



### Worksheet to take to medical appointments

This form comes from Survivors' Network. We have created this resource as we know that survivors of sexual violence can find medical appointments particularly triggering experiences. For that reason, we have created a page which will allow you to know how best to support this survivor during their time in hospital/doctor's surgery/dentist surgery (*delete as appropriate*):

- Please always explain what you are going to do before you do it
- Please always ask me before you touch me, let me know why you will be touching me and where
- Please respect that if I am feeling overwhelmed, I will ask you to stop by saying:

.....

Or by raising my hand/.....

- Please be aware that distraction/grounding/..... techniques work well for me. If I am feeling overwhelmed please could you ask me to name things in the room of different colours/ask me the date and time and day/remind me to breathe/

.....

- Other useful info about how best to support me:

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