



**The great porn experiment | Gary Wilson |  
TEDxGlasgow**

**Why I stopped watching porn | Ran Gavrieli |  
TEDxJaffa**

**Russell Brand on Porn, Fight The New Drug  
(Google it it's great!)**

**National Union of Students:  
[www.nus.org.uk](http://www.nus.org.uk)**

**Citizens Advice Bureau:  
[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)**

**Independent GAP Year advice for all:  
[www.gapadvice.org](http://www.gapadvice.org)**

**Foreign Office:  
Country: [www.gov.uk/foreign-travel-advice](http://www.gov.uk/foreign-travel-advice)**

**Rape Crisis:  
[www.rapecrisis.org.uk](http://www.rapecrisis.org.uk) / Ph: 0808 802 9999**

**[www.survivorsuk.org](http://www.survivorsuk.org)**

## **ACRONYMS**

**P- Pubbing & Clubbing, Take it Easy!**

**A - Alcohol Impairs**

**R- Rohypnol? Don't Leave your Drink**

**T- Think. Where Are My Friends?**

**Y- You Come Together, You Leave Together**

**G- Gather Relent Cultural & Social info. Know & Respect Local customs**

**A- Avoid Travelling Alone & Making Eye Contact**

**P- Plan Your Trip Well, Leave Behind a Detailed Itinerary with Family & Friends**

**Y- You Need to Know the Risks**

**E- Embassy Information: Location, Phone Numbers**

**A- Avoid Attracting Attention, Try to Blend In**

**R - Request a Female Police Officer or Doctor if Necessary**

[www.theraproject.co.uk](http://www.theraproject.co.uk)  
[info@theraproject.co.uk](mailto:info@theraproject.co.uk)

