

Sisters *for* Solutions



Peer support forum for women who have exited any branch of the porn or sex trade

You My Sister
Reg Charity no 1189815

www.youmysister.org.uk
i@youmysister.org.uk

Sisters for Solutions

Monthly Meetings

Online

For Exited Women Anywhere

Last Friday of Every Month

Who is it for?

Sisters for Solutions is a peer support forum for women who have exited any branch of the porn or sex trade and feel they have been harmed by these industries.

The forum is intended to be a safe, positive, supportive space for women to talk about the issues they now face with a particular focus on sharing ideas and brainstorming possible solutions together.

It is likely that there are many similar shared issues and there will be women in the group who have already developed useful strategies.

However, simply feeling able to talk freely with others who really understand can be hugely helpful and supportive in and of itself.

From time to time, we also invite experts to speak on specialist issues.

What is it for?

How is it Run?

The forum is facilitated by a peer - a woman with lived experience of the sex trade. We are also fortunate to have the assistance of a 'Recovery College' practitioner – who is highly experienced in supporting groups to manage their mental well being. Although the forum should be very supportive, we *cannot* provide formal therapy. We always try to signpost to further support, where needed.

We have a number of measures in place to keep the forum safe and secure. Our sessions are closed , for exited women only and by enrolment only. We talk to everyone before they join to talk through how the forum works, talk through our guidelines and ensure this is the right space for them at this point in their journey.

What about Safety?

Forum Guidelines

We seek to create a safe, welcoming and positive haven for powerful mutual support. To help ensure this, this is our agreement with you and yours with us:

Your Agreement with Us

- √ I confirm that I have been out of the sex/porn industry for 6 months or more
- √ I will behave in a way that encourages mutual respect and understanding
- √ I will strive to be supportive of others in the forum, as I expect them to be of me
- √ I will not behave in a way which may be considered threatening or disruptive
- √ I will not attend the forum when under the influence of alcohol or drugs
- √ I will let a Forum Facilitator know if I have any special needs, disabilities or concerns or if I need extra support to enable me to attend
- √ I will not reveal identifying information to others on the forum (eg my home address, tel, my full name, my children's names etc)
- √ I will make sure no identifying/confidential information (eg certificates with names or pictures of my children etc) are visible on Zoom
- √ I can participate in the course in a quiet area - where adults will not interrupt or see participants and where children will not interrupt or be seen by others
- √ I will not record sessions
- √ I will not publicly disclose (eg on social media) who is in the forum or any information that could identify anyone on it
- √ If at any time I feel I need a break or extra support or have any concerns, I will tell the Facilitators who will work to support me
- √ I understand that the forum is a place for support, not for debate of ideologies of any nature
- √ I will take part in all necessary monitoring and evaluation

Our Agreement with You

- √ You My Sister will work hard to support you
- √ We will do everything in our power to preserve your anonymity
- √ We will work hard to ensure a comfortable, relaxed, safe and supportive environment. We ask anyone with any concerns or issues to let us know as soon as possible and we will do our utmost to work together to resolve these