

I've been the subject of sexual violence; do I have to disclose?

No. There's no right way to recover.

Being sexually violated can take away your sense of control, so in recovering it's important that you choose what happens next and when. Supportive people that you trust to listen can be an important resource. A therapist, or another professional, can provide non-judgmental support, but take your time to find someone who you can collaborate with, and who you trust enough to tell 'no', if they approach things in a way that doesn't fit for you.

Stories about other people's experiences of sexual violence, shared through media, can help you feel less alone, and might even contain tools you can use, but be cautious about comparing yourself to others and judging your recovery against someone else's. Learning to tune into what hurts, and what helps you as a unique and whole person, is likely to be more nourishing than conforming to an idea of a model way of dealing with what has happened to you. A Disciplinary Adviser (DAI), who will then provide you additional emotional and practical support. For example, with your studies, adjustments for exams or support with the content of any modules. The team can also access specialistic therapeutic support. DAI advisers are there to listen and provide whatever reporting option you choose.

