



### **TedX Talks on Porn:**

The great porn experiment | Gary Wilson | TEDxGlasgow

Why I stopped watching porn | Ran Gavrieli | TEDxJaffa

Make Love Not Porn: Cindy Gallop TEDxOxford

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### **RAP TOP TIPS:**

- Take a deep breath
- Tune out social media for periods of time every day. Go off grid
- Practice discretion. Don't constantly respond to every message, or post your most intimate thoughts.
- Remember, Mutual Respect & Mutual Consent
- The Choice is Yours: Keep a Positive or Negative Digital Footprint

### **WEBSITES:**

Police – 999 If you are under 17 years of age the Child Protection Division will deal with your case

RAPE Crisis - 0800 802 9999

ChildLine – 0800 1111

**[www.survivorsuk.org](http://www.survivorsuk.org)**

**[www.stonewall.org.uk](http://www.stonewall.org.uk): 08000 50 20 20**

**[www.thepornconversation.org](http://www.thepornconversation.org)**

**Clinic26 at Royal London Hospital**

**The Legal Advice Centre at QMUL:**

**[www.lac.qmul.ac.uk/contact](http://www.lac.qmul.ac.uk/contact)**

**[www.theraproject.co.uk](http://www.theraproject.co.uk)**

**[info@theraproject.co.uk](mailto:info@theraproject.co.uk)**

## ACRONYMS

**P- Parents Present?**

**A – Alone? You Shouldn't Be**

**R- Rohypnol? Don't Leave your Drink**

**T- Think. Where Are My Friends?**

**Y- You Come Together, You Leave Together**

**T- Taxi, Licensed Minicab only**

**R- Remember to reclaim your private space if someone is in it**

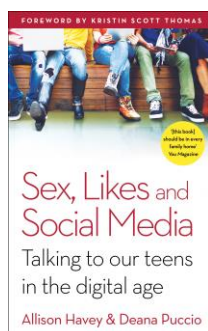
**A- Always be Alert, Take off Headphones**

**V- Visibility: Walk along well-lit paths**

**E- Emergency Funds: Keep Cash in Case You Need Cab**

**L- Lift Home with a Friend, Never a Stranger**

For more advice, our book is available from [Waterstones.co.uk](http://Waterstones.co.uk) or [Amazon.co.uk](http://Amazon.co.uk)



**[www.theraproject.co.uk](http://www.theraproject.co.uk)**  
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