

SARSAS

*Listen.
Believe.
Support.*



Sharing Your Story

blog writing tips & support

Sharing your story

Sharing your story can be a powerful step in your **healing journey**, as well as a way to connect with others and raise awareness about sexual violence.

We understand it can also feel daunting, which is why we want to make sure the process feels **safe** and **supported** for you.

To help you along the way, we've put together some **tips** and **ideas** to guide you through the process of writing something for the **SARSAS blog**.

CONTENT WARNING (CW)

While we won't edit your work to preserve your voice, we may add a content warning at the top of your blog if it includes sensitive topics (e.g., child sexual abuse, sibling sexual abuse, or graphic descriptions) that readers may want to be aware of in advance. We'll always check with you before publishing.

Writing your blog

Your voice matters: This is your story, and your voice is what makes it powerful. Write in a way that feels natural and true to you.

Share what feels right: Only share what you're ready to. There's no pressure to include anything that doesn't feel comfortable.

Keep it simple: Short paragraphs and headings can make your story easier to follow. Aim to keep it under 1,000 words if that feels manageable.

Pick the right moment: Writing can be emotional, so try to pick a time when you won't be interrupted. Take breaks when you need to, and don't push yourself to keep going longer than feels okay. When you're done, treat yourself to some self-care – maybe a cup of tea, a walk, or some time to relax.

Don't stress about grammar: Nobody's expecting perfection! What matters is that your voice shines through. Unless you ask us to proofread for clarity, we won't make editorial suggestions.

What can I write about?

There's no "right" topic – just write about what feels meaningful to you.

Here are a few topic ideas to consider:

- Sharing your personal experience(s) of sexual violence.
- Writing a poem or reflecting on self-care practices that help you.
- Exploring what terms like 'victim' or 'survivor' mean to you.
- Talking about the bigger picture – like the impact of sexual violence on communities or society as a whole.

For inspiration, check out the [**SARSAS blog**](#) for stories from others who have shared their experiences, as well as contributions from staff and professionals.

Staying anonymous (if you want!)

You're in control of how your blog is shared. You can stay completely anonymous, or if you're comfortable, we can include a first name, a photo, or something meaningful to you.

For example, your blog could feature:

- a first name, like *'A blog from Lucy, a sexual violence survivor.'*
- a photo of you, or one where you're not facing the camera
- an image of something important in your healing, like your pet, a favourite place or an object that's brought you comfort.

If you prefer to stay anonymous, we can credit your blog like this:

- *'a blog from someone who used our services'*
- *'a blog from someone with lived experience'*
- *'a blog from a SARSAS supporter'*

Let us know what feels best for you!

Taking care of yourself

Writing about your experience can stir up a lot of emotions. For some people, it can feel healing, but for others, it can be extremely tough. **Remember:**

- it's okay to step away and take a break if you need to.
- whatever you're feeling is valid.
- if you change your mind about writing at any point, that's okay (you don't owe us anything!)

If it ever feels overwhelming, our [helpline is here](#) for you.

IT'S IMPORTANT TO REMEMBER

Once your blog is live, it will be available online, and we have limited control over where it's read or shared. While we can remove it at any time upon request, it may take a little while for the system to update. Just let us know if you'd like it taken down, and we'll do so as quickly as possible.

What happens next?

To help get your blog out to as many people as possible, we'll share it on our **social media channels** and might include it in our **newsletter** as well.

Sharing your story can be empowering, but it's also okay if you **feel nervous** or **unsure** afterward.

If it helps with any anxiety around publishing, we can let you know when your blog is scheduled and when it goes live – just let us know if that works better for you!

You might also feel a bit deflated after publishing your blog, and that's okay too. Just remember, **your words could be exactly what someone else needs to hear.**

If you'd like, we can share stats on how many readers your blog has reached a few months after it's been published.

Thank you

“Thank you for thinking about sharing your story with SARSAS and the people we support.

Your voice really does have the power to make a difference, and we’re here to support you every step of the way.

If you feel ready to write a blog or have any questions, please email media@sarsas.org.uk and the comms team will be happy to help!”

Lisa Durston
Communications Manager



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