

## **LIVED EXPERIENCE ENGAGEMENT SELF-REFLECTION QUESTIONS**

This series of questions has been developed to support domestic abuse victim survivors decide whether they would like to be formally engaged as a survivor advocate. These questions might provide useful guidance for discussions between an organisation and a survivor during the recruitment process.

- What are my reasons for wanting to participate as a survivor advocate?
- Do I really want to participate or am I feeling that I should?
- Am I ready to talk about my own personal experiences if required?

### **RESOURCES NEEDED**

- Do I have enough resources in place both personally and professionally to do the work required as an expert by experience?
- What support will I need to ensure my health and wellbeing is not negatively impacted by participation?
- How will I manage the emotions associated with talking about domestic abuse?
- What strategies will I use if someone reacts negatively or judgmentally to my expertise?

### **SAFETY CONSIDERATIONS**

- Is it safe for me to participate?
- Are there any ongoing risks posed by the person who abused me?
- Are there protections that can be put in place to increase my safety?
- Do I know if this organisation has procedures in place to record and remember the safety protections I want to put in place?

### **BOUNDARIES**

- How will I ensure my personal and professional boundaries are upheld?
- What are my personal limits regarding what I am happy to contribute as a survivor advocate?
- Am I clear about the limitations of this role and who I can represent when I speak publicly?

### **LEGAL CONSIDERATIONS**

- Am I involved in any ongoing legal proceedings that may be jeopardised by participating as an expert by experience?

- Are there any potential legal consequences of being an expert by experience?
- Am I clear about how I would make complaints or provide feedback about my involvement with this organisation?

### **PRIVACY**

- What information am I ready to share and what information do I want to keep private?
- How do I feel about colleagues or family members finding out about my experiences?
- Do I want to participate in this work anonymously?
  - Am I able to use my own name or do I want to develop a synonym?
- Is it ok for photos to be used of me in promotional materials or online?

### **OTHER CONSIDERATIONS**

- Are there people in my life who need to be aware of my decision to be an expert by experience?
  - How might my children or family feel about my decision to participate? What might the impacts of this decision be for them?
  - How might my community feel about and react to my decision to participate? How might their responses impact me?