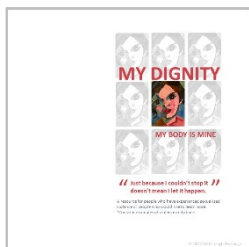


# My Dignity

**My body is mine**



[My Dignity](#) is an information and reflection resource for anyone who may be or has experienced sexualised violence and for anyone who may be responding.

Wherever it is difficult to tell someone about domestic and family violence, it may be even more difficult to tell someone about sexualised violence.

The intent of My Dignity is to provide information, support reflection, share lived experience insight from others, and signpost to contacts and supports.

Whether a person tells someone now, later or ever, it is their right to have access to information and resources that support how they make sense of the violence and abuse used against them.

“ If I was in a victim's situation, I would feel that this resource acknowledges that just because I couldn't stop this from happening, I am not to blame for it happening to me.

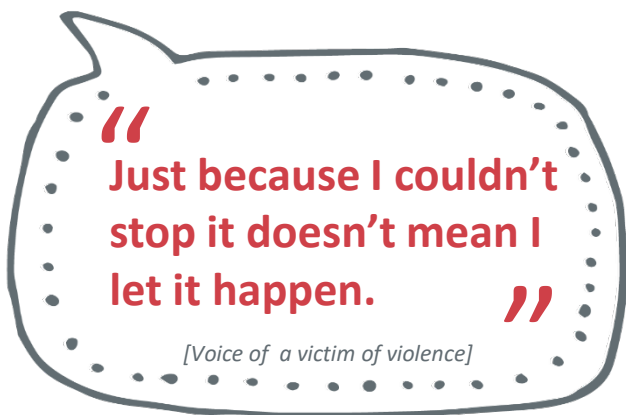
[Excerpt from My Dignity Feedback Report]

”

## What has informed 'My Dignity'?

We developed 'My Dignity' by drawing from the insights learned through [Insight Exchange](#), and through listening to individuals and communities we support, as well as a body of literature and resources referenced in the document.

We sought structured feedback from people with lived experience of violence (as children and/or as adults) and people in formal and informal responding roles. The feedback, and how it has been applied to create the first edition, is outlined in the [feedback report](#).



[www.insightexchange.net](http://www.insightexchange.net)

**Insight Exchange** centres on the expertise of people with lived experience of domestic and family violence and gives voice to these experiences.

**Insight Exchange** is designed to inform and strengthen social, service and systemic responses to domestic and family violence.

Insight Exchange has been established, developed and is governed by Domestic Violence Service Management (DVSM) a registered charity (ABN 26 165 400 635).