

**S peak** up about your abuse. It's your story and you have a right to tell it. Put it in writing and be as specific as possible about where and when the abuse occurred, exactly what happened and all who were involved or knew about your abuse.

**P ay** attention to how the mission organization responds to your allegations of abuse. Do they respond in a timely manner? What role does the person who responds to you have in the organization? Do not assume that the organization is your ally. Document and keep records of your interactions with them.

**E ducate** yourself about the system your organization has in place for handling reports of abuse. Who investigates reports of abuse for them? What experiences have other MKs had when reporting abuse to your mission?

**A sk** for a trusted friend, family member or other advisor to help you as you report your abuse or go through any investigation process. Insist that this person accompany you during any in-person meetings or interviews with the mission or their investigation team.

**K now** what your options are. How does the law work where your abuse took place and in the state where your mission board is incorporated?

**U se** an organization that is independent from the mission board to investigate your allegations. If this is not possible, be extra vigilant during your investigation.

**P articipate** in all decisions that involve you, your story and your healing journey.