

I'M A SURVIVOR

PLEASE SEE MY SAFETY NEEDS BELOW

I am giving you this note because I am a survivor/victim of gender-based violence and it's especially important for me to have a trauma informed survivor-centred experience. You play a large role in this experience, please see my following needs.

1. My name and pronouns are:

2. To feel safer during my exam(s) I would like to request...

- a nurse present that is feminized/woman
- a nurse present that is trans/non-binary
- a nurse present that is male/masculinized

3. To feel safer in this space together it is important you know...

4. I do not like to be touched in the following places, please talk to me before you proceed with an exam around these areas.

5. If I am triggered or struggling I need...

- a break
- some water
