

Victim-survivor consultations on a Health Worker Initial Response to Disclosures of Domestic Violence Resource

Questions to ask yourself before applying

These questions are for you to think about to decide if you are ready to engage in consultations. You do not have to return the answers to these questions to us, but if you wish to discuss anything that comes up for you when you consider these questions please discuss with us.

This series of questions was developed for the Experts by Experience framework and adapted Tess Moodie Consultancy to support your choices about joining us to use your lived expertise or as a victim-survivor advocate. It is important that while you are making an expression of interest, or working as an advocate that you feel safe and supported.

Work as a victim-survivor advocate can be understandably challenging and may cause emotional distress at times. These questions will help you think about whether you feel ready and safe to do the work. You are strongly recommended to think about these questions to help you work out if this work is right for you, and if the timing is right for you. When you are thinking about these questions, or after you have, please reach out for further support if you need to. A list of support services is at the end of this document.

Readiness to Undertake the Consultation

- What are my reasons for wanting to participate?
- Do I really want to do this or am I feeling that I should?
- Am I ready to talk about my own personal experiences if required?
- How will I react/respond if I find the process disappointing?
- Have I read the information sheet about the consultation and understand what is required?

Resources Needed

- Do I have enough support in place if I need support after the consultation?
- Do I have family/friends that can support me if needed?

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- How will I manage the emotions that come up when I talk about my experiences of being asked about violence or hear other people talk about their experiences?
- Do I have access to a laptop/tablet/Ipad or device and Zoom for attending training and meetings online?
- Do I need any accommodations to attend the training or participate in the consultation based on disability, chronic illness, being a carer or anything else?

Safety Considerations

- Is it safe for me to do this consultation? (Consider physically, emotionally, financially, psychologically, legally)
- Is there anything I need put in place to increase my safety in this consultation?

Privacy

- What information am I ready to share and what information do I want to keep private?
- How will I ensure I maintain my personal boundaries of how much I want to share during the consultation?
- Am I prepared to say no or decline if there are questions I don't want to answer?
- Am I clear about the limitations of my role in this consultation?
- How will I practice being trauma informed when working with other victim-survivor advocates?

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- Do I want to participate in this consultation anonymously, i.e. do I want to use my real name or use a fake name?
- What else do I need to protect my privacy?