

# Have you ever felt afraid or unsafe during sex with a partner?

YOU MAY BE WONDERING...



What does a healthy sexual relationship really look like?

Are my experiences really that bad?

Am I the only one?

Is it my fault?

Where can I get help?

## THE BEYOND SILENCE WEBSITE

The Beyond Silence website is for women who are worried about sex and consent in their relationships. It is a space to find information and connect with services who can provide support. It is anonymous, inclusive and safe.

1

### Putting a name to it

What should a healthy sexual relationship be like?

Get started

2

### Taking it seriously

You may be feeling unsure about whether you should do something about sex and consent in your relationship. It's important to take these feelings seriously.

Get started

3

### Hearing from others

Unwanted sexual experiences in relationships are very common. Hear from other women about their experiences.

Get started

4

### Being kind to yourself

Feelings of shame and self-blame can be really common after an unwanted sexual experience in a relationship. This topic focuses on self-compassion and recovery

Get started

5

### Breaking the silence

Who can I talk to about sex and consent in my relationship?

Get started

6

### Taking action

Only you can decide on the best course of action. This section suggests some options.

Get started

