

### Things you may wish to include for your account:

- **Anything you are comfortable with sharing about your experience of sexual assault or harassment.** For instance, the impact and aftermath of your experience. Don't feel compelled to share details you are not comfortable with.
- **What was helpful for you during or after the incident? What was unhelpful?** For instance, this could mean examining your or others' beliefs, reactions from people you've disclosed the incident to, or managing emotions and pressures.
- **Did you receive helpful reactions from the people you spoke to? What was unhelpful?** For instance, these could be reactions from family, friends, police, social workers, doctors, lawyers, etc.
- **What you'd like to wish to see change at different levels?** E.g. individual, community, institutional or state level
- Here are some stories that have been shared with us through our Sexual Assault Care Centre (SACC): <http://sacc.aware.org.sg/get-involved/your-stories/>

These are just suggestions for you to consider, but you do not have to include them. If you would like to add more or less information, please feel free to do so. Kindly note that we'd need your help to remove any identifying details of people who were involved from your account.

### Safety considerations before participating in this initiative

#### Physical and emotional safety

- Negative reactions from family and friends (e.g. physical retaliation, harassment, unhelpful or judgemental comments)
- Possibility of retaliation from the perpetrator(s) or people close to them. While we're not revealing their identities or any identifying information about the perpetrator(s), it is an important consideration for your safety.
- Individual coping with emotions and thoughts that may surface while writing your account.

### Important note: AWARE's beliefs on sexual violence:

- Sexual assault is never the fault of the survivor, no matter how they were behaving or what they were doing.
- We respect the diversity of experiences and understand that there is no one way for a survivor to react and/or cope with the sexual assault.
- The responsibility for change does not lie with any particular individual/group; change can happen at the individual, community (friends, parents, etc), institutional and state level.

Kindly note that anything that contradicts with these beliefs and AWARE [values](#) might be edited accordingly. If you have any concerns, please let us know.

Need support? Reach out to [Sexual Assault Care Centre](#). Click [here](#) for more information about AWARE.