



WITHOUT CONSENT

Profits from the
sale of this book
will go to the
Meant To Rise
Registered
Charity

**ROMECCA SAWERS AND
DEBORAH FAY**

*A COLLECTION OF STORIES ABOUT
THE IMPACT OF SEXUAL ABUSE*

About Without Consent

It takes so much courage to speak up and call out injustice when we see it and even more so when we experience it for ourselves. More often than not, someone who has been abused will remain hidden under a cloud of shame, and they might even continue to abuse themselves with some form of ongoing self-harm.

Without Consent will be a collection of stories that gives insight into the many ways in which sexual abuse and sexual assault impacts on an individual, immediately and ongoing.

These stories will be confronting. They will probably make you feel sad, angry and helpless, and at times, you might even be horrified by what you read.

Hopefully though, you will come out the other side feeling empowered, knowing that you are not alone and that there is power in the collective voice.

STORYline Concepts for *Without Consent*

We are seeking 20 authors who feel called to share their story in this very special project.

If you are reading this it is because you are considering contributing to the book in some way. Please consider the following concepts carefully.

Concept #1 Consider the 3 outcomes we are aiming to achieve through this publication before embarking on your writing journey.

1. To offer a **safe platform** to those authors who have not yet confronted their abusers,
2. To help our authors to find a higher **purpose** and greater **peace** within the process of exploring and releasing their stories and
3. To bring **greater awareness** to the community as a whole as to the width and depth of the impact of sexual abuse

Concept#2 Consider whether you want to use your real name or a pen name for your story.

Concept #3 Consider how you would like to present your story.

The whole picture

Please use the following questions to guide you through your story. We have put these questions together to help you to stay on track and to draw out the most empowering story you can possibly write.

When were you first abused or assaulted?

What was life like for you before this happened?

Who was your abuser? (For legal reasons it is important to use terms to describe your relationship with this person e.g., uncle, boss, stranger, etc., rather than their full names)

What was your original reaction or response – thoughts or actions?

How did this change your thoughts and behaviours?

How has this changed the way you think and act now?

What are some of the more challenging times you have faced as a result of your abuse/assault?

What have you done/had to do/been able to do to move toward recovery?

What have been the greatest lessons learned from your experience?

If you have not already confronted your abuser, what would you like to say to them now?

If you could share just one thing from your experience that would most benefit another person what would that be?

A letter to your abuser

Coming face to face with your abuser and calling them out for their abuse is one of the most difficult and yet most empowering things a survivor can do for themselves.

If you have not yet confronted your abuser and for whatever reason you are unable to do so you might like to use this book as an opportunity to do so.

A letter to your abuser would include an account of what the abuser did to you and the impact their actions have had on you.

You can use the FERN Process to accomplish this and there will be a private group set up to support you through this process if this calls to you.

The FERN Process:

FACT: What actually happened?

FICTION: What did I tell myself was happening at the time? What have I been telling myself since?

EMOTIONAL RESPONSE: How did I feel? How do I feel now?

NEED: What did / do I need to be able to move forward?

A Poem

Poetry is a powerful way to share what happened to you and the impact it has had. If you feel called to share your story in the form of a poem, we would be happy to include it.

Professional / Service Provider / Educational Angle

Who are you?

How did you come to be working in this space?

How do you support people who have been sexually abused / assaulted?

What tip, tool or pearl of wisdom can you share that would help our readers to help themselves?

Why is this important?

How can your reader learn more from you? Where can they find you and what else do you have to offer them. (Bio Page)

Concept #4 Remember that you can only write up to **2000** words. You might like to consider assigning a certain number of words to each question before you begin your journey so that you stay focused and don't go overboard. (Believe me when I say it's easy to go overboard!)

Concept #5 "Don't get it right. Get it written." Try not to edit your story in your head. Get your thoughts and memories down on paper or in to the computer and then we can shorten or lengthen, proofread or edit as necessary. You might also consider recording a verbal response to each of the questions above into your smart phone and then you can transcribe your recording. Many people find that an easier and more natural approach to writing.

Concept #6 Ask for help. We are here to help with anything you might be struggling with. Don't agonise over anything. Just drop into our private Facebook group page, send us a message or email us and we will be there to help. We are all in this together.

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Final Word

Each of the chosen authors will be required to contribute **\$297** (plus GST) for professional editing and publishing.

Each contributing author will receive:

- 1 print copy of the book when it is finalised
- Ongoing opportunity to purchase copies at a wholesale which will be determined when the book goes to print but we expect it will be in the vicinity of \$15 per copy. Recommended retail price will be in the range of \$30 and will also be determined when the book goes to print.
- Electronic versions of the book will be created, and authors will have permission to sell them or give them away as they see fit.
- As a "Disruptive" Author you will be invited to join a private Facebook group where we endeavour to capitalise on the law of collaboration by supporting each other and discussing all things writing and publishing and marketing.
- You will be invited to share your brilliance in *The Disruptive Author magazine* which is an exclusive platform just for Disruptive Authors to showcase their expertise in the form of columns and

articles that are of particular interest to our audience - women who love reading, writing and living life on purpose.

A deposit of **\$100** (Plus GST) will be required as a sign of your commitment to the project. To ensure you are included in the final product, you will need to pay the balance prior to the commencement of the compiling, editing and publishing process. You will be notified when we have all of our authors on board and we are ready to proceed to the next stage.

If your story is chosen to be included in the book it will be published with your permission and the rights to your story will remain with you, which simply means you can share your story in part, or in full, when and where you choose, without having to ask for permission.

Please click the button below or scan the QR code to register your commitment and pay your deposit:



If you would like to discuss this further, please reach out to us:

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Please visit [Meant To Rise](#) to learn about the wonderful work of the charity.

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Please visit [Disruptive Publishing](#) to learn about the company and the exclusive group of gorgeous and talented authors you will be joining when you decide to become an DPAuthor.

IMPORTANT: If reading through this has triggered feelings you need help with, please don't hesitate to reach out one of the following organisations for immediate support.

1800RESPECT 1800 737 732

LIFELINE 13 11 14