



# R FOR RECOVERY

It can take a long time to recover from rape, abuse and sexual assault, and recovery looks different for everyone.

If you are with someone who has experienced sexual violence there are lots of ways you can help them feel comfortable. **Believe them.** Ask them if it is okay to touch them there. Encourage them with their choices. Check that you have consent.

## A-Z OF CONSENT



For more information and support search [consentinnotts](#) or visit [nottssvss.org.uk/consent-coalition](http://nottssvss.org.uk/consent-coalition)

