feel forced by them? This can be things like physical force or them being in a mood if you say no.	Yes	I wouldn't bother then. Probably best to wait
	No	Go to next question
Am I having sex to make this person like me?	Yes	You are worthy of being loved for all of you not just what you can offer sexually.
	No	You made it, if you are still unsure then you can say no whenever you like. You are the boss of you and they are the boss of them.

DISNEY CONSENT



Snow White – Asleep after eating the poisoned apple.

Mulan – Fully informed, in control, and choosing to go to war disguised as a man of her own free will.



Rapunzel – Locked in a tower with Mother Gothel controlling her life.

Merida (Brave)– Independent, clear-headed, and making choices without anyone forcing her.



Elsa (Frozen)– Alone in her ice castle, thinking clearly and deciding for herself what she wants to do next.

Aurora (Sleeping Beauty) – Under a magical sleep spell.

Tiana (The Princess and the Frog)– Awake, clear-minded, and freely deciding to kiss the frog after knowing the risks.

Belle (Beauty and the Beast) – Being held prisoner in the Beast's castle.



Moana – Calm, sober, understands her journey and makes her own decisions without pressure.

Ariel (Little Mermaid)– Gave up her voice and can't communicate at all.

Can you think of any other characters?

Can give consent	Can't give consent



Everything about us, about you, is a revolution: existing, just being together, finding joy, being seen. Even in the smallest 'I love your hair' or 'that pin/button/patch is so cool' moments. So keep doing that: exist, see each other, pick up all the joy you can find.

—Wulf Roby



RELATIONSHIPS

Dating, hanging out, "talking to" someone, hooking up, seeing someone, Netflix and chilling or getting together in a romantic or sexual way can be a normal part of being a teen or young adult.
Not everyone is on the same timeline and that's cool.

A relationship is simply the way two people are connected and there are lots of different types.

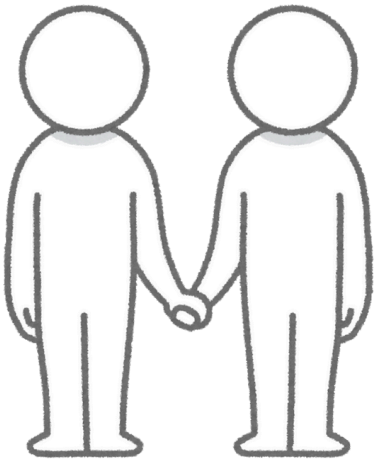
Some relationships are emotional (like close friendships).

Some are physical.

Many are a mix of both, and every relationship has its own level of closeness.

Online friendships and romantic connections can be just as real and meaningful as those in person.







ONLINE RELATIONSHIP SAFETY CHECKLIST

Keep personal info private – Don't share your address, school, workplace, or daily routines.

Video chat before meeting – Make sure they are who they say they are.

Meet in public first – Always choose a safe, busy place for the first meet-up.

Bring a friend or tell someone – Let a trusted person know where you're going and who you're meeting.

Watch for red flags – If they pressure you for nudes, money, or personal details, stop contact.

Trust your gut – If something feels off, it probably is.

Don't rush – Take time to get to know them before sharing personal things or becoming physical.

Block and report – If they make you feel unsafe, use the app's safety features.

Meet up for the first couple of times sober. It's important to be able to listen to those gut feelings. Even Shrek is sexy after a few bevvys.

Don't leave your drink alone **EVER**, if you do by accident, get another. It's not worth the risk.

It's completely normal to take a pic of your date and send it to someone trusted.

Have your location on, 'Find my phone' or 'life 360' etc.

Sending naked pics is illegal if you are under 18. It can get you and your date into trouble. Best to leave it to their imagination.





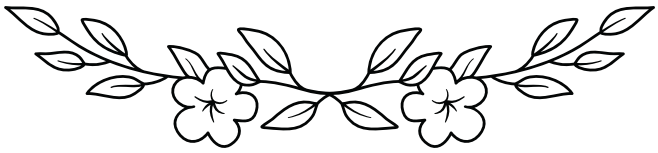
Sticker Bomb this page.
I have started it off for you.
If you don't like my stickers you can sticker over them.

Pink isn't for everyone.
Sticker Sticker Sticker.

(if you dont have any stickers, maybe a collage of things you can find, from newspapers, magazines, print off the internet. Or draw your own.



WHAT IS SEX?



Now that we have talked so much about consent you will find it hard to forget (hopefully).

Let's understand what sex actually means.

Most people think sex is when a man puts his penis into a woman's vagina.

And that's true.

But what happens when two people who want to explore each other have the same body parts?

Sex means different things to different people.

Mostly sex is about finding out what feels right for you, and your partner.

Exploring what you like on your own can be a great way of understanding how your body responds to touch in certain areas.

If it feels nice or nah

You are the expert of your own body after all

REALITY

Sending nudes can be empowering and make you feel really good about yourself if the reply is a good one.
The problem we have these days is the 'cloud' and easy sharing between people.
You might trust someone completely, but some people can suprise you.
It's not like the old days when a polaroid image was the only copy.
Imagine you have a bad break up and they send it to the person you least want to see it. Like the whole school or an enemy.

When you are in a consensual, similar age, similar power relationship for a while. Learning your partner's signals and signs about if they want sex can be easy. Notice the signs and always ask if you are unsure.

It can take a lifetime to learn that you are worth more than what you can offer sexually.
It might seem like that person would like you more if you did sex stuff with them.
That kind of person is likely dull and boring if that is all they can think of and aren't interested in how your day went or what your favourite dinosaur is.
We don't need that in our lives thanks.

P.S mine's a Spinosaurus

Sometimes you can do everything right. Tick all the boxes and still have a rubbish time.
Some people just don't click in that department.
Having someone you can share your experiences with can help work your way through it. Trusted friend, counsellor etc.

Having sex with someone doesn't make them 'yours' or mean you are dating or in a relationship with them.
Having a conversation about what sex is going to mean to both of you after is a good plan here. (Trust your gut, some people lie when they think they might get sex out of it)

RED AND GREEN FLAGS

You often hear people say I missed the 'red flags' when they finish a relationship. When I say relationship that also includes other 'ships' like friendships.

If you are true to yourself and what you believe in
you can avoid those red flags but it does take practice and so many other factors are involved, like attachment style, Neurodivergence and Biology chemicals (Hormones) that make us attracted to people are strong.

It takes time but you can learn.

Red and Green flags can be explained as

"Things I am OK with in a relationship/person" (Green Flags)

"Things I am NOT OK with in a relationship/person" (Red Flags)

Read through this list and put a red or green tick next to what your green or red flags are.

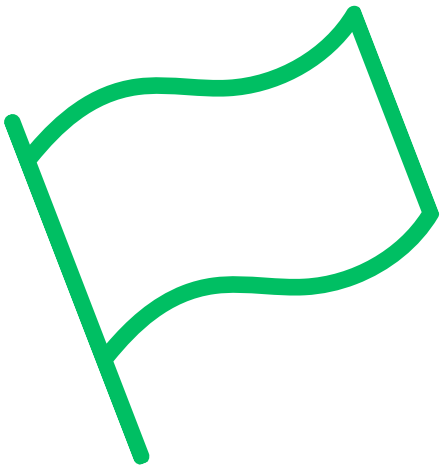
Kind to others, not just to you (teachers, waitstaff, siblings, etc.).

Checks your phone or pressures for passwords.

Honors your pronouns/identity without rolling their eyes or making jokes.

Checks in on you when you seem upset.

Gets jealous if you spend time with others.



Never apologises or blames you for everything.

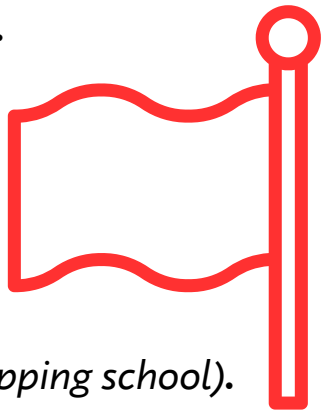
Only nice in private, but rude or dismissive in front of others.

Doesn't respect no (keeps pushing after you've said it).

Hot and cold behaviour (kind one day, cruel the next).

Makes you laugh and feel good about yourself.

Listens to you and respects your opinion, even if they disagree.



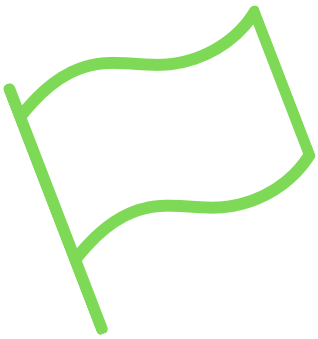
Puts you down (even as "jokes" or teasing that stings).

Keeps your secrets safe and doesn't gossip about you.

Pressures you into doing things you don't want to (sex, drinking, skipping school).

Supports your goals (school, hobbies, identity, etc.).

Gaslighting ("You're too sensitive," "That never happened").



Talks badly about your friends/family to isolate you.

Mocks your identity, mental health, or interests.

Uses your secrets against you in arguments.

Apologises when wrong and makes an effort to change.

Respects boundaries (physical, emotional, digital).

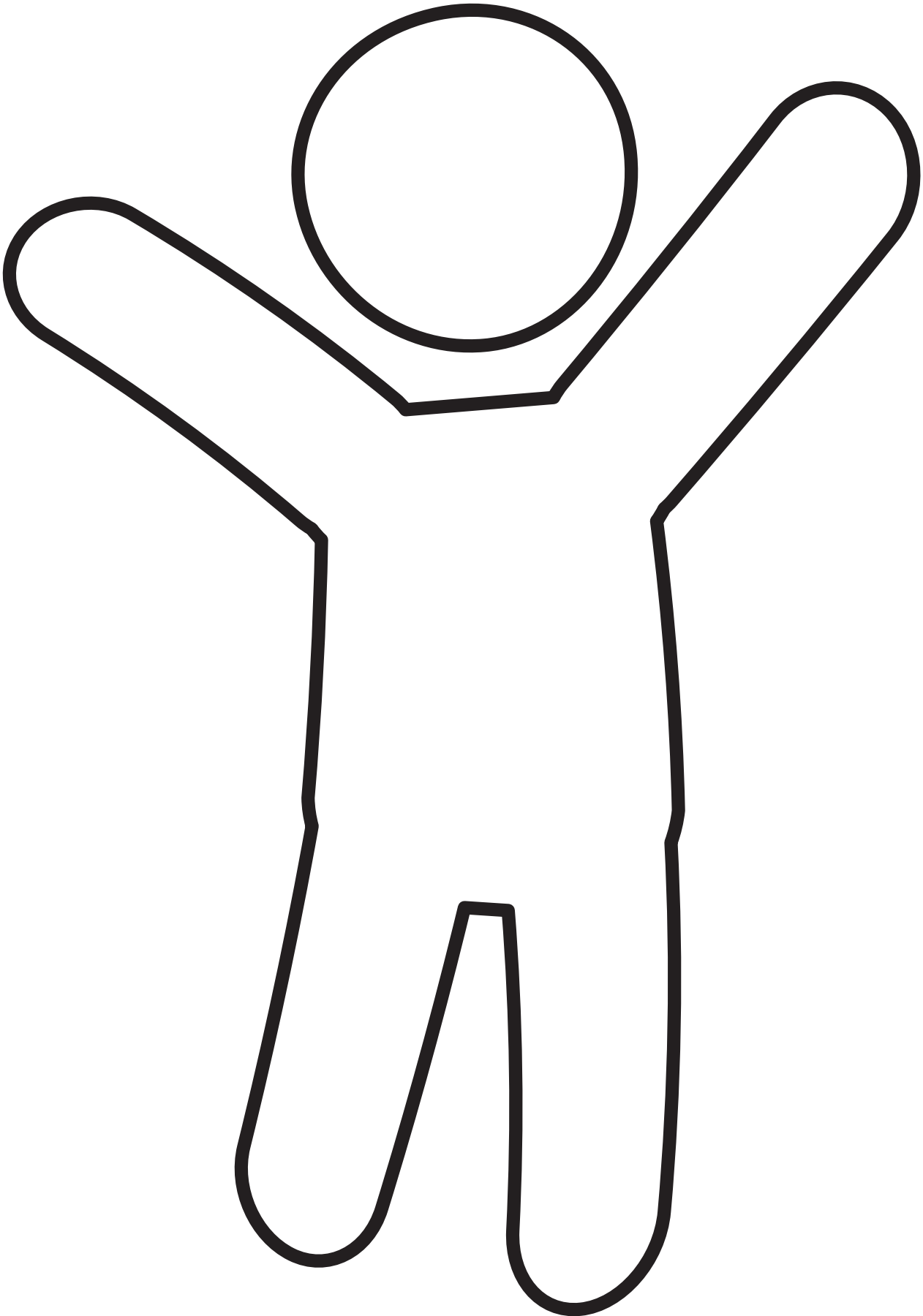
Encourages independence (okay with you having other friends/interests).

That was a pretty big list.

Some other things might feel important to you too. On the next page is a space to put everything you would want in a person that is in your life. This includes friendships.

Don't settle for less than you deserve.

MY GREEN FLAG PERSON



GROOMING

It's important whilst I have your attention to talk to you about Grooming.

It's when someone with more 'Power' than you takes advantage of you.

It's a huge thing in online gaming, people can use voice changers and young characters to fool people.
If you can, play on private servers, turn your chat off and use the sensible list on page .. for tips around online relationships.

Because it can happen over a long period of time you can sometimes be in it without even knowing.

If you answer yes to any of these when thinking about a relationship then reach out to someone who can help.

You won't be in trouble, it was never your fault. It also doesn't mean you are weak. Some people take advantage of younger or more vulnerable people because they (the groomer) are weak.

We look for love in all kinds of places for all kinds of reasons.
but this place is about healing and knowledge so let's take a look

GROOMING CAN HAPPEN ONLINE, IN GAME, SOCIAL MEDIA AND IN PERSON.

GROOMING

Are you keeping this relationship secret from the people who care about you? Because they told you to or because you are scared?

If you are under 18 is this person more than 5 years older than you?

Do they give you gifts like money, phones, clothes, vapes, skins, in-game gifts? in exchange for sex, images or to keep you from telling people that care about you about your relationship, or even just because

Do they give you drugs or alcohol?

Are you spending a lot of time with this person because you are scared about what would happen to you if you didn't?

If you think, even for a second that you might be being groomed,

Reach out to someone.

YOUR SAFETY IS THE ONLY THING THAT IS IMPORTANT

You can contact

Victims Support Children and Young people Services

0808 168 9111

Rape Crisis

0808 500 2222

Childline

0800 1111

The Mix

Text 85258

DOMESTIC ABUSE

There are a few things that crossover when we think about Domestic Abuse and Grooming.

Grooming happens when someone who is more 'powerful' takes advantage of someone younger or less powerful than them.

Domestic abuse can happen to anyone regardless of power or age, by a partner, ex - partner, family member etc.

Knowing the signs of domestic abuse can help you understand that things aren't ok and you can get the help you may need.

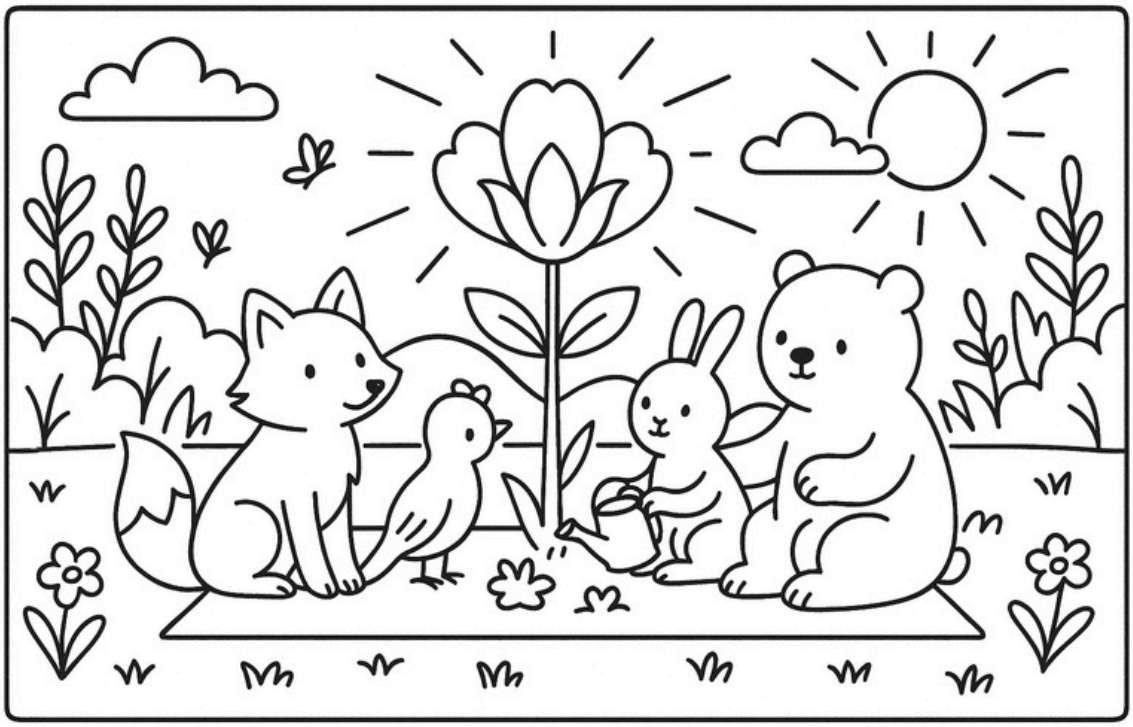
Isolation: "Your friends don't get us."
Surveillance: "Share your location 24/7 or you must be cheating."
Rules: who you text, what you wear, when you sleep.
Gaslighting: making you doubt your memory or sanity.
Sexual pressure: "Prove you love me."
Financial/credential control: rides, lunch money, logins, grades.
Threats: to break things, harm themselves, out you, or post images.

Being in an abusive relationship can feel really scary but it also might feel 'normal'.

You are not to blame and you are not alone.

Call 0808 2000 247 For the National Domestic Abuse Helpline if you are worried for yourself or someone else, only when it feels safe to do so.

PART 6



WHAT YOU'LL LEARN

PERIODS

VAGINAS

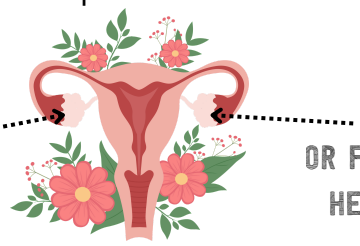
Interesting Fact!

Did you know that the name for Uterus comes from the latin word Hysteria - meaning that womb translated to something that caused Hysteria in women! A more respectful word for your womb, vagina and external female parts is Yoni which encompasses this whole region of female anatomy.

So, you've got a female reproductive system?
Let's take a look to see how it works.

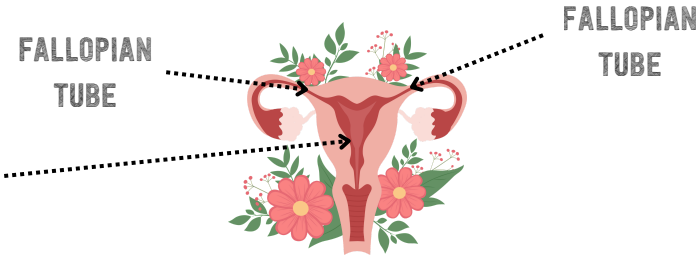


When nature decides, you start releasing eggs every month(ish) from your **Ovaries** anywhere from age 8 -17 until about 40/50/60 when menopause happens. By this time you would have had around 450 periods!



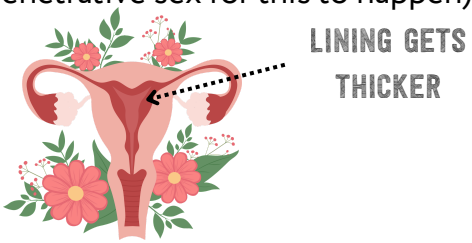
DAY 16 - 28+
OF YOUR CYCLE
THE LUTEAL PHASE.

The egg/eggs travel down the **Fallopian tubes** and into the **Uterus.**
This is when you are most 'fertile' (most likely to have a baby) and it's called **Ovulation.**



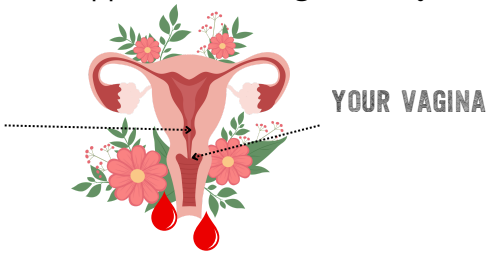
DAY 14-16
OF YOUR CYCLE
THE OVULATION PHASE.

The **Uterus** grows a thick layer of cells to keep the egg cozy if the egg or eggs gets fertilised (a sperm swims from the testicles out of the penis into you and then inside the egg.
You need to have penetrative sex for this to happen)



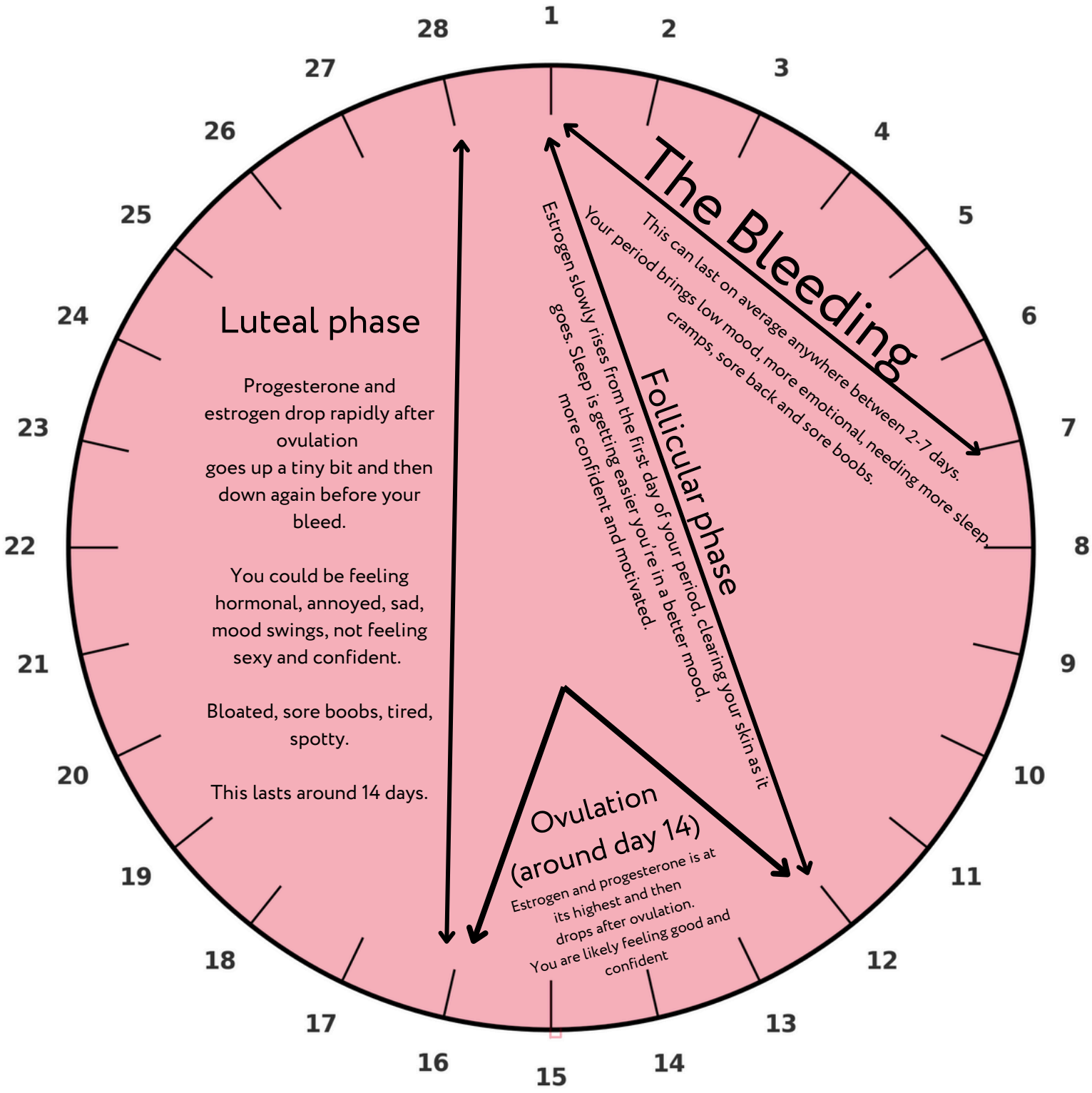
DAY 6 - 13
OF YOUR CYCLE
THE FOLLICULAR PHASE.

If your egg isn't fertilised then the **Uterus** lining sheds getting ready for the next egg keeping it fresh and ready, This lining then falls out of your vagina and this is what we call our period, the bleeding lasts anywhere from 2-7 days. Normally it starts with a brownish or pinkish colour, goes to a deep red pinky colour and ends with a brownish colour. Oh it can also be 'lumpy' then it happens all over again, every month.



DAY 1 - 5
OF YOUR CYCLE
THE MENSTRUAL PHASE.

THE AVERAGE PERIOD CYCLE



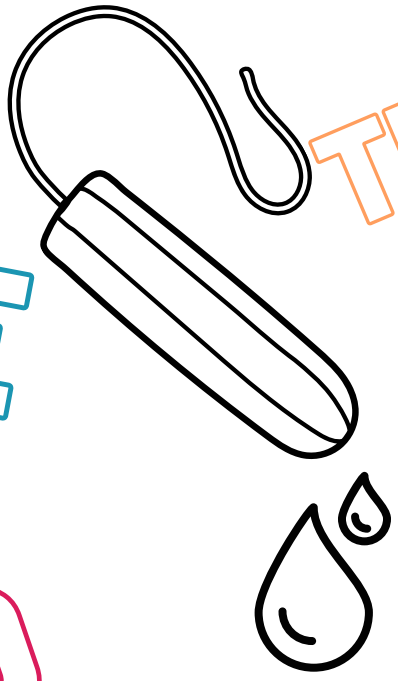
Monitoring your cycle and when your symptoms occur can help you plan when you need to take some extra time for you.

THE BLOB

SHARKFLO WEEK

AUNT

ON THE RAG



TIME OF THE MONTH

CURSE

MY BLEED

THE CYCLE

THE PAINTERS ARE IN

PERIOD

CRAMPS

If your cramps are really bad, it is worth having a chat with your doctor.

Painful period side effects can include migraines, headaches, back pain, boob pain and cramps to name a few.

What can we try to help the pain?

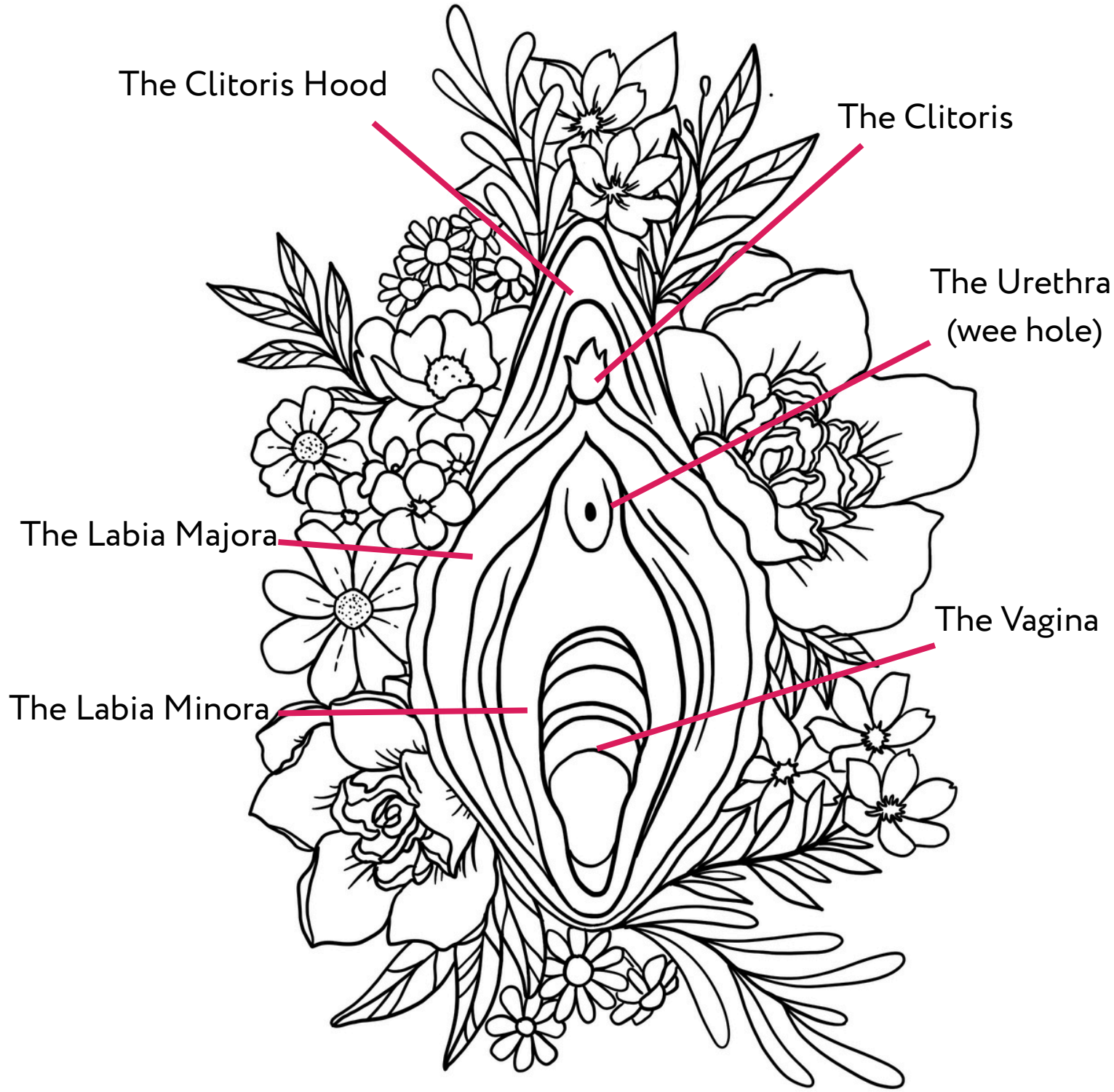
LIGHT EXERCISE (YOGA/ WALKING)

HEAT THERAPY (LIKE A HOT WATER BOTTLE)

LOWER BODY MASSAGE

OVER-THE-COUNTER MEDICINE (MEDICINE YOU CAN BUY FROM THE SHOPS. ALWAYS READ THE LABEL)

VAGINA COLOURING



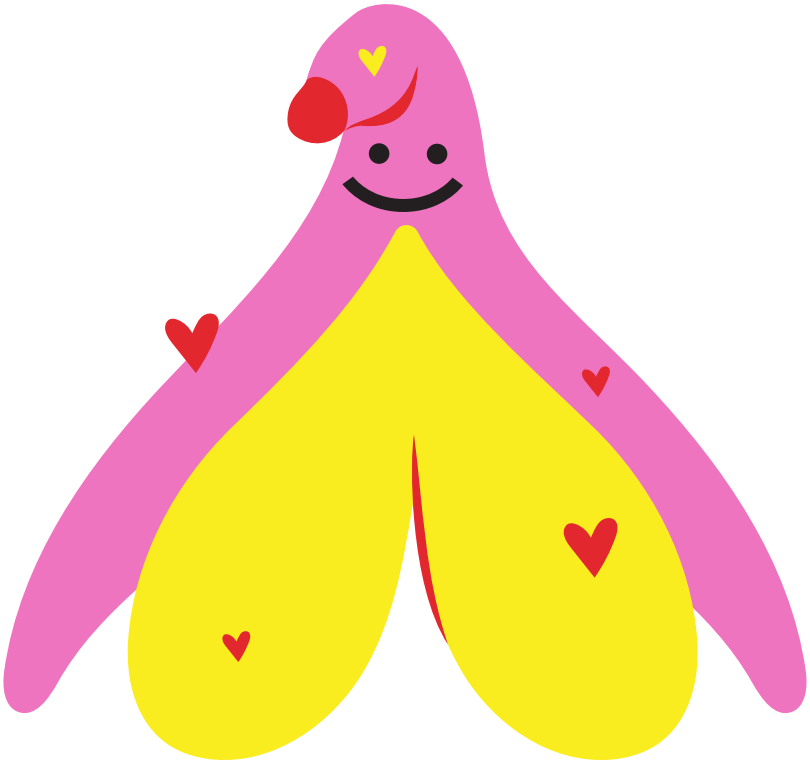
Down here is your Anus (bum hole)

THE CLITORIS

This happy little thing is your Clitoris

Her hat is the 'nubbin' you see on the outside
The 'arms' and the 'bulbs' are under your skin so you can't see them.

When you are aroused the bulbs fill up and push the arms towards the surface for more pleasure.



The clitoris is the pleasure centre, when we mentioned earlier about loving yourself first, the clitoris might be your starting place.
It has been reported that only 21-30% of women can orgasm through penetration alone. (Just through vagina penetration).
Most people need clitoral help to reach orgasm,
so understanding what feels good for you is important.

MASTURBATION

Something females don't do?
False

It seems that masturbation is still a taboo subject…..
something we don't talk to each other about.

It's embarrassing and something that isn't the 'norm' like it is for males.

Let's be the change we want to see.

Let's celebrate self love, and not just treating ourselves to a pumpkin spiced latte or the new expansion of The Sims.

There are a few rules when it comes to self love:

- **Do experiment with yourself without guilt or shame. It is completely normal if you want to masturbate there is NOTHING wrong with that.**

- **Do it in private, we want to be progressive but it's still something that shouldn't be done in public or where you could easily be seen or be surprised by someone walking in on you.**

FILL THIS PAGE WITH SQUARES
LITTLE OR BIG
TOUCHING OR FAR APART
LET YOUR PEN GUIDE YOU
YOU COULD FILL THEM IN
WITH COLOUR OR PATTERNS

THIS MIGHT BE A GOOD TIME TO TAKE A MINDFULNESS COLOURING BREAK

You don't have to colour neatly, stay inside the lines, or even finish. This is just for you—to rest your brain, slow your breath, and give your nervous system a break



THE VULVA



Great wall of Vulva by artist James McCartney

No two vaginas are the same.
This artist wanted to show the world how every vulva is different. They made moulds of 400 different vulvas and showcased them.

If you want to explore more about women and their vaginas,

go here www.thevulvagallery.com/stories

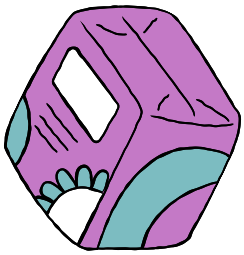
Cartoon pictures of vulvas and their stories.

We end Vulva Shame here.

PERIOD PRODUCTS

Let's take a look at what kinds of period products you can use when you are bleeding.





Disposable and reusable sanitary towels, or pads as they are more commonly called. These sit in the 'gusset' of your pants. They have a sticky bit on the back to attach them to your pants.

Some also come with wings to secure them underneath your pants too.

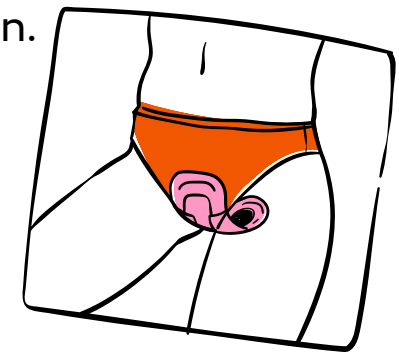


Period products normally let you know how much blood they will hold.

If you find yourself changing your pad often go for a heavier flow option.

These droplets on the packet let you know how much blood they hold.





Period poverty is a real thing, it can affect a girl's life dramatically, like not going out or not going to school because they don't have access to period products.

At Survivor Space we have got you covered.
If you need Period Products, just ask.

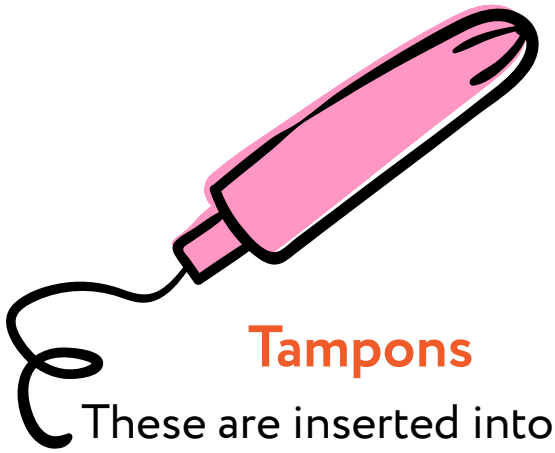
PERIOD PRODUCTS

You have options when it comes to what products to use.



Menstrual cups

These are inserted inside you and pop into place, they can be left in for up to 12 hours, taken out cleaned and put back in. (Check the instructions this may be different for different brands).
They sit inside your vagina and catch the blood.

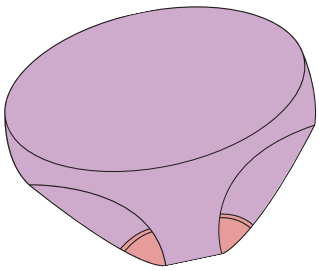


Tampons

These are inserted into you and soak up the blood. They can come with or without an applicator and also come in different absorbencies (how much blood they can hold).

Tampons can cause something called Toxic Shock Syndrome. Make sure you use them as per the instructions in the box.

It's best to start smaller and work your way up.



Period Pants

Period pants come in different sizes, shapes, colours and absobencies . They need to be rinsed before being washed.

PERIOD power

DISCHARGE



Discharge, sounds so……gross.
I can't for the life of me think of a better name.

Lady Liquid
Vagina Seepage
Cleaning Fluid

I need to get over it, it's discharge and that's that.

Lady liquid is completely normal and healthy. It varies in how thick it is and the colour depending on where you are in your cycle. It happens because your vagina is cleaning itself or it's getting ready to help sperm swim inside easier.

However, there are Vagina Seepage warning signs to look out for.

White , cloudy, clear, with a 'clean' smell is all good.
It could smell a bit like vinegar or bleach, even copper when you are due on your period.
It can go pinky and brown around your period too.
You are likely to find it hanging around in your pants.
If it bothers you, you can wear a small panty liner to keep your pants clean.

Green, yellow and smelly discharge normally is a sign of an unhappy vagina. It can smell fishy and unclean.
Seek medical advice from your doctor, school nurse or sexual health clinic.

Knowing what is normal for you is key

FUN FACTS

Sperm can live up to 5 days in your uterus and vagina!

When we lose blood we also lose Iron, it's a good idea to get more iron in your system before 'shark week'. Meat, Spinach, Breakfast cereal. Also ramp up your vitamin C if you are Vegan or Vegetarian so the Iron from your spinach (and other leafy greens) gets absorbed into your system better.

When you are in the bleeding stage of your period your womb can be 10-15% larger than normal. Don't worry, normal size is about the size of the palm of your hand.

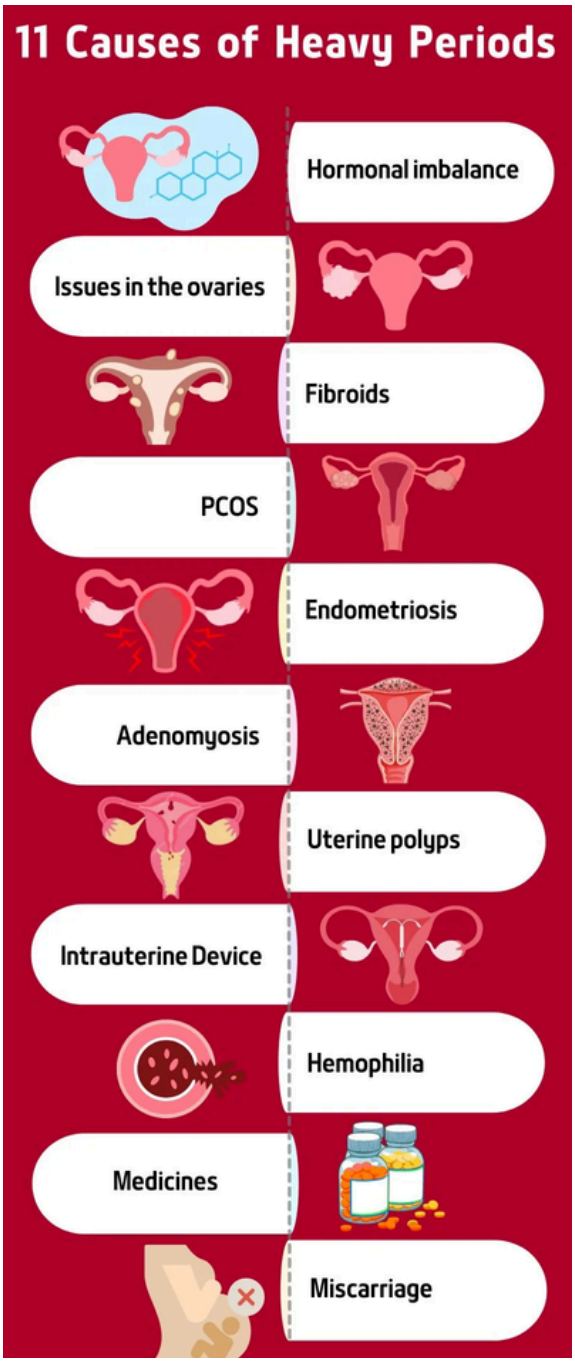
Missed periods are not always because of pregnancy, it takes a little while for a new starter to become regular and then stress, diet, exercise and life in general can affect your regular pattern. If you have had sex and are getting other pregnancy symptoms take a test and see your Doctor.

During certain times of your period, you are more likely to have intimate dreams.

Apps that track your period like "Flo" can let you know what feelings or physical symptoms you might have coming your way depending on where you are on your cycle!

If you are Neurodivergent, certain times of your period can make your ADHD, Autism etc symptoms worse. This is still being researched but worth a google if you are interested.

ABNORMAL UTERINE BLEEDING



Abnormal Uterine Bleeding

- Heavy Menstrual Bleeding (Menorrhagia)
- No menstrual bleeding (amenorrhoea)
- Irregular bleeding
- Painful periods (dysmenorrhoea)
- Pre-menstrual syndrome (PMS)
- Pre-menstrual dysphotic disorder (PMDD)
- Light/infrequent-bleeding (oliogomenorrhoea)
- Endometriosis
- Adenomyosis
- Fibroids
- Polycystic Ovary Syndrome (PCOS)

As you can see from the long list above, there are lots of conditions related to the menstrual cycle and that is why is it so important to know what's normal for you.

If you struggle with painful, irregular, heavy bleeding, it is important to keep a Menstrual Cycle Record for 3-6 months and record daily symptoms. You can also record your mood, behaviour, diet and exercise as well. You can then take this record with you to discuss with your GP so that you have the proper investigations, care and treatment you need.

For instance, it can take up to 11 years to get a diagnosis of endometriosis, a very painful condition whereby endometrial tissue lives outside the womb causing a whole host of pain and uncomfortable symptoms including problems with infertility. It is now thought that this condition could be linked to the immune system.

For more information on all Menstrual Conditions go to Period Problems www.nhs.uk
See also Award Winning Podcast '28ish Days Later' by India Rakusen on Spotify

PART 7



WHAT YOU'LL LEARN

CONTRACEPTION

SAFE SEX

At Survivor Space
we understand that this next bit, where we talk about safe sex, might not have been in your history.
The choice to be safe taken away from you.

But we are about empowerment through knowledge.

If it's not time for you to even think about sex, contraception or STIs then skip this section.
It will be here for you when you are ready.

For those of you who are ready to venture on through the next pages, a pre warning that they are wordy. There are some colouring pages to break it up.
Good luck!

Whether we like to admit it or not
sexual health is important,
LET'S LEARN.



If you are taking T (Testosterone) this picture means 'Trans Friendly' (it doesn't include Estrogen) You must check with your hormone provider to find out your personal hormone needs



CONTRACEPTIVE IMPLANT



Side effects can include
Weight gain
Acne
Implant moving
Difficult/change in periods

RARE
Blood Clot
Ectopic Pregnancy (if implant fails)

This thing works for 3 years!
Contains progestogen
It has 99% chance of keeping you not pregnant.
It won't protect you from STIs, so you will have to use a condom.
This will have to be inserted into your skin (where it lives) by a Nurse or Doctor.

INCLUDES HORMONES

If all goes well it can be inserted and forgotten about for 3 years.

This is a good option if you are forgetful.





THE COIL

Side effects can include
Can make periods lighter (hormone one)
Pelvic pain
heavier periods (copper)

RARE
Sepsis
Ectopic Pregnancy
Damage to the womb

There are two types, one with hormones (IUS) and one that has no hormones (IUD or the copper coil)
It has 99% chance of keeping you not pregnant.
It won't protect you from STIs, so you will have to use a condom.
This will have to be inserted into your womb (where it lives) by a Nurse or Doctor.

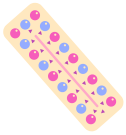
CAN INCLUDE HORMONES

This can be painful to have inserted and quite invasive.

If all goes well it can be inserted and forgotten about for 5/10 years depending on which one you choose .

This is a good option if you are forgetful.

Need to be able to check internally for the threads to make sure it is still in place.



THE COMBINED PILL

Can help with
Can make periods lighter
Can help with acne, PMS, heavy and painful periods.
Can lower risk of womb, ovarian and bowel cancer.

This pill has estrogen and progesterone. It stops you releasing eggs each month
It has 91% chance of keeping you not pregnant.
It won't protect you from STIs, so you will have to use a condom.

RARE
Blood clots
Breast Cancer
Cervical Cancer

Not so rare
Headaches
Sore boobs
Sickness/Dizzyness

You will need to take one each day, read the instructions.

INCLUDES HORMONES

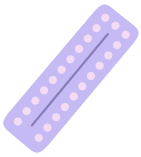
This option relies on you being organised and healthy.

If you are sick or have diarrhoea then the pill can become ineffective and you won't be protected for about a week.

Other things can also effect the pill, like other medicines and herbal remedies.



THE MINI PILL



Can help with
Can make periods lighter
Can help with Endometriosis

RARE
Ovarian Cysts causing pelvic pain

This pill only has progestogen It stops you releasing eggs each month.
It has 91% chance of keeping you not pregnant.
It won't protect you from STIs, so you will have to use a condom.

You will need to take one each day, read the instructions.

INCLUDES HORMONES

This option relies on you being organised and healthy.

If you are sick or have diarrhoea then the pill can become ineffective and you won't be protected for about a week.

THE CONTRACEPTIVE INJECTION

Side effects
Weight gain
Pain, lump or scar where the injection happens

RARE
Weaker bones
Breast and Cervical Cancer

This has progestogen It stops you releasing eggs each month.
It has 94% chance of keeping you not pregnant.
It won't protect you from STIs, so you will have to use a condom.

INCLUDES HORMONES

This option can last 8-13 weeks

Has to be injected on time.

Like with all contraceptives, it is not for everyone.

THE PATCH



The Patch has estrogen and progestogen
It stops you releasing eggs each month.
It has 91% chance of keeping you not pregnant.
It won't protect you from STIs, so you will have to use a condom.

Need to change every 7 days.

Can help with
Can help with period pains and headaches

RARE
Blood Clots
Breast and Cervical cancer
High blood pressure

Not so rare
Headaches
Sore boobs
Sickness/Dizzyness

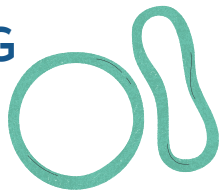
INCLUDES HORMONES

This gets inserted into the vagina and can be left there for 3 weeks.

This option is like the combined pill and the patch with the same hormones.

Other things can also effect the vaginal ring like other medicines and herbal remedies.

VAGINAL RING



Side effects
Can make periods lighter
Can help with acne, PMS, heavy and painful periods.
Can lower risk of womb, ovarian and bowel cancer

This has estrogen and progestogen.
It stops you releasing eggs each month.
It has 91% chance of keeping you not pregnant.
It won't protect you from STIs, so you will have to use a condom.

RARE
Blood Clots
Breast and Cervical Cancer

Not so rare
Headaches
Sore boobs
Sickness/Dizzyness

INCLUDES HORMONES

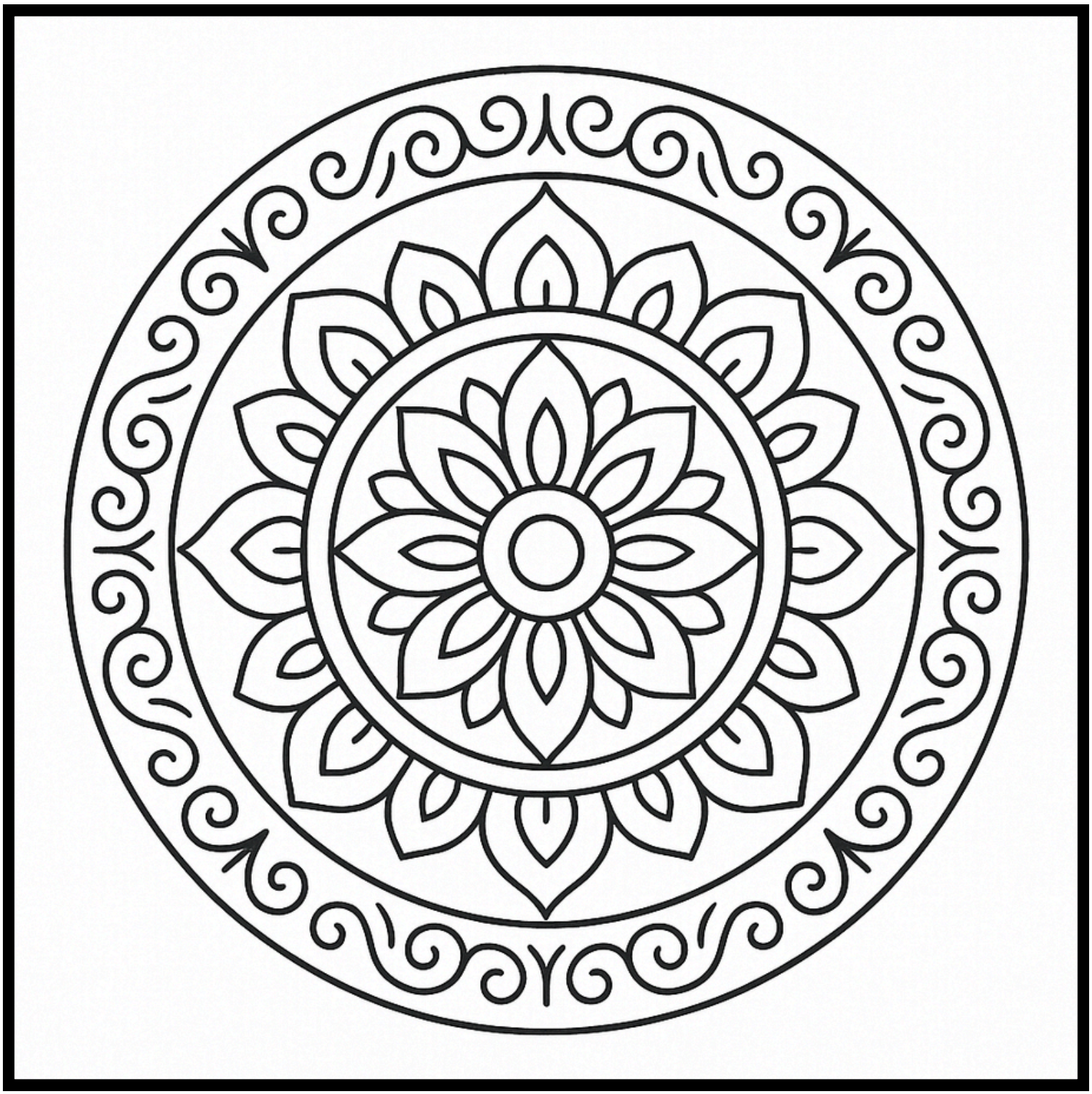
All of these come with serious risks
and life changing pro's for some people
Weigh up your options.
The % of *'will they stop you from getting pregnant'*
is taking into account human error.
Most of them claim to be over 98%
effective at preventing you from getting pregnant.

OTHER THINGS TO CONSIDER

- When using hormones to stop from getting pregnant it can affect how long it takes to have a baby when you are ready.
- When using the above you will still have to use a condom to avoid getting STIs

THIS MIGHT BE A GOOD TIME TO TAKE A MINDFULNESS COLOURING BREAK

You don't have to colour neatly, stay inside the lines, or even finish. This is just for you, to rest your brain, slow your breath, and give your nervous system a break



CONDOMS (MALE)

Doesn't Includes hormones

Condoms are the only option that stops you from getting STIs

They have 82% chance of keeping you baby free (98% if you use them flawlessly)

Condoms come in Latex and Latex-free versions. If you are allergic to rubber gloves, get the latex free version.

Latex condoms also can't be used if you are using anti fungal medicine on or around your Vagina, anus, penis or testicles

They come
Flavoured,
Textured,
Different thicknesses
Different sizes
They also come in all the colours of the rainbow

You can't 'double up' condoms. Only use one at a time.

You can use them for
Vaginal Sex
Anal Sex
and Oral Sex

You can get free Condoms at
Sexual Health Clinics also called Family planning or contraception clinics,

Some Doctor surgeries and pharmacies,

Some young peoples services, You can call them 0300 1237123.

CONDOMS (MALE)`

Condoms have an expiry date and dont work as well when they have expired.
You wouldn't eat gone off chicken, don't use gone off condoms.

Also remember the condom goes on first....

- Make sure the penis is fully erect.
- Open the packet carefully so you do not damage the condom. Do not use your teeth as this could rip the condom.
- Hold the tip of the condom to squeeze out any air.
- Roll the condom all the way down to the base of the penis. If the condom does not roll down, you may have put it on the wrong way round.
- Throw it away and use a new condom.
- Keep the condom on until you finish having sex. When you've finished, grip the base of the condom as you pull out to stop it coming off the penis.
- Always put used condoms in the bin, not in the toilet.

Be careful if you have long nails or wear spiky jewellery, these can damage the condoms.

Some Lubes like oil based can make the condom weaker, Always opt for water-based or silicone- based lube instead.

THIS MIGHT BE A GOOD TIME TO TAKE A MINDFULNESS COLOURING BREAK

You don't have to colour neatly, stay inside the lines, or even finish. This is just for you—to rest your brain, slow your breath, and give your nervous system a break



CONDOMS (FEMALE)

Doesn't Includes hormones

Condoms are the only option that stops you from getting STIs, when used properly

Condoms come in Latex and Latex free versions. If you are allergic to rubber gloves, get the latex-free version.

Latex condoms also can't be used if you are using anti fungal medicine on or around your Vagina, anus, penis or testicles

They have 79% chance of keeping you baby free (95% if you use them flawlessly)

You can use them for
Vaginal Sex
Anal Sex
and Oral Sex

You can't 'double up' condoms. Only use one at a time. This includes using a male and a female condom at the same time. It doesn't work the way you think it would

You can get free Condoms at
Sexual Health Clinics also called Family planning or contraception clinics,

Some Doctor surgeries and pharmacies,

Some young peoples services, You can call them 0300 1237123.

CONDOMS (FEMALE)

Condoms have an expiry date and dont work as well when they have expired.
You wouldn't eat gone off chicken, don't use gone off condoms.

Also remember the condom goes on first....

- Open the packet carefully so you do not damage the condom. Do not use your teeth.
- Hold the inner ring and insert the condom into the vagina.
- Put a finger into the condom and push it as far into the vagina as you can.
- Make sure the outer ring stays outside the vagina.
- During sex, make sure the penis goes inside the condom.
- After sex, twist the outer ring a few times to prevent semen leaking out when you remove the condom.
- Always put used internal condoms in the bin, not the toilet.

You can insert the female condom up to 8 hours before sex.

If you are using for Anal, you can put it in with your finger or by putting it on the penis or sex toy. This protects you from STIs.

Always use lube inside and outside of the condom.

Dental Dams

Doesn't Includes hormones

Dental dams can be used for oral sex on the vagina or anus.

They help prevent the spread of STIs

'Dental dams' come in Latex and Latex free versions. If you are allergic to rubber gloves, get the latex free version.

They are a thin sheet of latex or latex-free material that goes over the vagina or anus for oral sex.

**These come in different colours
flavours and sizes,**

May be difficult to find in high street stores, you can buy them online. You can make your own by cutting a condom in half. Some people use cellophane, but that's not as strong.

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Dental Dams

Doesn't Includes hormones

- Carefully remove the dental dam from the packaging and unfold it.
- Lay the dental dam flat over your vagina or anus. Place the dental dam flat over your vulva during oral-vaginal sex. Place the dental dam flat over your anus during oral-anal sex. The dental dam should be big enough to cover your entire vaginal or anal area.
- Hold the dental dam in place during oral sex. You may want to apply a water-based or silicone-based lubricant between the dental dam and your vagina or anus. This may help keep the dental dam in place and make oral sex more pleasurable.
- Stop engaging in oral sex if the dental dam slips or breaks. Place a new dental dam over your vagina or anus before continuing.
- Throw away the dental dam after you use it.

If you can't find a dental dam, you can easily make one out of a condom. To make your own dental dam:

- Carefully remove the condom from the packaging, and unroll it.
- Use a pair of scissors to snip off the tip of the condom.
- Cut off the rolled rubber base of the condom.
- Cut the condom lengthwise from the tip to the base.
- Lay the condom flat over your vagina or anus.

Diaphragms and caps

Doesn't Includes hormones

- Diaphragms and caps are inserted into the vagina and create a barrier over your cervix to keep the sperm out.

- You need to use them with a special type of lube called Spermacide which kills the sperm.

They are made of latex but you can get latex free ones.

Around 92%-96% effective if used properly to protect against pregnancy

Doesn't protect against STIs

Side effects can include

Urine infections
Toxic shock syndrome
Reactions to latex and spermicide.

Natural Family planning.

- You can track your period to see when you are most likely to become pregnant/ most fertile
- Use other forms of contraception on your fertile days

Around 91-99% effective if done properly.

Can take a few months to understand your cycle and use this method correctly.

You can use apps that help you track your period and your fertility

Fancy a little break?

We made this wordsearch just for you

Contraceptives

S	A	I	S	S	T	T	N	J	D	E	M	L	I
C	A	C	C	Y	S	I	M	P	L	A	N	T	N
O	T	O	X	O	L	O	I	L	R	P	E	E	J
S	P	N	E	P	A	Y	L	H	E	A	D	R	E
A	I	D	S	N	S	C	S	D	P	T	E	P	C
F	L	O	A	S	E	N	F	O	P	C	N	I	T
E	O	M	F	E	P	A	E	S	O	H	T	L	I
O	P	S	O	Y	I	N	G	P	C	L	A	L	O
R	L	N	E	G	C	G	N	N	J	N	L	A	N
J	E	R	R	N	I	E	I	S	I	F	D	T	C
C	L	T	I	N	O	R	R	L	T	M	A	M	I
A	L	E	N	S	O	P	I	I	S	T	M	D	H
N	N	S	T	I	J	O	N	I	N	A	S	A	N
D	T	M	P	A	C	O	A	C	A	E	N	N	S

STI
CONDOMS
SAFE
COIL
COPPER
PREGNANCY
INJECTION
RING
IMPLANT
DENTALDAMS
PATCH
SEX
PILL

Play this puzzle online at : https://thewordsearch.com/puzzle/8721528/

EMERGENCY CONTRACEPTION

IF YOU FORGET A PILL AND HAVE UNPROTECTED SEX YOU MAY NEED EMERGENCY CONTRACEPTION

IF YOU HAD SEX AND HAVE BEEN SICK OR HAVE DIARRHOEA AND YOU ARE TAKING THE PILL YOU MAY NEED EMERGENCY CONTRACEPTION

IF A CONDOM SPLITS OR COMES OFF DURING SEX YOU MAY NEED EMERGENCY CONTRACEPTION

THE COPPER COIL AND 'THE MORNING AFTER PILL' ARE EMERGENCY CONTRACEPTION

YOU CAN GET THE MORNING AFTER PILL:
ONLINE - (COSTS MONEY)
PHARMACY - (COSTS MONEY)
SOME NHS WALK IN CENTRES LIKE FAMILY PLANNING CLINICS
SOME YOUNG PEOPLE'S SERVICES - THE NUMBER AGAIN IS 0300 123 7123

THE COPPER COIL WILL NEED TO BE FITTED WIHIN 5 DAY (120) HOURS AFTER YOU HAVE THE SEX WHEN IT HAPPENED.

YOU WILL NEED TO MAKE AN APPOINTMENT AT THE SEXUAL HEALTH CLINIC OR AT YOUR DOCTOR'S SURGERY IF THEY OFFER THIS.

THERE ARE TWO MAIN TYPES OF THE MORNING AFTER PILL
(YOU CAN TAKE IT WHENEVER YOU DON'T HAVE TO WAIT UNTIL MORNING, IN FACT IT WORKS BEST THE SOONER YOU TAKE IT)

ONE HAS THE MAIN INGREDIENT THAT STARTS WITH AN L (LEVONORGESTREL) THIS ONE NEEDS TO BE TAKEN WITHIN 3 DAYS (72 HOURS)

THE OTHER ONE HAS AN INGREDIENT THAT STARTS WITH UA (ULIPRISTAL ACETATE) THIS ONE NEEDS TO BE TAKEN WITHIN 5 DAYS (120 HOURS)

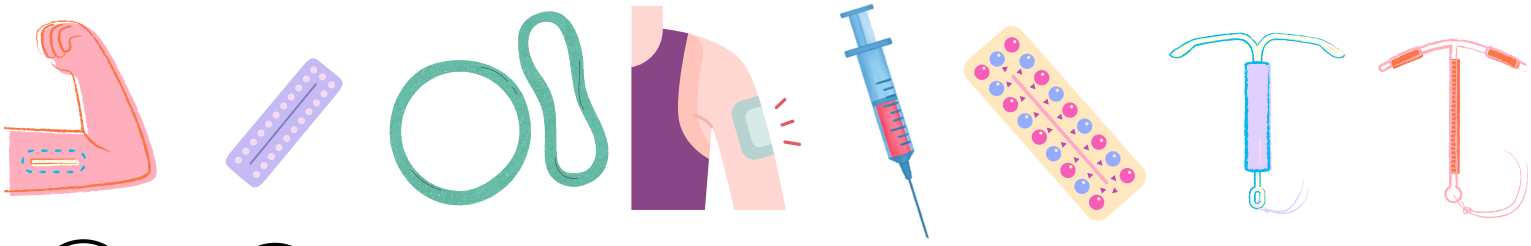
STARTS WITH AN L 3 DAYS - STARTS WITH UA 5DAYS

WHAT IS THE RIGHT CONTRACEPTION FOR ME?

Most contraception, (minus condoms and some others) require a visit to the doctors.

If you have an idea of what you would prefer before you go it might make the whole thing a bit easier. You can take this with you.

I LIKE THE IDEA OF THIS ONE



○ ○ ○ ○ ○ ○ ○ ○

PROS?

CONS?

STUFF TO ASK MY DOCTOR

THIS MIGHT BE A GOOD TIME TO TAKE A MINDFULNESS COLOURING BREAK

You don't have to colour neatly, stay inside the lines, or even finish. This is just for you—to rest your brain, slow your breath, and give your nervous system a break



GETTING CHECKED FOR STIS

It's good practice to regularly go to your sexual health clinic.

Before you have sex with a new partner and after too.

If you can have this conversation with the person you want to have sex with
that's brilliant, you could even go together.

If you are in a long term relationship and you have both been tested then you have to worry less about STI's. However it's a good idea to go and get checked out regularly, just in case.

WHAT HAPPENS AT THE CLINIC?.

When you go for your check-up, the doctor or nurse will have a quick chat with you about any symptoms and your sexual partners.

They might need to take a look at your penis or vagina it's nothing dramatic, just part of the routine.

You can also ask for a chaperone if that makes you feel better this could be a mate you bring along, or another nurse, doctor, or staff member.

Sometimes you'll just need to give a pee sample (easy win). Other times they might use a swab (basically a big cotton bud) to take a sample.
The good bit? Often you can do the swab yourself if that feels less awkward.

Depending on where symptoms are, they might also do swabs from your bum, throat, or eyes.
And here's the thing: you don't need to wait for symptoms to get tested. Loads of people get checked just to be safe.
They'll usually offer to test you for other STIs at the same time too, so you can walk out knowing you've got the all-clear on everything.

THESE ARE SPACED OUT SO YOU CAN DRAW YOUR OWN BORDERS AROUND THE INFO

CHLAMYDIA

Chlamydia is symptomless for most people
If you do get symptoms they can start from 1 week up to several months after infection.
Chlamydia is treated with antibiotics

If chlamydia is not treated, it can lead to serious complications including:

- **Infection of the womb, fallopian tubes and ovaries.**
- **Pain in your joints**

How it shows up

- Discharge that isn't normal for you, from your vagina, bum, eyes. Whereever the infected fluids touched.
- Burning when you pee, sore throat
- Lower tummy pains
- Bleeding after sex, bleeding from your bum.

TRICHOMONIASIS
ALSO KNOWN AS TRICH

Symptoms can start from 5-28 days up to several months after infection.
Trichomoniasis is treated with antibiotics

Trichomoniasis can cause serious complications if not treated, including:

- **higher chance of getting or passing on HIV**
- **higher chance of getting bacterial vaginosis**
- **pelvic inflammatory disease (PID) – which can lead to pelvic pain, ectopic pregnancy or infertility**
- **inflammation of the prostate gland**

How it shows up

- Greeny/Yellow discharge from the vagina, might be frothy and smell like fish.
- Burning when you pee, sore throat
- Lower tummy pains
- Bleeding from your bum, or in rare cases bleeding between periods.

SYPHILIS

Symptoms are often mild and hard to notice
Symptoms can start 3 weeks or more for the symptoms
Syphilis is treated with antibiotics

If it's not treated, syphilis can cause serious and potentially life-threatening problems including:

- **heart problems like angina, aortic aneurysm and heart failure**
- **brain problems like fits (seizures), memory problems, personality changes and dementia**
- **nerve problems like shooting pains, pins and needles, joint pain and gradual damage the joints**
- **problems with the skin, bones, liver and any other organ**

How it shows up

- Small sores (ulcers) on your genitals or bum, these are normally painless and you might only have one
- Sores in other areas: mouth, lips, hands or bum
- A rash on your hands and feet that spreads but isn't itchy
- White patches in your mouth
- Feel like you have the flu
- Swollen glands
- patchy hair loss on the head and face.

GONORRHOEA
ALSO KNOWN AS THE CLAP

Not everyone gets symptoms with gonorrhoea
If you do get symptoms they can start from 2 weeks up to several months after infection.
Gonorrhoea is treated with antibiotics

If gonorrhoea is not treated, it can cause serious problems including:

- **eye infection if you touch your eyes after touching infected fluid**
- **an infection of the womb, fallopian tubes and ovaries**

How it shows up

- Greeny/Yellow discharge from the vagina, eyes or bum. Whereever genital fluid might have touched.
- Burning when you pee
- Lower tummy pains
- Bleeding from your bum, or in rare cases bleeding between periods.

THESE ARE SPACED OUT SO YOU CAN DRAW YOUR OWN BORDERS AROUND THE INFO

SCABIES

Scabies is spread through skin on skin contact.

You get an itchy rash caused my mites.
Harder to see on darker skin but can be felt as bumps on the skin.
Treated with cream or lotion

How it shows up

- Intense itching, especially at night
- A raised rash or spots
- Everyone in your home would need to be treated.

GENITAL WARTS

Some people can have Genital warts and not even know it
It can take a few weeks or months for warts to appear
Genital warts are treated with special creams, wart cream over the counter won't work. Surgery or freezing them off

How it shows up

- Small, rough lumps on the skin
- They can appear on their own or in a gang
- Feel soft or firm
- Might look like cauliflower.
- They can be white, red, skin-coloured or darker
- Might cause pain during sex
- Might cause problems peeing, or blood in your pee

HERPES

Some people can have Herpes and not even know it
Once you get Herpes you have it for life
Each time you have a flare up it should be easier than the last one.
The symptoms are treated with cream for the pain and Antiviral meds to stop the symptoms getting worse

How it shows up

- Small blisters that burst that leave red open sores. On your bum, genitals or thighs.
- Tingling, burning or itching around the herpes area.
- Pain when you pee.
- Discharge that isn't normal for you

PUBIC LICE
ALSO KNOWN AS CRABS

Lice are small and can get into all hair except your head

Treatment includes lotions and shampoos to kill the lice

How it shows up

- Itching, usually worse at night
- Small red or blue spots (bites)
- White/yeallow dots attatched to your hair (eggs)
- Dark red or brown spots in your pants (lice poo)
- Crusted or sticky eyelashes, if that area is affected.

THESE ARE SPACED OUT SO YOU CAN DRAW YOUR OWN BORDERS AROUND THE INFO

HPV
HUMAN PAPILLOMAVIRUS

HPV is a collection of viruses.
They can cause genital warts and cancer.
They are super common and everyone will likely get some type of HPV in their life.
It's not always something to worry about.

You can have it even if you haven't had sex or a new partner in years.

With HPV you get treatment when it causes genital warts or cancer.
Other than that the body can fight it off.

How it shows up

- Genital warts
- Cancer

Good news, vaccinations are available to stop some of the nasty HPV viruses

HIV/ AIDS

HIV is a life long virus that can't be cured yet. It destroys your immune system making is hard to fight off infections and diseases.

Around 2-6 weeks after infection you get a short flu-like illness.

AIDS is what happens when you have untreated HIV. It's more serious. Most people who get treated for HIV in the UK won't get AIDS.

It can be treated so you can live a long and healthy life.
To get tested for HIV a nurse or doctor will take a blood sample from your finger, or a saliva sample is taken from your mouth.

HIV can also be passed from the sharing of needles.

HIV is serious. If you think you might have become infected then you need to go to a clinic as soon as possible, they may be able to offer you emergency HIV medication which might help you stop getting infected.

How it shows up

- a sore throat
- a high temperature
- swollen glands
- muscle aches and tiredness
- a skin rash

YOU LOWER YOUR RISK OF ALL OF THESE BY USING PROTECTION.

STIS ARE SPREAD THROUGH SKIN TO SKIN CONTACT, FLUID TO SKIN CONTACT
AND THE USE OF UNWASHED, UNPROTECTED SEX TOYS
IF YOU THINK YOU MIGHT HAVE BEEN INFECTED BY ANY OF THESE CALL YOUR
LOCAL SEXUAL HEALTH CLINIC AND HAVE A CHAT TO SEE WHAT THE NEXT STEPS ARE.

THEY DEAL WITH THIS STUFF DAY IN AND DAY OUT.
THEY HAVE CHOSEN TO WORK IN SEXUAL HEALTH YOU ARE NOT BEING ANNOYING BY ASKING QUESTIONS
YOU HAVE A RIGHT TO HEALTH CARE.
IF YOU ARE HAVING SEX YOU NEED TO HAVE THE CONFIDENCE TO GET CHECKED OUT
TAKE A FRIEND AND GET A STARBUCKS AFTER.

YOU'VE GOT THIS.

THE END

SURVIVOR SPACE OXFORDSHIRE

WHAT YOU'LL LEARN

ISVA AND COUNSELLING SUPPORT

WHAT DOES AN ISVA DO?

ISVA stands for Independant Sexual Violence Advisor

As ISVAs we are your one stop shop for everything related to sexual violence and the criminal justice system.
Our ISVA team is ready to help you in anyway we can if you are thinking about reporting or already have.

We have a voice for you when you're finding it difficult to speak
We are guided by you and what you want to do.
There is no pressure to report, we are here to advise.

We can go to court with you

We help you talk to the police

We can help with sexual health too!

All our ISVAs are specially trained fountains of knowledge.
They are always in your corner, a calming presence or writers of a persuasive email on your behalf.



We can help with issues in school and college.
For instance:
Talking to teachers for you if you are struggling with school work or friendship groups

WHAT IS COUNSELLING?

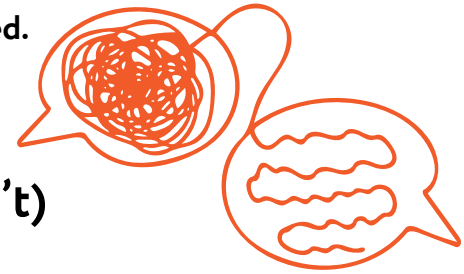
What counselling looks like

Counselling is a safe, confidential space where you can talk about whatever's on your mind your feelings, memories, relationships, or experiences with someone trained to listen and help you make sense of things. It's your time, focused entirely on you.

What Happens in Counselling?

Each session usually lasts around 50 minutes and takes place once a week.
You'll meet with the same counsellor each time, online or in person,
so you can build trust and get to know each other.
You don't have to know what to say or have a plan
your counsellor will help you explore things at your pace.
Some sessions might feel emotional or tiring;
others might feel calm or even light-hearted.
All of it is part of the process.





What Counselling Is (and Isn't)

Counselling is:

A space where you can be yourself without judgement
About understanding your thoughts, feelings, and behaviours
A place to find your own answers and coping tools
Led by you, you decide what to talk about and how deep to go

Counselling isn't:

Being told what to do or how to feel
A quick fix or something done to you
About being "broken" or "fixed" — it's about growth and healing

The Relationship Matters

The most important part of counselling is the relationship between you and your counsellor. Feeling safe, accepted, and understood helps healing happen. If something doesn't feel right, it's okay to say so your counsellor will listen and work with you, to make it feel safer.

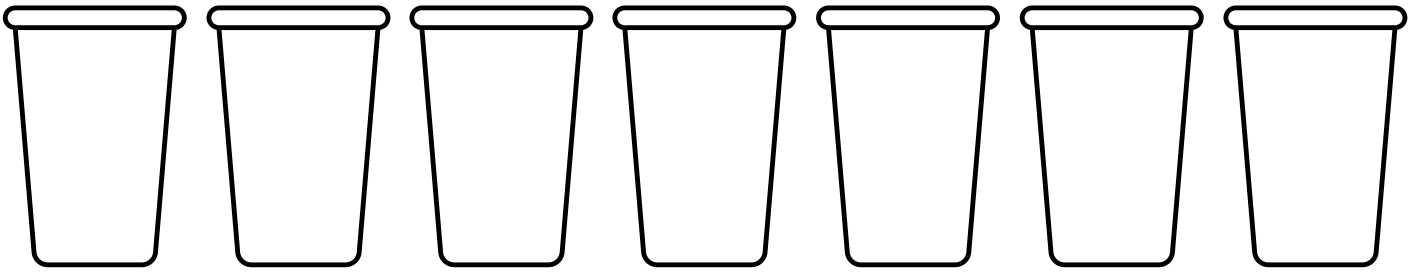
Everyone's Journey Is Different

Some people notice changes quickly, others take time there's no right or wrong way. Healing isn't a straight line, but every step you take to understand yourself is an act of courage.

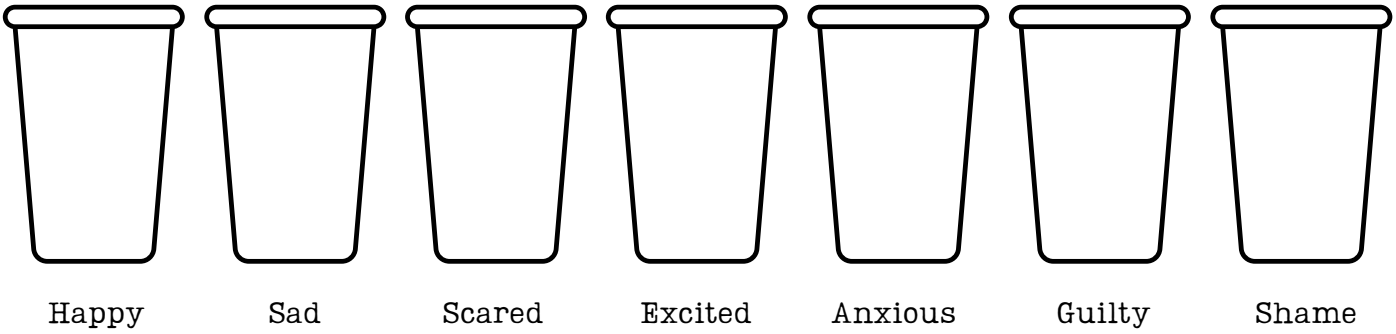
WHAT I GOT FROM THIS WORKBOOK



1. How much, right now, is in each cup? You can colour them in or draw a line



2. How did these cups look at the beginning of this work book. (go back to the beginning and copy over your answers)



THE END

THANKS SO MUCH
FOR BEING HERE
FOR BEING YOU
AND FOR STICKING AROUND.

WE WOULD LOVE YOUR FEEDBACK ON THIS WORKBOOK
GOOD OR BAD.
DO YOU FEEL WE HAVE MISSED ANYTHING?
WOULD YOU LIKE MORE INFORMATION ON A CERTAIN SUBJECT?

PLEASE USE THE QR CODE BELOW TO GIVE US YOUR FEEDBACK.

RESOURCES

1

RAPE CRISIS ENGLAND WALES HELPLINE

You can find information about a range of issues on RCEW 's website https://rapecrisis.org.uk/get-help/tools-for-victims-and-survivors/

2

SHOUT

Shout is a free, confidential, anonymous text support service. You can text them from wherever you are in the UK on 85258.

3

SELF-INJURY SUPPORT

Support for girls and women affected by self-harm. Email tessmail@selfinjurysupport.org.uk any time. Or you can call 0808 800 8088, text 07537 432444, or use webchat (www.selfinjurysupport.org.uk) Tues through Thurs 7 – 9.30pm.

4

SAMARITANS

You can get in touch about anything that's troubling you, no matter how large or small the issue feels. Call on 116 123 or email jo@samartians.org.

5

HARMLESS SELF-HARM RESOURCES

Find a range of information about self harm and suicide prevention on http://www.harmless.org.uk/

6

PAPYRUS

Confidential support for under-35s at risk of suicide and others who are concerned about them. Open 24 hours, 7 days a week. Helpline: 0800 068 41 41,, Text: 07860039967, Email: pat@papyrus-uk.org

7

CALM HARM APP

Free app that helps you manage or resist the urge to self-harm. Download here: www.calmharm.stem4.org.uk/

FOR MORE INFORMATION

Some of the content in this book is taken from other places. Feel free to check them out

www.nhs.com

www.Samaritans.com

Visualisation taken from 'The Sexual Trauma Workbook for Teens – A guide to recovery from sexual assault and abuse' by Raychelle Cassada Lohmann & Sheela Raja 2016.

Consent section Adapted from Consent The new rules of sex education - every teen's guide to sexual relationships by Jennifer Lang MD (2018).

Window of Tolerance Dr Dan Siegal

Poly Vagal Theory - Dr. Stephen Porges

Have you been affected by rape, sexual assault or abuse?

Don't know what to do or where to turn?

Survivor Space can help

We can provide specialist practical support for children, young people and adults in Oxfordshire who have experienced sexual violence at any point in their lives.

MAKE A REFERRAL USING OUR ONLINE FORM
OR GET IN TOUCH FOR FURTHER INFORMATION

www.survivorspace.org.uk/make-a-referral

We provide:

- Independent advocacy
- Counselling and Psychoeducation
- Facilitated group work
- Children's & young people's services
- Outreach with schools, colleges and universities

SURVIVOR SPACE
OXFORDSHIRE

www.survivorspace.org.uk