

TO BE A WOMAN

book & Journal

To Be A Woman is your guide, big sister & companion through an experience of sexual assault & life as a young woman.

The accompanying **Journal** encourages readers to reflect on their own experiences through a series of prompt questions & writing/doodling/drawing opportunities.

CUSTOMISATION
AVAILABLE



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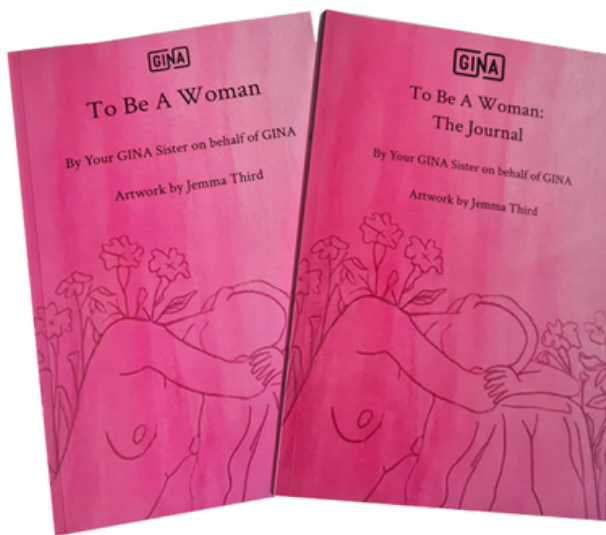
Grosvenor House,
14 Bennetts Hill, Birmingham, B2 5RS



TO BE A WOMAN

book

An honest, personal and at times, funny account into the many emotions individuals are subjected to following an experience of sexual assault. Fiercely empowering, maybe it is also a love letter to all young women, especially to those who have been subjected to sexual assault & violence, as this is sadly far too common for all women. Written as the older sister or friend you might be looking for right now, the author opens up about her own path through the recovery process in order to make you feel less alone and to normalise the thousands of overwhelming emotions you might well be experiencing.



created by university students with lived experience of sexual violence & abuse.

Journal

The reflective journal to accompany *To Be A Woman*.

Using prompt questions based upon the themes that feature in *To Be A Woman*, this accompanying journal offers you creative, compassionate & reflective space to explore your thoughts, feelings emotions & experiences in relation to the book chapters.

Explore your narrative side-by-side with your GINA sister.

order the book & journal individually or as a bundle.

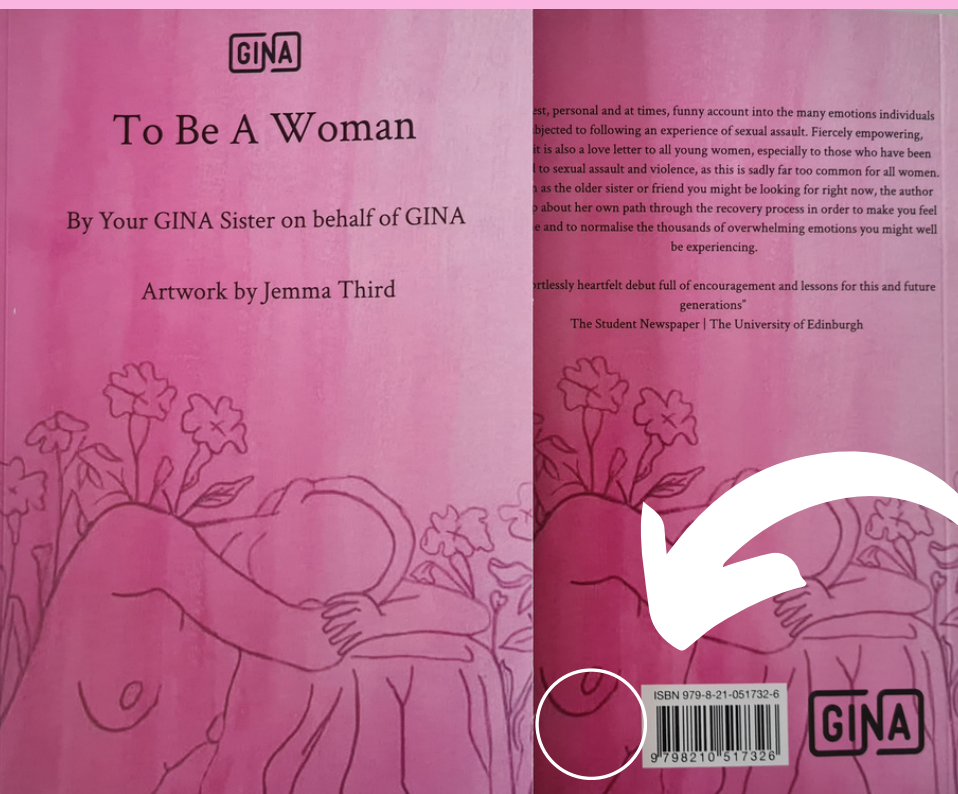
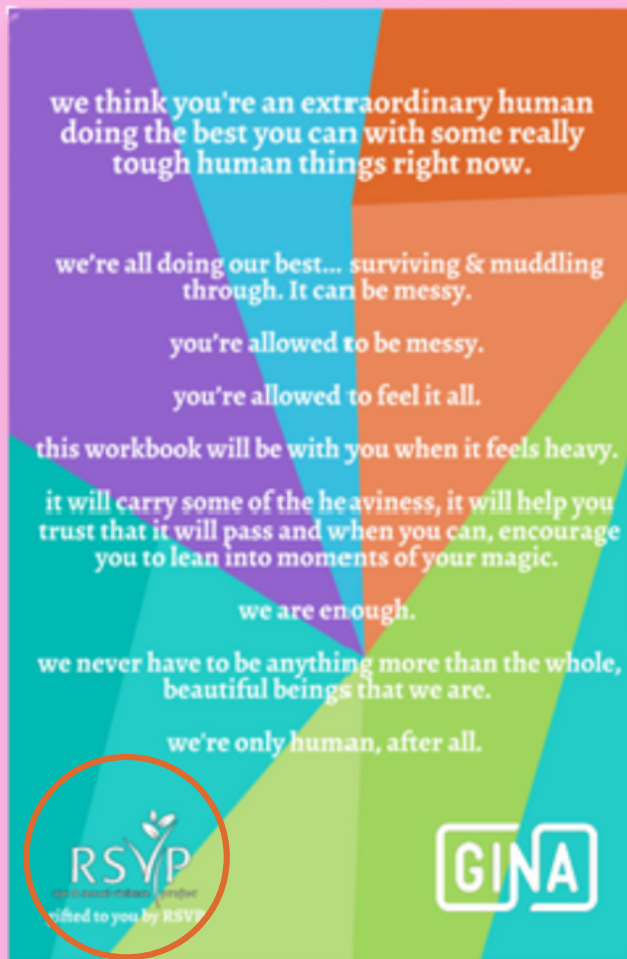


add your organisation's logo, foreword & a bespoke message.

customisation

Customize your *To Be A Woman* Book & Journal for your organisation with a special foreword from your organisation to readers & the addition of your logo on the cover.

Below is an example of similar customization for organisations for our *Only Human* workbook.



Your organisation's logo will feature here on our back cover, along with a message from your organisation on one of our front internal pages.

Where possible, positioning of your customization can be flexible & any additional customization you'd like can be explored.

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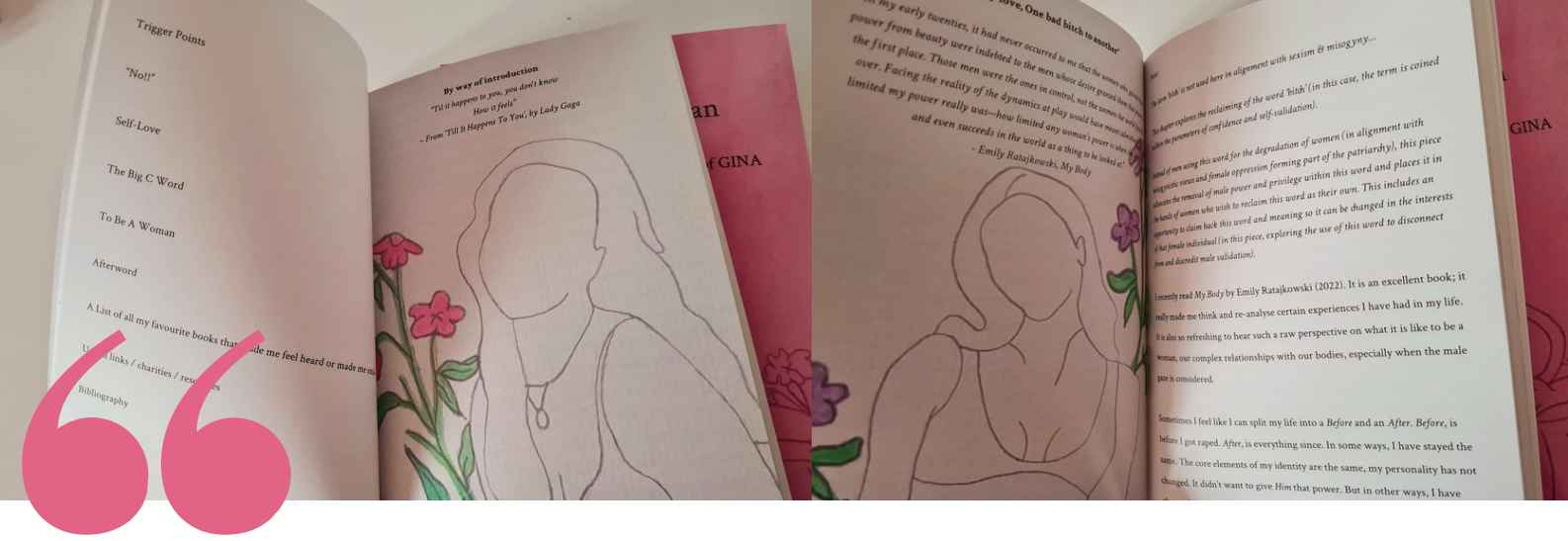
*An effortlessly
heartfelt debut full
of encouragement &
lessons for this and
future generations*

”

The Student Newspaper
The University of Edinburgh

the artwork in *To Be A Woman*

bespoke illustrations by Jemma Third



I still can't quite grasp the fact that the many months of processing alone on the carpet floor in my room would lead to Your GINA Sister seeing my peace on the gallery wall. This would develop into us working together on this book...I am forever grateful to Your GINA Sister for sharing her experiences for you to read here, sistered by my art, and for this now to reach those who might also feel like I felt (or sometimes do still feel) sat on my carpet floor or on that coach during the assault I experienced.

- Jemma Third

Instagram: @jemma.thedilemma @jemma.in.flowers



I loved the structure of the book – all the chapters really build on each other. I loved how personal and chatty it was – I really liked your writing style. I loved the little poems and quotes that were included at the start of each chapter – I thought that was lovely and shows what influenced the author. I also loved the chapter on ‘Everything I wish I had known when I was 15’.

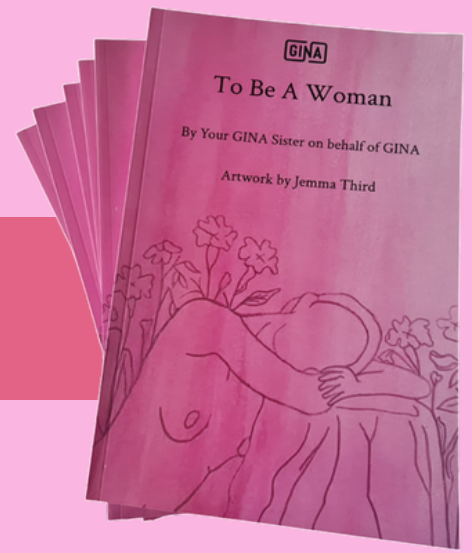
I just thought the book was great and will definitely be recommending it to my friends. As someone, who hasn't had the same experience as you, it was so important to read and understand a personal perspective and the different stages and how everyone copes it very differently. I have learnt a lot from it. The journal was great too!

It was well written and powerful. It felt like someone was speaking to me rather than reading a text off the pages, an uncomfortable comfortable, so in that sense it was hard to read. It made me feel like when my daughter told me her story; emotionally charged.

The book was phenomenal...I gobbled it up, I will probably read it through again too to properly absorb it – I got a bit excited to read some passages that I related to so much.

I've just finished To Be A Woman. I need to say thank you. Thank you for being open and vulnerable. Thank you for being funny and relatable. Thank you for being yourself and talking about the things we women have to go through. I feel empowered and reminded of all the great friendships I have. You are right, being a woman really is beautiful..”

Foreword by GINA



*An **unapologetically authentic** exploration of sexual violence & the issues that are impacting young women today.*

This book will meet you where you are.

*It beautifully captures the messy nature of a young woman **navigating sexual trauma, mental health, sex, friendships and relationships**. This book is not afraid to discuss the important stuff and will resonate with young women everywhere.*

*In this book, you will discover authenticity, strength and **female solidarity**. These pages contain trails and tribulations that are reflected within the lives of young women everywhere.*

These pages reflect our experiences. They may well reflect yours too.



“

To women who have been subjected to any form of sexual violence & violence (& even those who haven't): This is a beautiful book, written by my beautiful friend & I cannot recommend it enough. I have sat on my living room floor laughing out loud, ugly crying & feeling so many emotions in between. She has poured her heart out into these words & I sincerely hope they reach the people who need to hear them most. It is raw, honest, relatable, emotional, empowering & inspirational. Not only does it address the complex emotions & questions women may have after rape & sexual assault, but it de-stigmatises conversations about rape & discusses issues at the root of our society. It captures the essence of what it means to be a woman & everything that comes with it.”

”

-Alex



get in touch

If you've recently purchased a copy of *To Be A Woman* book &/or journal, & you'd like to leave a testimonial or review for us, please do not hesitate to get in touch. We love hearing your comments & every bit of feedback helps us to develop our resources & tailor our products to suit the needs of the individuals we support.

If you're an organisation or educational institution who are interested in purchasing & customizing *To Be A Woman* in bulk, please get in touch.



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