

Disclosing abuse you suffered if you are **over 18**

If you or someone you know are currently being abused,

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

Do's

- ▶ Start small, with someone you trust
- ▶ If disclosing publicly, ensure you have some kind of support system to talk to before and after you disclose your experience (family, friends, support group, hotline etc)
- ▶ Share as little information as you want.
- ▶ Clearly work out "red lines" of things you will not talk about or address in advance for yourself, so that you are prepared to say no to questions or push back if prompted or asked.
- ▶ Be mindful that the more details you share, the greater the chance that you will be triggered or your audience will be. Practice sharing what is most important and relevant about your experience.
- ▶ Go into this with the clarity that there may be negative consequences—talk to people who have shared publicly about their positive and negative experiences, to help make an informed decision.
- ▶ Practice with someone you trust.
- ▶ Recognise that disclosing can bring up a lot of emotions for you and your recipient, so ensure that you have tools that will enable you to emotionally self-regulate before and after.
- ▶ Engage in physical, and mental self-care before & after disclosure

Don'ts

- ▶ Do not share if you don't feel comfortable and emotionally ready.
- ▶ Do not feel compelled to answer a question if you do not want to.
- ▶ Do not feel "forced" to share more than you feel comfortable sharing or speak to something that is a red line for you.
- ▶ Do not share publicly on an impulse, take the time to consider the pros and cons for yourself.
- ▶ Do not feel compelled to support or hold others' reactions to your experience.
- ▶ Do not stay in a judgmental or unsupportive environment. Remove yourself immediately or as soon as possible.