

## Not The Only One Events FAQ

- What is Not the Only One?

Not The Only One is a unique initiative for students who have experienced sexual violence at any point in their life, including child sexual abuse. Our work is survivor-led and co-developed with students at a range of universities. We run events, support spaces and training, all focusing on how to improve the experience of survivors in higher education.

We created Not The Only One because, both from our own experience as well as in our work with survivors, we have become aware of how important and helpful it can be for us to have spaces where we can 'be' as survivors.

Each of our events is a survivor only space run in a small group and facilitated by two members of the Not The Only One team. The events are confidential, and you can participate as much or as little as you want. The facilitators will not ask you to discuss your experience(s). All genders and sexualities are welcome.

- What do you mean by survivor?

We use 'survivor' as a common short hand for a wide range of experience, but we recognise that not everyone who has experienced sexual abuse might use 'survivor' as a self description. At our survivor events we welcome students who have experienced any form of sexual abuse at any time in their life. This could have been non-physical, a one-time experience, or a long time ago, including in childhood. It could also be something that has happened in different ways at different times and it could include things that at the time we didn't realise were sexual abuse. If you are not sure whether your experience qualifies as sexual abuse, you are welcome to join anyway to learn more.

- Do I have to talk about what happened to me?

The short answer: No. We will never ask you to share anything about what happened. Most of our workshops focus on dealing with issues we have as survivors in the here and now. That being said, of course past experiences can come up and attending survivor spaces can sometimes bring up memories. We will usually have a grounding activity in the end which can help dealing with anything that might have been triggering.

- What happens if I am late to a workshop?

We ask everyone who is attending to be there from the beginning and we usually open the space 5 minutes before the start time, both for online and in person events. To create a safe and supportive space we always agree on a working alliance at the beginning of each event. We therefore can't let people in five minutes after the start time.