

A rights-based, SURVIVOR-led approach to coping with lockdown

We are currently living in a situation where people are being asked to give up more rights than at any other time in living memory. As young people who have experienced sexual violence, we understand what it feels like to have our rights taken away, how to cope with trauma and what helps with recovery. We want to share some of our lived experience/wisdom and encourage everyone to take a survivor-led and rights-based approach to coping with coronavirus lockdown.

Every individual right is tied up with social responsibility. We think of this as our duty of care to each other.

Rights are universal. Nobody is entitled to more rights than anyone else.

Everyone has the right to feel safe. This is the most important part of a survivor-led approach. Right now we need to prioritise the safety of people who are most at-risk.

Rights & Responsibilities



You have the right to continual check-ins with loved ones. These are good because they show you care and allow you to talk about things before they get too big.

You have the right to creativity and joy. Have a video dance party with friends, play games, draw, write your thoughts down or plant some seeds and watch them sprout.

YOUR RIGHTS NOW



You have the right to express emotions like anger, sadness and anxiety. These are natural responses to trauma. It's better to let them out then hold them in.

Plan activities that keep you well and deliberately engage with safe tasks that take your mind away from any negative thoughts or feelings.



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trauma

Some people won't cooperate with new social distancing rules. You can't stop them. Try to stay away from them to protect yourself, which in turn protects other people.

Develop your empathy for other vulnerable people by recognising how your short-term experience is their permanent experience.

Recovery



It may be easier to ask for help since everyone is struggling. Or you may not want to talk to anyone in the middle of a crisis. That's fine.

Use this time to learn more about your rights so you can reclaim them for yourself and other young people when this is all over.

Keep planning for the future – don't forget that this will end!

Try to approach it as an opportunity to think about how things could be different and better.

The kind of world we'd like to emerge from this crisis...

Survivor-led, trauma informed, where everyone can claim their rights and accept their responsibilities

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