



# *Staff* & PARENT ✨

**EVERYONE'S  
INVITED**  
*education*

# *Help* **& SUPPORT**

# SUPPORT LINES & WEBSITES

## NSPCC – Report Abuse in Education Helpline: 0800 136 663

Thanks to those who have found the courage to speak out as part of the testimonies on Everyone's Invited, the NSPCC has been commissioned by the DfE to set up an independent helpline for children, parents and professionals to seek expert, sensitive advice from the NSPCC and safely report abuse that has happened or is happening in educational settings.

- Please contact the helpline on 0800 136 663 Monday – Friday 8am – 10pm or 9am–6pm on weekends, or email [help@nspcc.org.uk](mailto:help@nspcc.org.uk)

## NHS Live Well

The NHS offer help after rape and sexual assault. Their page gives advice on medical checks, emotional support and forensic examinations should you wish to speak to the police. The NHS Live Well pages also include sex facts, advice and support, genital health and STI's.

- <https://www.nhs.uk/live-well/sexual-health/help-after-rape-and-sexual-assault/>

## Rape Crisis

Rape Crisis England & Wales is the umbrella body for a network of independent Rape Crisis Centres. Rape Crisis is a national feminist organisation offering support and counselling for those affected by rape and sexual abuse.

- Contact the Rape Crisis national freephone helpline on 0808 802 9999 (12 to 2.30pm and 7 to 9.30pm every day of the year)
- Rape Crisis helpline: 0808 802 9999

### The Survivors Trust

The Survivors Trust is the largest umbrella agency for specialist rape and sexual abuse services in the UK, providing support for the past 15 years. They work with victims and survivors of all ages, all genders, of all forms of sexual violence, sexual abuse and sexual exploitation, including support for partners and family members.

- <https://www.thesurvivorstrust.org/>

### Women Against Rape

Women Against Rape (WAR) is a grassroots multi-racial women's group founded in 1976, working closely with Black Women's Rape Action Project. Their website also features various useful self-help guides for survivors.

- <https://womenagainstrape.net/>

### Rape and Sexual Abuse Support Centre (RASASC)

An inclusive service that supports survivors of all genders over the age of 13 from across Surrey, who have been raped, sexually abused or have had an unwanted sexual experience.

- Call the helpline on 01483 546400 – available Monday to Thursday, 7:30pm to 9:30pm
- <https://www.rasasc.org/>

### Survivors UK

Male Rape & Sexual Abuse Support

If you are a man who has suffered sexual abuse or rape in the past, you can turn to Survivors UK for help. They have a range of support options to help you recover from your experience and put the past behind you.

- Chat services are open Monday – Sunday 12pm – 8pm via SMS 020 3322 1826

## 1 in 6

1 in 6 offers a wide range of information and services for men with histories of unwanted or abusive sexual experiences, and anyone who cares about them, including a 24/7 online helpline, free and confidential weekly online support groups, trauma-informed training and webinars and male survivor stories.

- <https://1in6.org/>

## My Body Back

MBB is a project offering cervical screening, contraceptive care, STI testing and maternity care for people who've experienced sexual violence. They also have an app with a step-by-step guide to help you prepare, attend and complete your cervical screening test.

- <https://mybodybackproject.com/>

## Hidden Strength

Hidden Strength is a unique mental health platform for young people. They offer meaningful support and advice in a safe, anonymous environment. Hidden Strength will be the first mental health portal to build an online community that serves its users in keeping with their digital lives. Hidden strength is also available on the app store.

- <https://hiddenstrength.com/>

## Strut Safe

Strut Safe is an initiative to help anyone who feels unsafe when walking in public. We have volunteers based across the UK ready to take calls and stay on the line with you until you get in the door.

- Call them on 0333 335 0026 Friday's and Saturday's from 7:00pm – 3:00am and Sunday's from 7:00pm – 1:00am

## Shore Space

Shore is part of The Lucy Faithfull Foundation, a charity working to prevent all forms of child sexual abuse.

Shore was launched in 2023 to provide a safe and anonymous place for young people to get help and support. The aim of this website is to prevent harmful sexual behaviours among young people.

It's for anyone who:

- has questions about healthy sexual relationships
- wants to change their own behaviour
- is looking for reliable information to help them respond to someone else's behaviour

Advisors can provide support and advice by email or by the chat service – you don't have to say who you are.

What to do if... You're worried about a friend being sexually harmed: <https://shorespace.org.uk/what-to-do-if/youre-worried-about-a-friend-being-sexually-harmed/>

# **SUPPORT FOR AFRICAN, CARIBBEAN AND MINORITISED SURVIVORS**

## Sistah Space

Founded in November 2015, Sistah Space is a community-based non-profit initiative created to bridge the gap in domestic abuse services for African-heritage women and girls. Their mission is to encourage African heritage survivors/victims to report abuse by providing a safe cultural venue for victims to disclose abuse in a confidential environment, and to encourage community integration.

- <https://www.sistahspace.org/> Sistah Space Helpline: 0207 846 8350

## Imkaan

The only UK-based, umbrella women's organisation dedicated to addressing violence against Black and Minoritised women and girls. The organisation holds over two decades of experience of working around issues such as domestic violence, forced marriage and 'honour-based' violence.

- <https://www.imkaan.org.uk/>

## Hersana

Providing Black femme survivors with support, access to justice and counselling on all forms of gender-based violence.

- <https://www.hersana.org/>

## LAWRS

Human rights, feminist organisation run by and for Latin American migrant women living in the UK.

- <https://lawrs.org.uk/about/>

**FORWARD** (Foundation of Women's Health Research and Development) is an African women-led women's rights organisation working to end violence against women and girls.

- <https://www.forwarduk.org.uk/>

**Black Minds Matter UK**

A charity operating in the UK, connecting Black individuals and families with free mental health services- by professional Black therapists to support their mental health.

- <https://www.blackmindsmatteruk.com/>



# SUPPORT FOR LGBTQ+ SURVIVORS

## Galop

Galop is the leading LGBT+ anti-violence charity, supporting LGBT+ people who have experienced sexual assault, abuse, or violence “however or whenever it happened”. They run three national support helplines, run by trained LGBT people, as well as offering longer-term support and advocacy services and answering questions regarding the criminal justice system.

- Call the helpline on 02077042040 from 10 am to 4 pm Monday to Friday. Alternatively, you can email [HateCrime@galop.org.uk](mailto:HateCrime@galop.org.uk) at any time.

## Switchboard LGBT+

Switchboard was launched in March 1974, providing help and information to London’s gay community. It rebranded in 2015 to emphasise inclusion for people of all sexual orientations and gender identities. All their volunteers identify as LGBT+ and provide a non-judgemental listening service, as well as guidance and advice on whatever you want to talk about.

- Call them on 03453303030 between 9 am and 9 pm on weekdays, or email [chris@switchboard.lgbt](mailto:chris@switchboard.lgbt) at any time

## LGBT Foundation

LGBT Foundation provides a wide range of services, including support groups, counselling, a helpline, a pop-in service, a sexual health program and a range of guides and resources.

- Call them on 03453303030 between 9am and 9pm on weekdays, or email [helpline@lgbt.foundation](mailto:helpline@lgbt.foundation) at any time

### Bi Survivors Network

Bi Survivors Network provide a space for bisexual survivors of sexual and/or domestic violence to talk. They run chats on the secure messaging app Telegram every other week, and also do community advocacy for bi survivors.

- The chats take place every other Wednesday between 7:30pm and 9pm, and are open to people of any gender identity. You can email them at [bisurvivorsnetwork@gmail.com](mailto:bisurvivorsnetwork@gmail.com)

## **PARENT RESOURCES**

### Parents Protect

This is an information and resources website, which aims to raise awareness about child sexual abuse, answer questions and give adults the information, facts and support they need to help protect children and provide support if their child speaks out about abuse.

- <https://www.parentsprotect.co.uk/> Helpline: 0808 1000 900

### Stop it Now! UK and Ireland

Stop it Now! UK and Ireland is a child sexual abuse prevention campaign. They support adults to play their part in prevention by providing sound information, educating members of the public, training those who work with children and families and running a freephone confidential helpline.

- Call on 0808 1000 900 for confidential information and advice.

## NSPCC Talk PANTS

Talk PANTS helps guide parents in starting conversations with their child about consent, to understand that their body belongs to them, and they should tell someone they trust if anything makes them feel upset or worried.

- <https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule>
- The NSPCC offers a helpline if you're worried about a child, to provide support and advice to help. Whatever your concern, you can call the NSPCC Helpline on 0808 800 5000 Monday to Friday 8am – 10pm or 9am – 6pm at the weekends, or email at any time at [help@nspcc.org.uk](mailto:help@nspcc.org.uk)

## Keep Kids Safe

This website helps parents of sexually abused children with advice on what to do if your child is a victim of abuse and how to help your child recover and heal from sexual abuse-induced trauma.

- <https://keepkidssafe.org/talk-about-sexual-abuse-safety/>

## Say Maaate to a Mate – Mayor of London Campaign

Mayor of London Sadiq Khan launched two new campaigns – **Have A Word** and **Say Maaate to a Mate** – calling on men to reflect on our own attitudes and to say something when our friends behave inappropriately towards women.

- Watch the interactive video and find all resources here: <https://www.london.gov.uk/maaate>

# GUIDES & SELF HELP

## The Good Friend Guide

This is a short guide for those looking for practical and simple advice on how to better support a friend or family member in an abusive relationship. This guide is part of a continuing discussion about how we can support those in violent relationships.

- <https://chayn.gitbook.io/the-good-friend-guide/>

## SARAS Self-Help Guide

This self-help guide is for survivors of rape or sexual abuse who want to understand and process their own personal reactions to their experience.

- <https://www.sarsas.org.uk/wp-content/uploads/2022/06/SARSAS-Self-Help-Guide.pdf>

## SARAS Self-Help Guide for Men and Boys

This self-help guide is for male survivors of rape, sexual assault or sexual abuse who want to understand and process their own personal reactions to their experience. When you have suffered rape or sexual abuse it can affect how you think, how you feel, how you behave and how you see the world. You don't have to do it alone.

- <https://www.sarsas.org.uk/wp-content/uploads/2022/06/SARSAS-MenBoys-Self-Help-Guide.pdf>



# *Media* ✨ **& RESOURCES**

The following recommendations are positive and negative representations of consent and sex in order to facilitate healthy and impactful conversations.

- Normal people

This show follows Marianne and Connell, who are from different backgrounds but the same small town in Ireland, as they weave in and out of each other's romantic lives and start to grow up.

Rating: TV-MA for sex and nudity

Available on: BBC iplayer / Hulu

- Steven Universe

Steven, a young boy, inherits a magical gemstone from his mother. He tries to figure out the secrets and spends his days in Beach City with the other Crystal Gems.

Rating: TV-10

Available on: Prime Video / HBO max

- Heartstopper

Teens Charlie and Nick discover their unlikely friendship might be something more as they navigate school and young love.

Rating: TV-14

Available on: Netflix

- Bridgerton S1

During the Regency era in England, eight close-knit siblings of the powerful Bridgerton family attempt to find love.

Rating: 15

Available on: Netflix

- Heartbreak High

Amerie, along with her new friends Quinni and Darren, must navigate love, sex and heartbreak at Hartley High.

Rating: 17+

Available on: Netflix

- Grand Army

Five students at the largest public high school in Brooklyn take on a chaotic world as they fight to succeed, survive, break free, and seize the future.

Rating: 17+

Available on: Netflix

- Consent

Bold and authentic drama set at an elite school where the lines of sexual consent are dangerously blurred. When a serious accusation is made against 'one of their own', how will the school react?

Rating: G

Available on: Channel 4

- Baby Reindeer

The story follows writer and performer Richard Gadd's warped relationship with a female stalker and the impact it has on him as he is ultimately forced to face a deep, dark buried trauma.

Rating: 18

Available on: Netflix



# DOCUMENTARIES / TRUE STORIES

- **Athlete A**

Reporters from The Indianapolis Star expose the toxic culture inside USA Gymnastics as the truth about Dr Larry Nassar sexual abusing young gymnasts comes out.

Rating: PG-13

Available on: Netflix

- **Leaving Neverland**

At the height of his stardom, Michael Jackson began long-running relationships with two boys, aged 7 and 10, and their families. Now in their 30s, they tell the story of how they were sexually abused by Jackson.

Rating: 15+

Available on: Channel 4 / Prime video / Britbox

- **Spotlight**

Martin Baron joins the Boston Globe as an editor and pushes four journalists named Michael, Walter, Sacha and Matt to pursue a story about the child molestation charges against the local church.

Rating: 17+

Available on: Netflix / Prime video

- **The Hunting Ground**

Many college students who have been raped on campus face retaliation and harassment as they fight for justice.

Rating: PG-13

Available on: Prime Video / Apple TV



- Zara McDermott

**Uncovering Rape Culture:** Zara McDermott uncovers a 'rape culture' raging in Britain's schools. She speaks for the first time about her own sexual assault by a schoolboy, and asks what needs to change. Everyone's Invited features within this episode.

**Revenge Porn:** When Zara McDermott left Love Island in 2018, she was told that naked photos of her were circulating worldwide. Now she's looking for answers Rating: G for strong language and upsetting scenes.

Available on: BBC iPlayer

- Reversing Roe

A look at the decades-long political campaign to try and overturn Roe v. Wade with interviews from abortion rights supporters and opponents.

Available on: Netflix

- Undercover: Sexual Harassment – The Truth

Ellie Flynn goes undercover, exposing the harsh reality of sexual harassment against women and girls in Britain today, from 'dick pics' to being flashed, groped, spiked and raped.

Available on: Channel 4 Player

- Dancing with the Devils 7m Tiktok Cult

Interrogates the formation of a management company 7M Films by founder, Robert Shinn, who is also a Shekinah church pastor. References to manipulation, sexual abuse and cult-like environments. Highlights the romanticisation of social media personas.

Available on: Netflix

# SHORT VIDEOS & TED TALKS

- Be a lady, they said

Short video published by Girls. Girls. Girls. Magazine.

Available [HERE](#)

- American Male MTV Short film

Ever felt pressure to “be a man”? American Male, a short film from MTV’s Look Different Creator Competition, is a gritty look at how gender norms make it hard for us to be who we really are.

Available [HERE](#).

- Tell him, an Essay on Masculinity’ – Jameela Jamil

At the 2019 MAKERS Conference, Jameela shares a poignant essay on Masculinity, encouraging allyship in feminism.

Available [HERE](#).

- I am with you – Chanel Miller

A short animated film. “We should all be creating space for survivors to speak their truths and express themselves freely. When society nourishes instead of blames, books are written, art is made, and the world is a little better for it.” – Chanel Miller.

Available [HERE](#).

- Soma Sara, Oxford society talk

Founder of Everyone’s Invited Soma Sara speaks at the Oxford Union Society, discussing rape culture, Everyone’s Invited and how we can change society.

Available [HERE](#)

- The Reporting System that Sexual Assault Survivors Want  
– Jessica Ladd

We don't have to live in a world where 99 per cent of rapists get away with it, says TED Fellow Jessica Ladd. With Callisto, a new platform for college students to confidentially report sexual assault, Ladd is helping survivors get the support and justice they deserve while respecting their privacy concerns. Available [HERE](#)

- Why women stay silent after sexual assault – Ines Hercovich

Ted talk by Ines Hercovich. Why do women who experience sexual assault rarely speak up about it? "Because they fear they won't be believed," says Inés Hercovich. Available [HERE](#).

- Violence against women, it's a men's issue – Jackson Katz

Ted talk by Jackson Katz. Jackson Katz, PhD, is an anti-sexist activist and expert on violence, media and masculinities. An author, filmmaker, educator and social theorist, Katz has worked in gender violence prevention work with diverse groups of men and boys in sports culture and the military, and has pioneered work in critical media literacy. Available [HERE](#)

# COMING OF AGE/SEXUAL DISCOVERY

- Heartstopper

Teens Charlie and Nick discover their unlikely friendship might be something more as they navigate school and young love.

Rating: TV-14

Available on: Netflix

- Sex Education

Sex Education is a British comedy-drama streaming television series. The series follows the lives of the students, staff and parents of the fictional Moordale Secondary School as they contend with various personal dilemmas, often related to sexual intimacy.

Rating: TV-18

Available on: Netflix

- The Spectacular Now

Sutter, a spoiled young man, and Aimee, a studious girl, develop a special bond and fall in love. However, they must overcome the challenges life throws their way to stay together.

Rating: 15

Available on: Disney+ / Prime Video

- Big Mouth

Big Mouth is an American adult animated coming-of-age sitcom. The series centres on teens based on Kroll and Goldberg's upbringing in suburban New York.

Rating: 16+

Available on: Netflix

# SOCIAL MEDIA ACCOUNTS

- Everyone's Invited: @everyonesinvited on instagram  
<https://www.everyonesinvited.uk/>

A place for survivors to share their stories. Find helpful informative infographics on our Instagram.

- Sistah Space: @sistahspace\_ on Instagram

A space that supports UK African heritage women affected by domestic & sexual abuse. Find a link to their website on Instagram.

- Beyond Equality: @beyond\_equality on Instagram  
<https://www.beyondequality.org/>

Engaging men & boys so that they can re-think masculinities and play their part in creating change.

- Stories of Consent: @storiesofconsent on Instagram  
page sharing positive stories of consent.

- Consent Labs: @consentlabs on Instagram  
<https://www.consentlabs.org.au/>

A non-profit organisation providing workshops on consent and respectful relationships. By young people for young people.

- Strut Safe: @strutsafe on Instagram  
<https://www.strutsafe.org/>

Strut Safe is an initiative to help anyone who feels unsafe when walking in public. Find useful information and infographics on their Instagram.

- Outspokensexedforparents

<https://www.instagram.com/outspokensexedforparents/>  
Gets parents talking openly at home about topics like bodies, consent and more.

# BOOKS

## FICTION

- Speak – Laurie Halse Anderson

Speak, published in 1999, is a young adult novel by Laurie Halse Anderson that tells the story of high school freshman Melinda Sordino, who uses art to express her experience after refusing to speak.

- The Perks of Being a Wallflower – Stephen Chbosky

The Perks of Being a Wallflower is a coming-of-age epistolary novel by American writer Stephen Chbosky, which was first published on February 1, 1999, by Pocket Books. Set in the early 1990s, the novel follows Charlie, an introverted and observant child, through his freshman year of high school in a Pittsburgh suburb.

- Normal People – Sally Rooney

The novel follows the complex friendship and relationship between two teenagers, Connell and Marianne, who both attend the same secondary school in County Sligo, Ireland, and, later, Trinity College Dublin.

- Three Women – Lisa Taddeo

A riveting exploration of female sexuality and desire, and the often yawning chasms between enticing fantasy and cruel reality, Three Women is suffused both with erotic yearning and raw honesty, and serves as a vital document of twenty-first century sexual politics.

- My Dark Vanessa – Kate Elizabeth Russell

Exploring the psychological dynamics of the relationship between a precocious yet naïve teenage girl and her magnetic and manipulative teacher.

## NON-FICTION

- Everyone's Invited – Soma Sara

We are part of a system that was founded on inequality and drastic power imbalance. Of course, many things are better than they were. But the age of social media has dramatically exposed truths previously hidden. In this collection of essays, covering subjects from porn to the patriarchy, Soma Sara draws a line between the different facets of our society that enable inequality to flourish. The scale of the problem is vast, and deeply entrenched in all of us.

- How Not to Be a Boy – Robert Webb

How Not to Be a Boy is a 2017 memoir by the British comedian Robert Webb. He writes about his childhood, parenthood and other life events, using the experiences to discuss masculinity, gender roles and feminist topics.

- The Problem with Men – Richard Herring

In The Problem with Men Richard expands on his Twitter discussions and tackles some of the big questions surrounding the problems of toxic masculinity – for women, but also for men.

- We Should All Be Feminists – Chimamanda Ngozi Adichie

We Should All Be Feminists is a book-length essay by the Nigerian author Chimamanda Ngozi Adichie. First published in 2014 by Fourth Estate, it talks about the definition of feminism for the 21st century.

- Invisible Women – Caroline Criado Perez

This eye opening book by award winning campaigner and writer Caroline Criado Perez shows how in a world built for and by men, we are systematically ignoring half of the population, often with disastrous consequences.

- What a Time to Be Alone – Chidera Eggerue

A celebration of the awesomeness of the self and a warning to avoid the toxicity of damaging relationships, Eggerue's dynamic self-help guide – sprinkled with Igbo wisdom and fierce illustrations – is a vital tool for empowerment and self-love.

- Women Don't Owe You Pretty – Florence Given

Women Don't Owe You Pretty is a 2020 book by the British activist and illustrator Florence Given. On the topic of intersectional feminism, Given writes about relationships, body image and self-esteem for women.

- Bodies that Matter: On the Discursive Limits of "Sex" – Judith Butler

Butler offers a brilliant reworking of the body, examining how the power of heterosexual hegemony forms the "matter" of bodies, sex, and gender. Butler argues that power operates to constrain sex from the start, delimiting what counts as a viable sex.

- The Body Keeps the Score – Bessel Van Der Kolk

Renowned trauma expert Bessel van der Kolk has spent over three decades working with survivors. In The Body Keeps the Score, he transforms our understanding of traumatic stress, revealing how it literally rearranges the brain's wiring—specifically areas dedicated to pleasure, engagement, control, and trust.



- Men Who Hate Women – Laura Bates

The first comprehensive undercover look at the terrorist movement no one is talking about, Men Who Hate Women examines the rise of secretive extremist communities who despise women and traces the roots of misogyny across a complex spider web of groups.

- Hood Feminism – Mikki Kendall

In her searing collection of essays, Mikki Kendall takes aim at the legitimacy of the modern feminist movement, arguing that it has chronically failed to address the needs of all but a few women.

- Mask Off – JJ Bola

What is masculinity? Dominating the world around us, from Trump's twitter outbursts to deadly gun violence, from male suicide rates to incels on Reddit and 4chan, masculinity is perceived to be 'toxic', 'fragile' and 'in crisis'.

- Losing It – Sophie Smith Galer

In Losing It, Smith Galer shares the eye-opening stories of ordinary people affected by sex misinformation and finds that many of us are unable to access the world of sexual freedom that we've been promised. She draws on her own experiences – and the expertise of a new generation of sex educators – to uncover a world that subscribes to a wide catalogue of sex myths.

- Ethical Porn for Dicks – David Ley

Using a natural question/answer format for people feeling fear and shame about porn use, this accessible, funny, and well-informed book is the first one to offer men a nonjudgmental way to discover how to view and use pornography responsibly.

- Intimacy: A Guide for Young Men About Sex – Ben Dunks

This is a book for young men about the realities of sex, the wonder of sex and how to have an incredible sexual future by focusing on the pleasure of your partner. Finally, a book that tells it like it is, for a group who are desperate for information that no-one is giving them.

# Support

The materials you have been reading may be challenging or triggering. Please take time to care for yourself and if you need to, please access the support below. We have left an extra page to allow a space to journal and mind map if you need time to digest what you have been engaging in.

Rape Crisis - <https://rapecrisis.org.uk/> Rape Crisis helpline: 0808 802 9999

Survivors UK - Male Rape & Sexual Abuse Support -  
<https://www.survivorsuk.org/> SMS Chatline: 020 3322 1860

Galop - <https://galop.org.uk/> Galop Helpline: 02077042040 (LGBTQIA+)

Sistah Space - <https://www.sistahspace.org/> Sistah Space Helpline: 0207 846 8350 (African, Caribbean and POC survivors)

Living Life to the Full - Online Course  
<https://littf.com/>

The Mindfulness Project:  
<https://www.freemindfulness.org/welcome>

NHS Every Mind Matters:  
<https://www.nhs.uk/every-mind-matters/>

Stress Management Worksheet:  
<https://www.mhm.org.uk/Handlers/Download.ashx?IDM-F=6b623c85-53cf-46c8-82a3-b5d8ba0aef9f>

Support Groups:  
<https://www.rethink.org/help-in-your-area/support-groups/>

Anxiety UK:  
<https://www.anxietyuk.org.uk/>

Kooth App:  
<https://www.kooth.com/>

## This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

**How did this material  
make you feel?**