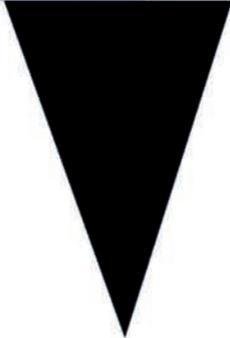


VOGUE PRECEDENT



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23 August 2020

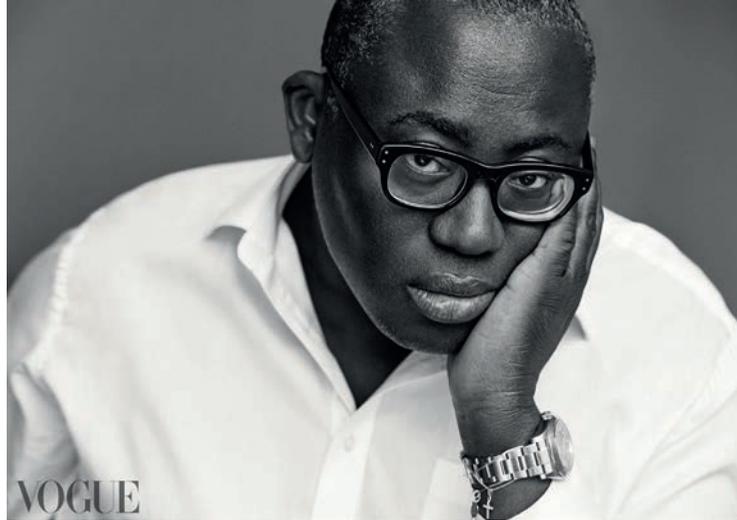
*The Guide 2021*

# Welcome to *Vogue Precedent*

an initiative between British Vogue, Rape Crisis England and Wales, Survivors UK, The Survivors Trust and Galop to set a new media standard for how survivors and sexual assault is positively reported in the media.

I was first approached with the idea of Vogue Precedent in September 2020, post a tumultuous summer for the nation characterised by the navigation of the sociological effects of the coronavirus pandemic. To the battle of systemic racism which had become embedded in the fibre of British society; brought to the fore in June 2020 by the murder of George Floyd in America. One thing which prevailed and something important to take forward is the reconnection with humanity. Shown through displays of affection on our doorsteps clapping for the NHS every Thursday at 8 for 10 weeks, to strangers collecting shopping for neighbors. It was the everyday actions which brought people together.

However, lockdown raised a magnifying glass up to the lives of survivors of sexual assault and violence. Seen through survivors forced to lockdown with their perpetrators in a home environment; which resulted in the harmful effects of re-traumatisation or further attacks. This exhibition is necessary to change a dialogue, empower allies and promote a new standard of reporting through the media. In my first editor's letter I set out a clear agenda,



(Mariano Vivanco for Vogue, July 2019)

which explored how Britain is made up of a rich and diverse group of people who should all be celebrated; through a mandate of inclusivity and diversity, not just in an aesthetic sense, but in diversity of thought and Vogue Precedent personifies these objectives.

Alice More is co-editor of Vogue Precedent, she entered the frontline to support survivors when she was 18 years old now 23 she recognises the challenges survivors face and the danger of a lack of education amongst the wider public. With experience as a fashion writer she uses her expertise to bridge the gap between fashion and awareness. We welcome you to Vogue Precedent and thank you for making a stand in support of survivors.



(Dougal MacArthur for British Vogue, August 2020)



(Emma Kohlmann for Vogue, May 2020)

## EDITOR'S LETTER

Survivors are the most incredible people I have ever meet, after going through an experience which violates every part of them as a human - they find the ability to move forward with their life. Vogue Precedent comes at a time where one of the biggest taboo subjects to talk about as a society is still sexual assault and violence and a misrepresentation of survivors plugged through the media suffocates the voices of survivors and paralyses them in fear to come forward and seek help.

Fashion has a unique ability to cross socio-economic boundaries, and resonate across borders in a way unparalleled by any other method of communication. Vogue Precedent offers an exciting opportunity to combine the expertise with four non-profit rape crisis organisations with the reach and authority of Vogue to champion the survivor and change a narrative. Clothes are being used as a weapon to inform implied consent and this needs to change. Education, awareness, listening and believing are key and Vogue Precedent is the new standard. Thank you for attending the exhibition and remember there is always someone to listen.



# Home-Sweet-Home

## SAFETY TIPS FOR SURVIVORS AT HOME



MYTH – ‘most sexual assaults occur at night in dark alleys away from others’. Take a tour in a this home away (Grace Jenkins for Vogue Precedent, 2020) from home with a difference.

The home a place synonymous with safety and comfort, but for many this is not the reality of the situation the home is a place of danger seen, with people we know assault survivors. Contrary to the belief that we hold close with and grow up believing for many survivors the home is a scene of a crime where 63% of all sexual assaults in the UK occur either at the survivors or perpetrators home. A situation which was only intensified through lockdown in 2020, where there was increased risk of re-traumatisation and attacks on survivors.

Surround yourself in the abundance of Laura Ashley prints and an eclectic mish mash of patterns, reminiscent of you Aunts remote Cotsworld home. Look a bit closer and things are not quite what they seem. Instead of handmade cross-stitch, of motivational quotes and daily mantras, in their place facts about dangers associated with being at home and reality of sexual assault.

### SUPPORT FOR SURVIVORS IN DANGER AT THE HOME

A refuge is defined as being in a place of safety and security and away from an imminent threat or danger. In the UK refuges for all people are open 24hrs a day, which are connected to helplines available for anyone who may be in danger and need to seek solace and help from professional crisis teams. You can call the team who will help you make arrangements for yourself.

If you are in immediate crisis you can phone 999. If for whatever reason you are unable to speak to the call handler, there is a method called the ‘Silent Solution’ where you can press 55. This will notify the call handler that you are only able to answer questions with either a yes or a no answer. However, if there is no way that you are able to answer yes and no and are in fear of the perpetrator over hearing what you are doing, the call handler will instruct you what to do next.

- Agree on code word with friends and family.
- Under threat avoid kitchens garages (places with weapons).
- Keep bank cards, money, keys and essential documentation close incase you need to leave.
- Plan your different escape routes in advance.

### NUMBERS TO CALL:

**National Domestic Abuse Helpline:** 0808 2000 247  
(Free phone 24 hrs)  
**The Havens:** 0203 299 1599

### WEBSITES LINKS:

[www.nationalhelpline.org.uk](http://www.nationalhelpline.org.uk)  
[www.survivorsuk.org.uk](http://www.survivorsuk.org.uk)  
[www.womensaid.co.uk](http://www.womensaid.co.uk)

Information sourced and provided using Refuge.co.uk

# My Dress Does Not Mean Yes

MYTH – “women who wear revealing clothes are asking to be sexually assaulted”.

## WHO CAN YOU CONTACT AFTER AN ASSAULT?

It can be difficult to know who to turn to, or what you can do after a sexual assault has occurred. The key thing to remember is that you are in control as the survivor and there is nothing that anyone will force you to do. Remember that you can get support and help without having to report to the Police. This can be a decision to make later on, or a choice which you choose never to make.

In this section we look at the work of Sexual Assault Result Referral Centers (SARC). Positioned ordinarily alongside Police stations, which means the experience between survivors and reporting to the Police is made easier. However, they are not affiliated to one another and operate under the guidance of the survivor. SARCs operate on a 24 hr basis and are staffed by forensic nurses and crisis workers, being on call to both respond to Police bringing survivors in and then own individual self-referrals.

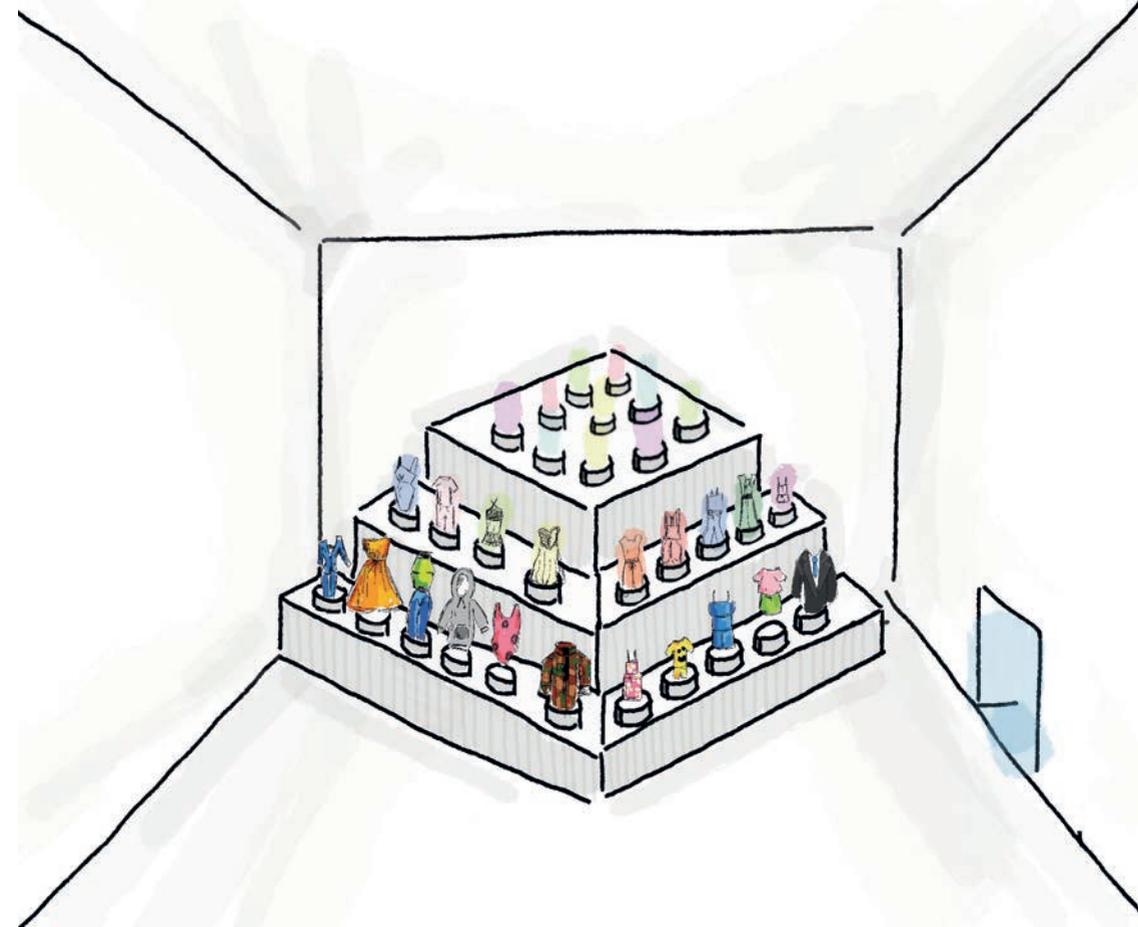
## KEY DESCRIPTION OF ACTIVITIES:

- Improve the forensic response to assault (as a survivor you will never be forced to have a forensic examination and if you choose to, you do not have to have the full examination. Even if you choose not to report straight away the forensic evidence can be kept on file for 2 years. This means that you can take your time and then when you are ready and if you choose to report the forensic evidence is in place).
- Respond immediately to sexual assault
- Provide medical checks and then crisis intervention work
- Act as a sign post device to other local specialist community service.

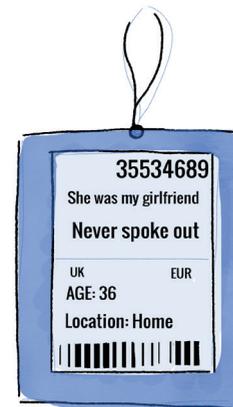
## LINK (VISIT THIS LINK TO FIND THE DETAILS TO YOUR LOCAL SARC).

[www.nhs.uk/service-search/other-services/Rape-and-sexual-assault/LocationSearch/](http://www.nhs.uk/service-search/other-services/Rape-and-sexual-assault/LocationSearch/)

Information sourced using a SERICC report (2020).



(Grace Jenkins for Vogue Precedent, 2020)



In the England and Wales every year 97,000 people are sexually assaulted (or attempts), 97 mannequins stand in solidarity to show there is no correlation between the clothing a survivor chooses to wear and then an attack occurring. De-weaponising clothes with the purpose to see a survivor and hear their voice and not be distracted by an outfit.

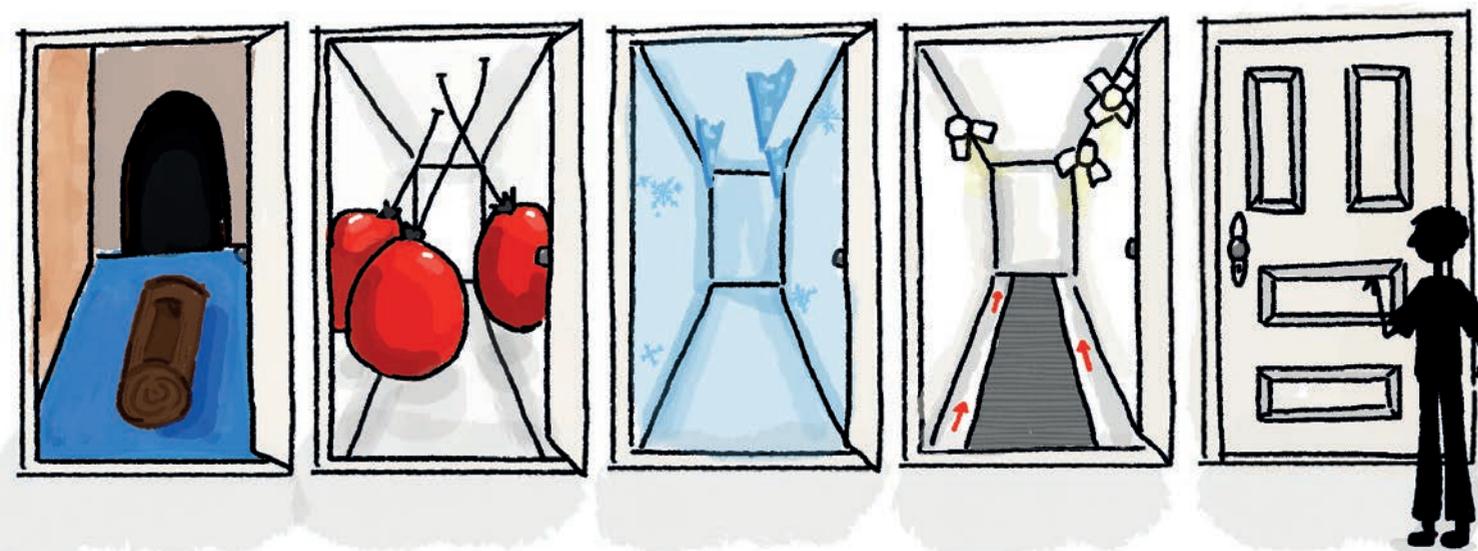
Take a step through to the side room and 97,000 tags fill the ceiling of the room to demonstrate the number of people who are survivors annually. The Denim Tags have been designed to honour and show support to the older sexual violence education movement in the world 'Denim Day' which is supported annually on the 29th April.

# All Roads Lead To Home

MYTH – “if a person did not scream or fight or has no injury, it could not have been sexual assault”.

## WHO CAN YOU CONTACT AFTER AN ASSAULT?

There is no one right way to respond to sexual assault, there a five trauma response (5 Fs) Flight, Fight, Freeze Flop and Friend; which are triggered by the amygdala, as part of the brains limbic system. A survival mechanism in the brain design to ensure survival of the person. A survivor is not incontrol of the response their body chooses to use. Sometimes this can be distressing for a survivor as they imagine that if they were in a situation they would react in a certain way and often their body resorts to a different response. This is okay, normal and the main thing to remember is that you survived the experience.



Upon entering into room three you will be asked a question and based on your response you will have to take that route out, will you choose:

**FIGHT:** Actively battle your way out the situation.

**FLIGHT:** Flee and runaway from the situation.

**FLOP:** Go with the flow and detach from your surroundings.

**FREEZE:** Be stunned into motionlessness.

**FRIEND:** Seek help and be guided out of a situation.

One thing is for certain whatever path you take you will end up in the same place.

(Grace Jenkins for Vogue Precedent, 2020)

## GROUNDING TECHNIQUE

A grounding exercise can be a wonderful way to re-center yourself and draw your attention back into the present and move the focus away from the over powering feeling of being out of control and anxious. These techniques are designed around the breathing to help you calm yourself and stop the nervous system going into alert. To draw the focus back to the body you need to engage with all of your senses.

Firstly take ten slow deep breaths.

### SIGHT:

Tell me five things you can see? What is around you can see anything unusual or you are not used to seeing?

### HEAR:

Can you tell me four things you can hear? Can you hear any cars driving by, are there people chatting nearby?

### TOUCH:

Name three things you can feel? Are you sat down? Does the chair feel hard and cold? Soft and cosy?

### SMELL:

Name me two things you can smell? Can you smell coffee round the corner, or is the dinner being prepared? What do you notice?

### OTHER TIPS:

- Dancing like no-one is watching, go for a run or a brisk walk and release those positive endorphins.
- Do word puzzles and brain training to draw your focus.
- Watch that favourite TV show, you just love.
- Hug a pet tight and compress that nervous system.
- Plug in your favourite essential oils, which are comforting to you.
- Put on that playlist which is just irresistible to you.
- Bite into a lime and focus on the zing in your mouth.

# *It's A Kids World*

MYTH – “children who dress like adults and act in a provocative way are asking to be sexually assaulted”.

It is incredibly emotive and a difficult discussion talking about vulnerable children and the challenges they face. Through this room, the image of a children's toyshop is subverted to show adult objects branded and designed for children. This is a shocking thing to see, but unless there is an awareness and understand of projecting adult ideals and understanding onto children, it is too far of a stretch to understand that this could be a necessary in the future.

## WHAT TO DO IF YOU THINK A CHILD IS VULNERABLE?

### 1- HAVE A CHAT

It can be challenging for a child to come to terms with what is happening or going on. Let them take their time, but keep building a positive and trusting relationship with them. So when they are ready they know they can come to you, that you will listen and believe them. Some children have never had this space before so do not force the situation.

### 2- MAKE A NOTE

Have a diary and within the diary write down the concerns you have, any observations are they acting differently, has their behaviour changed? With this noticeable change does it co-inside with a specific time in the day or activity do you spot a pattern?

### 3- IT'S OKAY TO QUESTION

Now you have had a conversation and have been observing, don't be afraid to speak to other significant adults in the child's life, for example teacher. At school has the teacher noticed any changes in the child's behaviour or a personality change. It can also be very important for you to seek help and talk about how you are feeling and the effect this maybe having you? Talking a situation through can be incredibly soothing.

### 4- CONTACT THE NSPCC

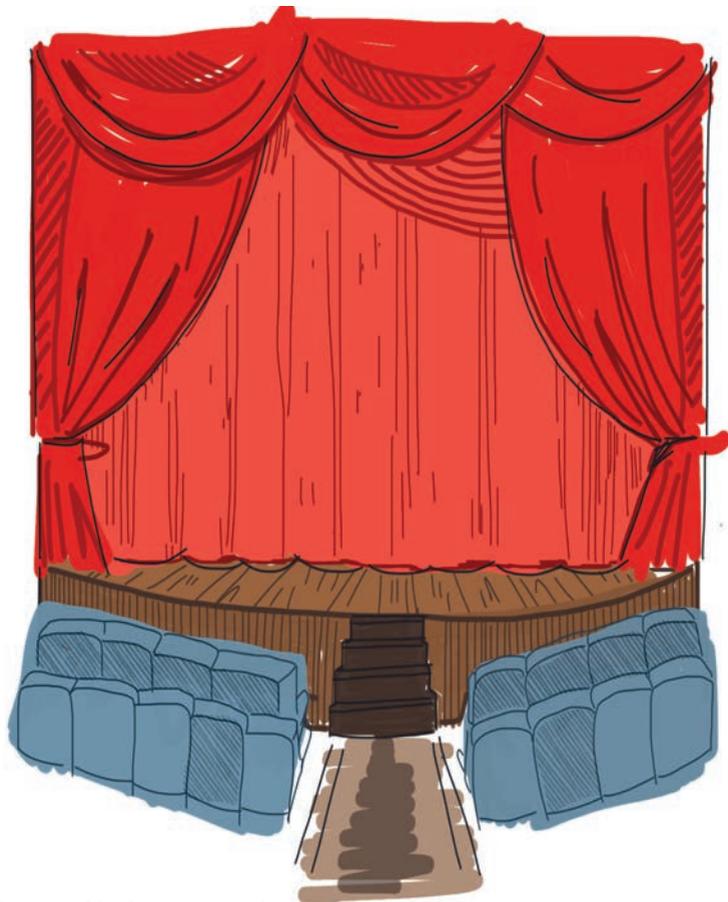
experience counsellors are available to listen, offer support and are able to support both you and the child. **Phone: 0808 800 5000, email [help@nspcc.org.uk](mailto:help@nspcc.org.uk) or visit the website.**



(Grace Jenkins for Vogue Precedent, 2020)

# *I Always Say Shopping Is Cheaper Than A Psychiatrist*

MYTH – “sexual assault is provoked by the victim’s actions. (Victim Blaming)”.



(Grace Jenkins for Vogue Precedent, 2020)

Take a seat and listen to the inventions which have been designed to safeguard you and protect you from getting sexually assaulted. This is a ludicrous notion to even suggest, but this is the reality of the national headlines which blame survivors for situations of sexual assault. Watch the film exemplify these headlines and Editor-in-chief Edward Enninful alongside influential key note speaker to bust the myth of victim blaming.

## WHO CAN YOU CONTACT FOR LONG TERM SUPPORT?

When it comes to dealing and processing trauma we feel as if we have processed it and then all of sudden it can hit all over again. The processing of trauma is a cyclical response and you go through different stages of emotions and feelings to process what has happened. This could be stages of intense anger, sadness, pain, grief for a relationship which you have lost and there may even be moments where you miss the perpetrator and experience waves of guilt towards the situation. This is a completely normal way to react and you can take as much time as you need to process and only speak to someone when you are ready and when you are comfortable to do so. This section explores the role of Rape Crisis Support Centres in supporting survivors.

## KEY DESCRIPTION OF ACTIVITIES:

- **TELEPHONE HELPLINE** - are manned by trained helpline listeners who are not there to give you advice but to listen and help you explore your thoughts. You can call as many times as you need and not even discuss what happened to you. You can sit in silence or just release the emotions. The main thing is they are there non-judgemental and will never make you do anything you don't want to. As listeners they are able to sign-post you to therapy and do the pre-therapy work with you to help you make the most of your sessions.
- **FACE-TO-FACE COUNSELLING** - free counselling with experienced therapists who know about the complexities of sexual assault and sexual violence will work with you to come to terms with what has happened, to understand your response and work through your recovery journey.
- **SUPPORT GROUPS** - sometimes working through trauma as a group can be rewarding as you recognise that you are not alone and there are people who can empathise with you and support you through this situation. Many times it can be challenging to talk to friends and family and even if you are able to speak to them they may not be able to identify with how you are feeling. The advantage of a group setting is that you are able to have a therapeutic benefit of therapy and creating a support network around you.
- **INDEPENDENT SEXUAL VIOLENCE ADVISOR (ISVA)** - are specially trained to give in person practical and emotional support of survivors who are reporting to police and are about to go through the court process.

**LINK (VISIT THIS LINK TO FIND THE DETAILS TO YOUR LOCAL RCSC).**

<https://rapecrisis.org.uk/get-help/find-a-rape-crisis-centre/>

# *We're All Human*

MYTH – “men cannot be sexually assaulted”.

Vogue Precedent recognises there is not one image of a survivor and that all forms of sexual assault have a profound effect on the survivor. It is imperative to have an understanding of the challenges which effect different groups of people. A group of people who are most vulnerable to assault but also prejudice are people who identify as part of the LGBTQ+ community.

## **THINGS TO REMEMBER WHEN TALKING TO LGBTQ+ SURVIVORS:**

1 - **BELIEVE & VALIDATE FEELINGS:** A big fear for many survivors is by discolsoing what happened to them they will not be believed, questioned and the validity of the situation questioned. To reach the point where they are discussing it with you they have probably been going over it in their mind for some time, questioning whether it happend and whether it was their fault and, but reasuring them that you believe them this can be the first step on their recovery journey and seeking professional help.

2- **USE INCLUSIVE LANGUAGE:** There is a common myth that this does not happen to LGBTQ+ people and this can add an increased layer of shame and guilt onto a situation which is already challenging. This can lead to people feeling isolated and alone with their thoughts. To help someone feel more supported in a situation try not to gender the person, use phrases such as ‘partner’ and ‘they/them’ to help the survivor feel accepted.

2- **THERE IS NO ONE IMAGE OF A SURVIVOR:** A situation can be even more challenging to come to terms with if you do not fit into the media perception of what a survivor looks like. This can be increasingly made challengeng if someone has not come out yet to their family and friends and then sexual assault occurs. This creates further stigma and greater feelings of shame.

## **NUMBERS TO CALL:**

**GALOP: 0800 999 5428**

(Monday to Friday 10:00am - 5:00pm, Wednesday to Thursday 10:00am - 8:00pm\_

## **WEBSITE LINKS:**

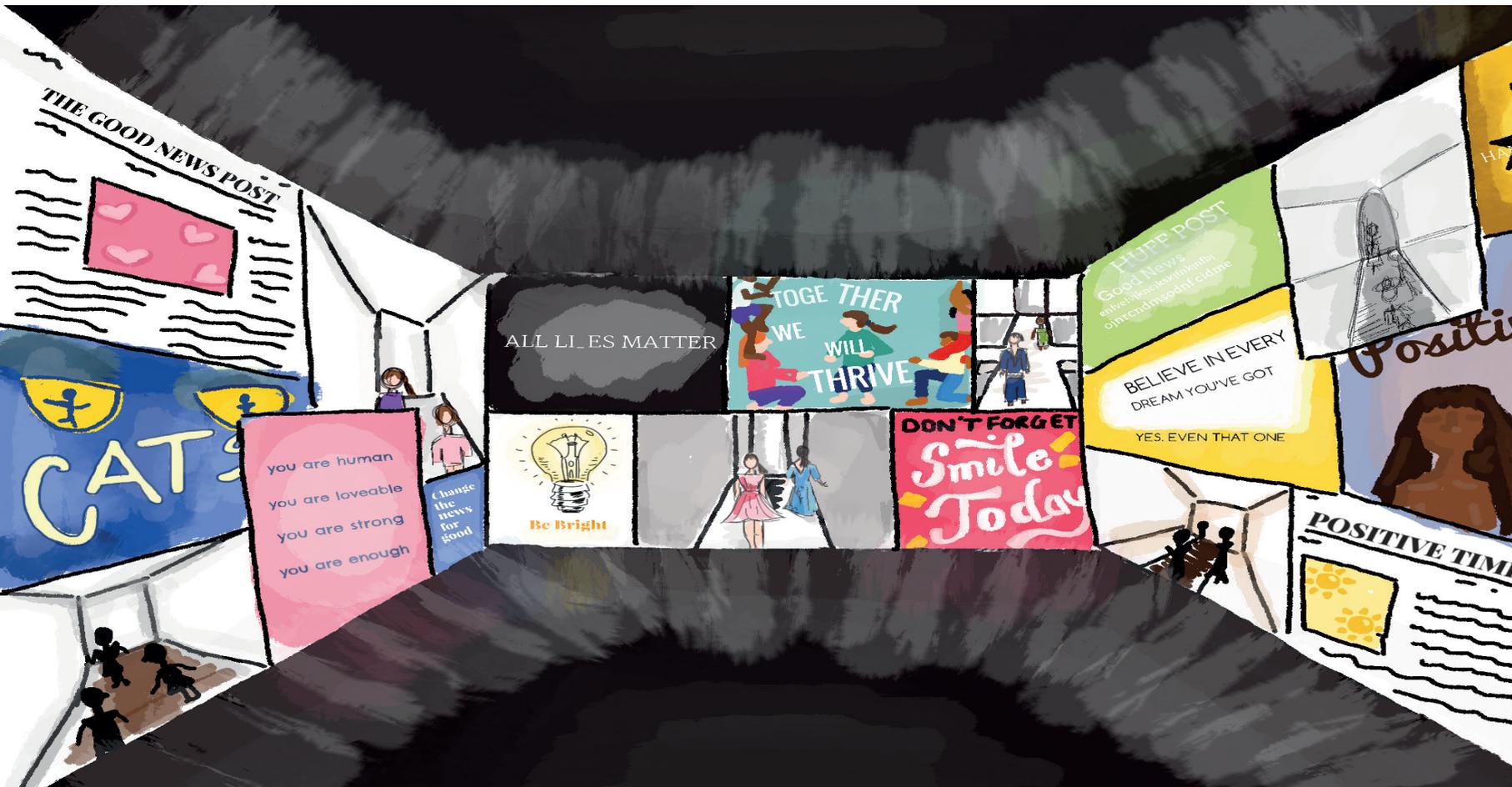
<http://www.galop.org.uk/>



(Grace Jenkins for Vogue Precedent, 2020)

Make a stand together and quite literally line up to show your support for survivors. A room which allows you to have a shared experience with other guests, stand behind the line and answer questions which make you understand and recognise your differences, however then come to terms with the fact that you have different lifestyles and preferencs - however, through education, understanding and going through the exhibtion together you can understand the basic need to support understand and value survivors and the responsibility we all share as a group of people to change the narrative.

# Today's Headlines



(Grace Jenkins for Vogue Precedent, 2020)

The media has the power to be a force for good and spread a message of hope and drive a message of change. This final room shows positive examples of the media spotlighting responsible headlines, shows of activism and solidarity to move the conversation of survivors forward.

# Take A Seat



(Grace Jenkins for Vogue Precedent, 2020)

Take a seat in our final room and take a moment to reflect on the exhibition. If you have any questions please feel free to ask our trained listeners situated around the room who will be more than happy to answer any questions or signpost you to further resources or information you may require.

The room that you are sat in has been sponsored by 8 international fashioned brands, who believe and support in the message behind Vogue Precedent. To show your support on your way out why not purchase one of our exclusive Vogue Precedent t-shirts and show your support for survivors and demand a new standard in media reporting.



KATHERINE HAMNETT



VICTORIA BECKHAM



GUCCI



HENRY HOLLAND



VERSACE



BURBERRY



STELLA McCARTNEY



ALEXANDER McQUEEN

# In-Conversation Dates

Stay up-to-date with conversation, join us live or over zoom to continue to set a new Vogue Precedent.

DATE	LOCATION	THEME	IN CONVERSATION WITH
20th January 2021	LEEDS	<b>ANNOUNCEMENT OF VOGUE PRECEDENT</b> <i>It is time for a new Precedent and Vogue has drawn the line.</i>	<b>Edward Enninful</b> and <b>Fay Mated</b> <i>Editor-in-chief</i> <i>CEO</i> <i>British Vogue</i> <i>The Survivors Trust</i>
17th February 2021	MANCHESTER	<b>SCALE OF SEXUAL ASSAULT FIGURES IN THE UK</b> <i>The UK's worst kept secret - sexual assault, survivors and guilt.</i>	<b>Giles Hattersley</b> and <b>Zoe Lordrink</b> <i>Features Director</i> <i>UKCP Registered Psychotherapist</i> <i>British Vogue</i> <i>Trainer &amp; Consultant</i>
17th March 2021	LIVERPOOL	<b>FEMALE DOMINATED SURVIVOR FIGURES</b> <i>Why are women most at risk to experience sexual assault?</i>	<b>Vanessa Kingori</b> , <b>Jameela Jamil</b> , <b>Maggie Oliver</b> and <b>Dawn Thomas</b> <i>Publisher</i> <i>Activist &amp; Former</i> <i>CEO Rape Crisis</i> <i>British Vogue</i> <i>Presenter</i> <i>Police Officer</i> <i>England &amp; Wales</i>
21st April 2021	CARDIFF	<b>THE ROLE OF GOVERNMENT</b> <i>Can legislation go further to protect survivors?</i>	<b>Olivia Marks</b> , <b>Nicole Jacobs</b> and <b>Priti Patel</b> <i>Features Editor</i> <i>Domestic Violence</i> <i>Home Secretary</i> <i>British Vogue</i> <i>Commissioner</i>
19th May 2021	BRISTOL	<b>UPSKIRTING</b> <i>A digital phenomena 'upskirting', why is it still happening?</i>	<b>Ellie Pithers</b> and <b>Gina Martin</b> <i>Digital Director</i> <i>Campaigner &amp;</i> <i>British Vogue</i> <i>Law Changer</i>
16th June 2021	PLYMOUTH	<b>REPORTING TO THE POLICE</b> <i>'I May Destroy You' - a year on. Has it become any easier to report to the Police?</i>	<b>Michaela Coel</b> , <b>Paapa Essiedu</b> and <b>Alex Feis-Bryce</b> <i>Contributing Editor</i> <i>Actor</i> <i>CEO</i> <i>British Vogue</i> <i>Survivors UK</i>
21st July 2021	SOUTHAMPTON	<b>SAME-SEX SEXUAL ASSAULT</b> <i>LGBT same-sexual assault, why is it ignored in the media?</i>	<b>Giles Hattersley</b> and <b>Leni Morris</b> <i>Features Director</i> <i>CEO</i> <i>British Vogue</i> <i>Galop</i>
18th August 2021	BRIGHTON	<b>PHOTOSHOP OF IMAGERY INCREASING CHILD VULNERABILITY</b> <i>Filters, selfies and Instagram culture. How a prerogative for 'perfection' aged children and left them vulnerable.</i>	<b>Jessica Diner</b> , <b>Viola Davis</b> and <b>Dr Ciara Dockery</b> <i>Beauty &amp; Lifestyle Director</i> <i>Actor</i> <i>Doctor of</i> <i>British Vogue</i> <i>Clinical Psychology</i>
22nd September 2021	LONDON	<b>VICTIM BLAMING CULTURE</b> <i>Victim Blaming, how did clothes become indicative of consent?</i>	<b>Sarah Harris</b> , <b>Mukhtaran Mai</b> and <b>Emma Watson</b> <i>Deputy Editor &amp;</i> <i>Survivor &amp;</i> <i>Actor &amp; Activist</i> <i>Fashion Features Director</i> <i>Campaigner</i> <i>British Vogue</i>
20th October 2021	NEWCASTLE	<b>HOW TO BE A TRUE ALLY</b> <i>What does true allyship and support of survivors look like?</i>	<b>Adwoa Aboah</b> and <b>Tarana Burke</b> <i>Contributing Editor</i> <i>Founder of The</i> <i>British Vogue</i> <i>Me Too Movement</i>
17th November 2021	EDINBURGH	<b>THE RESPONSIBILITY OF THE BYSTANDER</b> <i>Looking to future, why we all have a responsibility to our children.</i>	<b>Naomi Pike</b> , <b>Selena Gomez</b> , <b>Alisha Boe</b> , <b>Katherine Langford</b> and <b>David Druid</b> <i>Miss Vogue</i> <i>Singer &amp;</i> <i>Actor</i> <i>Actor</i> <i>Actor</i> <i>Editor</i> <i>Producer</i> <i>British Vogue</i>
15th December 2021	ABERDEEN	<b>PRESENTATION OF INDUSTRY CODE OF CONDUCT</b> <i>Setting the standard, a code of conduct for media.</i>	<b>Edward Enninful</b> and <b>Caroline Rush</b> <i>Editor-in-chief</i> <i>CEO</i> <i>British Vogue</i> <i>The British Fashion Council</i>

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