

A Letter to the Sector from a Survivor who Felt Exhausted

Dear Sector,

Please can I gently remind you of the following;

Do not speak for survivors, speak to us & help amplify our voices.

Do not invite us to 'be involved' to showcase us, instead create a room where we can lead you.

Do not use your fancy labels to describe us, instead try and understand our language.

Do not place limitations on us, create opportunities for us to excel.

Do not glorify having survivors on board, if you will not navigate in our direction

Do not ask us to share our experiences if you are not willing to learn from them.

Do not play the saviour and rescue us, instead walk with us to find our journey of freedom.

Do not write our suggestions down to fill paper, instead implement them.

Can we now please try & work together to fight for change?

Regards, Alicia