

IICSA Changemakers Survivor Advisory Community

SELF-REFLECTION CONSIDERATIONS FOR PARTICIPATION

- What are my reasons for wanting to participate in the Survivor Advisory Community?
 - Do I really want to participate or am I feeling like I *should*?
 - Am I ready to talk about my own experiences and opinions?
 - What information am I ready to share and what information do I want to keep private?
 - Do I have capacity and space in my life to give time towards participation work?
-
- Is it safe for me to participate? Or is this any ongoing risks to being involved?
 - Are there protections or measures that can be put in place to increase my safety? (for example, using a protective name or not engaging in media work)
 - Are there people in my life who need to be aware of my decision to be involved in participation work? Are there people in my life I need to ensure *don't* know about being involved in participation work?
-
- Have I read the Terms of Reference and feel able to abide by the code of conduct?
 - What are my personal boundaries or limits regarding what I am happy and able to contribute?
 - What are my strategies and coping measures to ensure my wellbeing is not negatively impacted by participation?
 - How will I ensure my personal and professional boundaries are upheld?
-
- Am I involved in any ongoing legal proceedings that may be jeopardised by participating as an expert by experience?
 - Am I clear about how I would make complaints or provide feedback about my involvement with this organisation?
 - Am I clear about the scope and limitations of the participation work? Does this align with my own ambitions and energy levels?