

Coping with

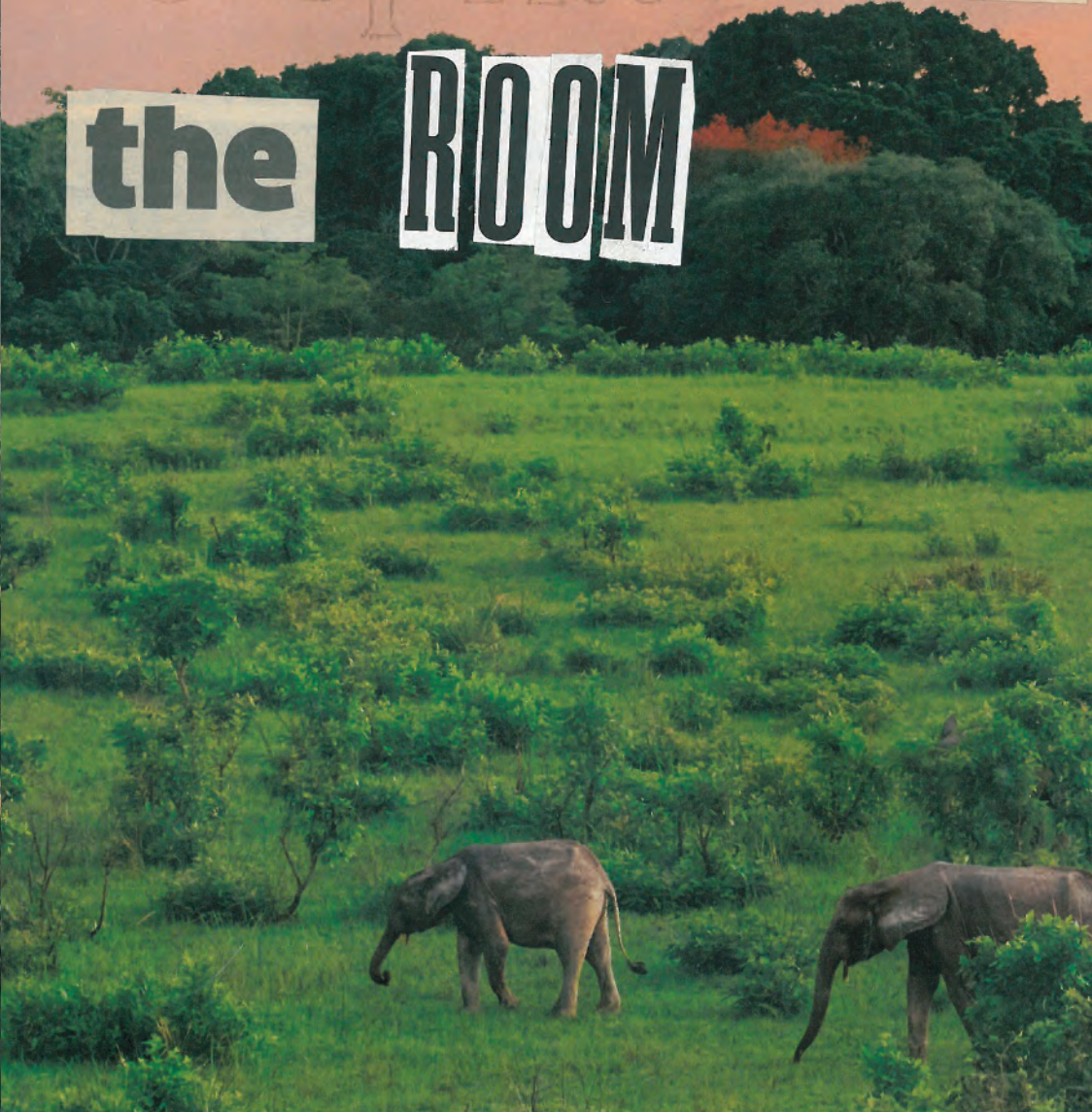
The

elephant

IN

the

ROOM



"WOMEN are no longer interested in rules,"

# this zine

WAS MADE ON 25+26 MAY 2022  
BY AND FOR SURVIVORS

AT THE GLASGOW WOMEN'S LIBRARY  
DURING A RAPE CRISIS SCOTLAND  
SURVIVOR ACTIVISM WORKSHOP

We hope you enjoy it



Legal helpline Tel: 08088 010 789

View their opening times here →



Rape Crisis Scotland Helpline (open 5pm - midnight).

Tel: 08088 01 03 02

Text: 07537 410 027

Email: support@rapecrisisScotland.org.uk

Website: www.rapecrisisScotland.org.uk



See our survivors guide to the Scottish justice system here:



ASK YOUR LOCAL  
RAPE CRISIS CENTRE  
HOW YOU CAN  
GET INVOLVED



A photograph of the Statue of David by Michelangelo, shown from the waist up, standing on a wooden base. The background is a sunset sky with trees.

## RUSH-HOUR CRUSH

Sexy-looking girl with dyed hair, wearing fishnets on the train to Edinburgh on Sunday. Chat next week, same journey?

### **Man Wearing Blue Fleece Who Sat Next To You**

To the young woman with tied-back auburn hair wearing a purple top covered with small blue/grey stars, carrying a black satchel and a Lidl shopping sack. You got on the 8.39am South Hylton-bound Metro at South Gosforth station on Saturday,

May 14, and you departed the train at Haymarket. We smiled at each other as you sat down across from me and I thought you looked lovely. I would've liked to have chatted with you but you were busy using your phone during the journey so I kept quiet and said nothing. It would be nice to meet up sometime if you see this message and remember me.

### **Guy With Light-Grey T-Shirt And Light-Blue Jeans Sitting Across From You.**

Email [crush@metro.co.uk](mailto:crush@metro.co.uk) or text **CRUSH**, your Rush-Hour Crush, name and where you live to 65700. Standard network charge applies

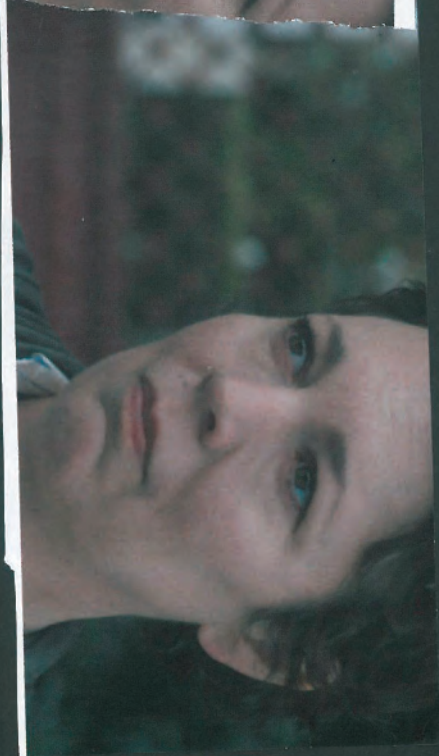
**SCAN HERE  
FOR ALL YOUR  
RUSH-HOUR  
CRUSHES**





## POWER WALK TO DISPEL ANGER

Anger is a natural emotion, but if it's not effectively dealt with and dissipated, it can cause blocks in your body. This exercise is a great way to remove pent-up anger from your system: 'Warm up with a gentle five-minute walk. Then, think about why you're angry and start walking. Then, think about why you're angry and start walking as fast as you can,' says Jonathan. 'Walk with purpose – swinging your arms fast and strong for up to four minutes if you can. Then taper down. Aim for at least two minutes of slow walking, then speed up for two, then one slow, one fast. When you're done, note your anger levels. Walking quickly, pumping your arms up and down with the intention of driving out negative energy helps release the stress you'd otherwise internally. This way your body is able to physically express itself as an alternative to vocally expressing that anger.'



Always  
okay + stressful  
but worth it.

Your voice is  
important -  
let it be  
heard.

DON'T  
UNDERESTIMATE  
SMALL  
THINGS

You're  
heard, we're  
here for you &  
we're fighting with +  
for you.

A wall that is a song,

that is a dream,

that is a world





Saplings have different techniques to grow. A forest needs taller trees to show the young trees the way.



Did some graffiti



Steeked a club. A secret club.



Not big and strong



Cut off her lovely long hair and felt great




Paid attention

Made a list of small ways to disrupt.

WAX out her scruffy hair

*I didn't feel  
anything at all*



A large, moss-covered tree in a misty forest. The tree is the central focus, with its thick trunk and branches heavily laden with green moss. The background is a dense forest of similar trees, shrouded in a thick, white mist that creates a sense of depth and mystery. The lighting is soft and diffused, highlighting the textures of the moss and the vibrant green of the leaves.

The sense  
of  
entangled  
history  
is  
overwhelming  
slow but  
a dance

CREEP

# WHO'S TELLING THE TRUTH?

middle of  
battle.  
nts to  
e and  
Christina  
nsider.  
him

HANDS

**Fiance**

BIT RAPEY

**STRANGLED**

FUCK OFF!

girl f  
cate in  
him che


YOU TELL US  
TO SPEAK UP  
BUT WHEN WE DO  
YOU DON'T  
LISTEN!!!

LEAVE ME ALONE

NOT INTERESTED  
MATE

MAKES ME  
UNCOMFORTABLE





BELIEVE  
SURVIVORS

TALK TO  
SURVIVORS

EMPOWER  
SURVIVORS

TRUST  
SURVIVORS

LISTEN TO  
SURVIVORS

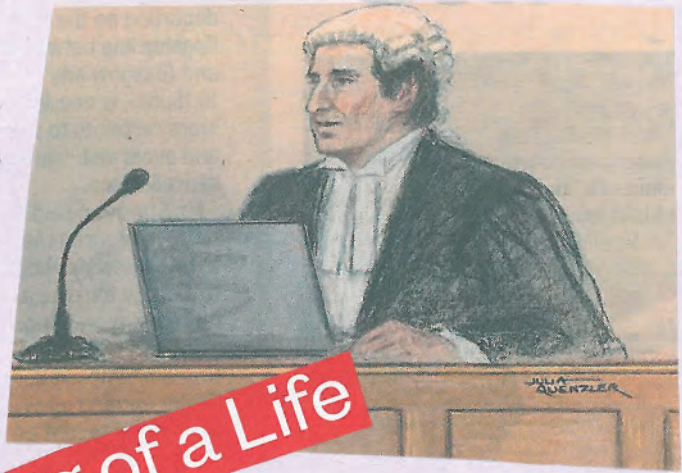
UPLIFT  
SURVIVORS

LOVE  
SURVIVORS

SHOUT

# about this Madness

4 YEARS



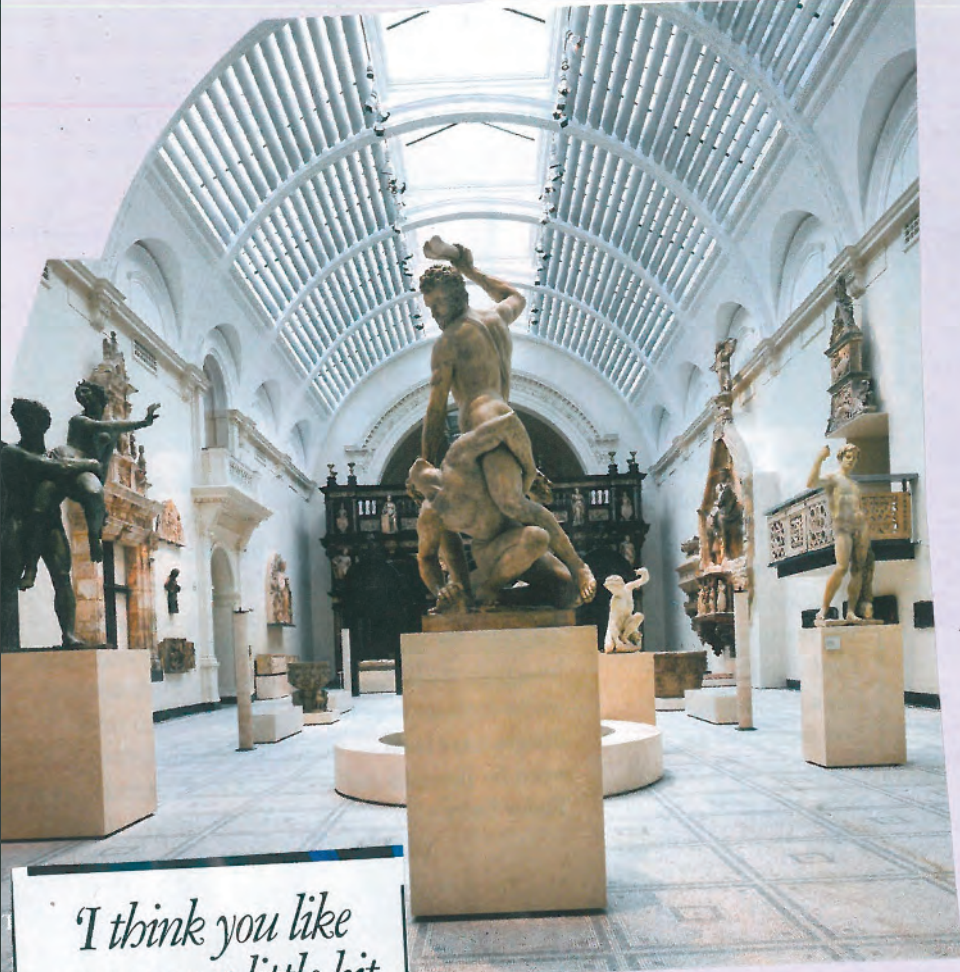
Dreaming of a Life

After

## Reporting sexual crime

THEY  
L SHOULD

# feel ashamed



*'I think you like  
someone a little bit  
less after they've  
smacked you in  
the face'*

# The BYSTANDER

Social Editor: Davina Motion



"I have TO REMIND  
myself: I don't  
need TO CHANGE,  
THE SYSTEM needs  
to change,"

*if you don't like  
what everyone else  
pretends to love"*



*There's no doubt you've seen our work.*

# The BYSTANDER



SOCIETY—GOSSIP GOLF—FILMS FASHIONS




*But you would never know.*

# WOMEN MAKE HISTORY



Something you do could turn heads and get others talking. If this happens, don't waste the opportunity to build momentum. Trust your instincts about how and when to do this. You might also have a brilliant idea whose time has not yet come. Don't neglect it.



A scenic landscape photograph featuring a sunset over a dense forest. The sun is a bright, glowing orb in the upper center, casting a warm orange and red glow across the sky. Below the sun, a river flows through the forest, reflecting the sunset colors. On the right side, a waterfall cascades down a rocky ledge. The foreground is dominated by the dark, silhouetted branches of trees, with some light-colored, possibly moss-covered, tree trunks visible on the right. The overall mood is serene and natural.

ANYWHERE

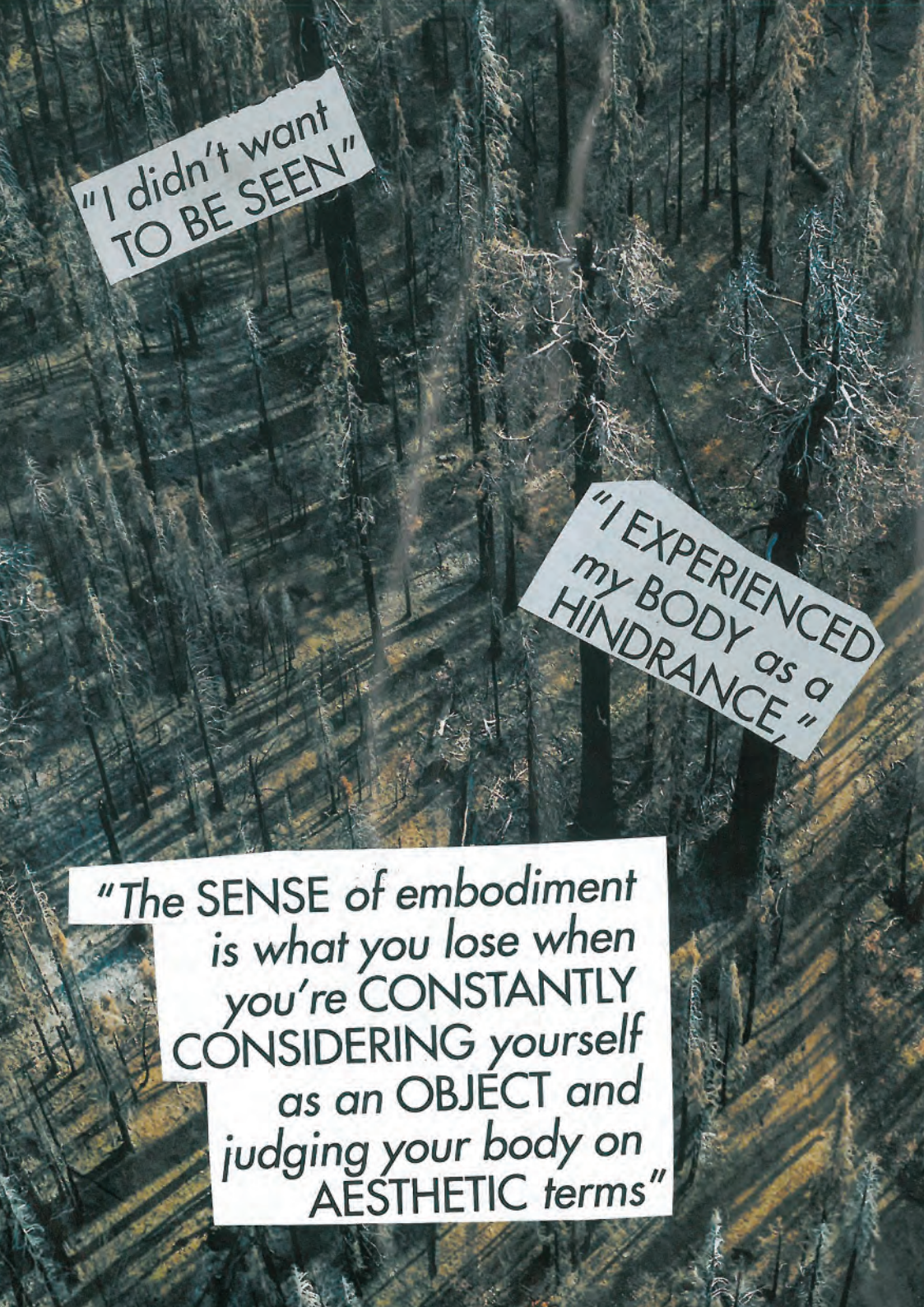
WHERE

THE

SKY

IS

BIG

An aerial photograph of a forest that has been severely affected by a wildfire. The trees are mostly black and charred, with some sparse, dry-looking vegetation remaining. The ground is covered in a layer of dark ash and charred wood. Three white text boxes with black text are overlaid on the image. The first box is in the top left, the second is in the middle right, and the third is a larger box at the bottom center.

"I didn't want  
TO BE SEEN"

"I EXPERIENCED  
my BODY as a  
HINDRANCE"

"The SENSE of embodiment  
is what you lose when  
you're CONSTANTLY  
CONSIDERING yourself  
as an OBJECT and  
judging your body on  
AESTHETIC terms"