



Safety and Dignity at Work

Report & Support Pack

#saferyogaspaces

www.yogateachersunion.co.uk



Safety and Dignity at Work

**Support and
Signposting**

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**LONDON
SURVIVORS
GATEWAY**

THE HUB FOR SEXUAL VIOLENCE SUPPORT SERVICES



0808 801 0860



<https://survivorsgateway.london/>



**Southall
Black Sisters**



0208 571 9595



<https://southallblacksisters.org.uk/need-help/>



0808 801 0660



<https://www.wgn.org.uk/our-services/advice-and-helplines>



0800 999 5428



<https://galop.org.uk/>



Oxfordshire Sexu
Abuse & Rape
Crisis Centre



0800 783 6294



<https://www.osarcc.org.uk/>



RIGHTS of
WOMEN
helping women through the law



info@row.org.uk



<https://rightsofwomen.org.uk/get-advice/sexual-harassment-at-work-law>



0808 802 0300



<https://www.suzylamplugh.org/Pages/Category/national-stalking-helpline/>



solace



0808 802 5565



<https://www.solacewomensaid.org/>

EnCourage

Survivors of Cults and Abuse



01433 639032



<http://www.encourage-cult-survivors.org/>



**anti-
slavery**



020 7501 8920



<https://www.antislavery.org/what-we-do/uk/>



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CN: sexual harassment in the workplace, sexual violence



**HOW TO
REPORT SH**



Report

Call the police via 999 in emergencies; 101 for non-emergencies; or via crime-stoppers if you wish to remain anonymous/don't feel safe contacting the police directly



Call local Victim Support Services. They act as intermediaries and will ensure you are aware of your rights and are directed towards the necessary support



Report to venue manager or owner if it feels safe. They have a duty of care to protect you against discrimination and harassment in the workplace





Record



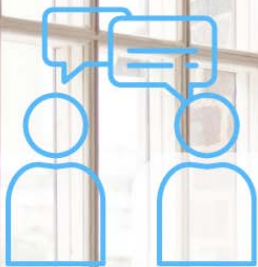
Email yourself and/or a trusted friend as soon after the incident has happened as possible.



Include the details of the experience AND how it made you feel.



This is a reliable, time-stamped record of the event and will support your claim if at any point you choose to take action.



Support



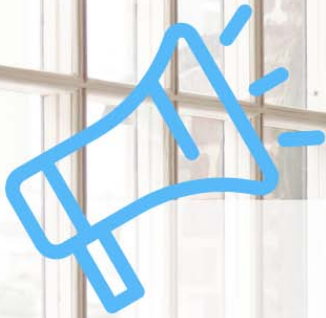
Talk to a trusted friend, peer and/or family member.



Seek support from professional support services. National and local helplines are available to all survivors of SH and SA



Professional support services are also available to those who are supporting survivors and taking disclosures



Organise

- ◆ If you're eligible to be a member of the YTU - join the movement!
- ◆ If you want to support the Yoga Teachers' call for change - take action!
- ◆ Share, amplify, ask questions!



WE WILL NOT
BE
SILENCED!

We

WE WILL NOT BE

#WEWILLNOTBESILENCED

EVER.



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We will not be
silenced!

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