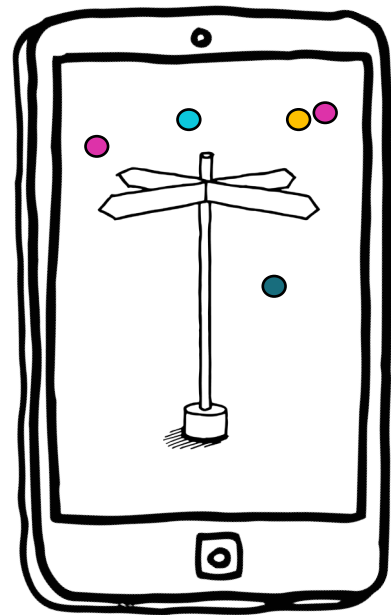


“

Just because I  
couldn't stop it  
doesn't mean I  
let it happen.

”



GUYDOWNES ©

Are you looking for information,  
insights, or support about sexualised  
violence and abuse?

## My Dignity – My body is mine

Scan the static QR code to open My Dignity.

Read more about My Dignity

[www.insightexchange.net/my-dignity/](http://www.insightexchange.net/my-dignity/)

Insight Exchange website has a quick-exit button

**INSIGHT EXCHANGE**

