

For the Record Agenda

For the Record conversations are scheduled for 3-4 hours and will follow the rough agenda below. Adjustments will be made for the group and/or timing as needed.

We look forward to meeting with you, engaging in authentic, vulnerable conversation, addressing the long term repercussions of sexual trauma, and learning how we can shape responses, create solutions and cultivate justice and healing.

Welcome & Sign-In

- Community Members will sign in and receive a nametag that will delineate survivor, adjacent or ally (see below for definitions). Each individual gets to decide how they will identify for the conversation. Nothing is mandatory, every decision is by individual choice.

Introductions

Community Members

- Survivor: I identify as a survivor; I have experienced sexual trauma firsthand
- Adjacent: I have someone in my life who has experienced harm, I'm looking for the tools to best support them (could be survivor who does not want to disclose)
- Ally: I may not be personally affected, but I want to support those who are in whatever way I can

Nous Tous Gallery, Host & Co-Collaborator

Healing Courage, Co-Collaborator

Share For the Record Values & Community Norms

- EMBRACE VULNERABILITY AS A STRENGTH
Courage to be yourself openly, honestly, and unapologetically; Vulnerability involves uncertainty, risk, or emotional exposure, and cultivates intimate, human connection through the sharing of truths
- HONOR AUTHENTICITY IN YOURSELF & OTHERS
True to one's own personality, spirit, or character; Showing up with your whole self, physically, emotionally and mentally
- ACKNOWLEDGE YOURSELF & OTHERS
Acceptance of the truth or existence of something; the action of expressing or displaying gratitude or appreciation for something
- SHOW & SHARE VALIDATION
Recognition or affirmation that a person or their feelings or opinions are valid or worthwhile

For the Record Conversation

The **For the Record** conversation will follow both a Read, Write & Reflect and Share structure regarding our experiences with sexual trauma, and will involve some or all of the following questions. Again, each individual can decide what they share, when and how, as we all participate in our own way. If you do not identify as a survivor, you're welcome to share your experiences and observations as related to the following.

Head, Heart & Body

- What symptoms did/do you experience and what kind of support did you want?
- What do you need now in your healing process?
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Community

- How did your community respond?
- What did you need from people in your community? What do you wish was said? What would you have your community do differently?

Justice & Healing

- What challenges did you face in navigating systems of justice and support?
- If you could define it for yourself, what would justice look, sound & feel like?
- What would you say to the person who hurt you?