

this

is

where

Script cards

Script cards can reduce the pressure to think of words when you are stressed, overloaded, or unsafe.

You can print these, save them on your phone, or adapt them into your own language.

www.this-is-where.co.uk

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When I need space

**I need a quiet space
now.**

**I am overwhelmed
and need to pause.**

**Please give me
a moment to
process.**

**I can continue this
by message or
email.**

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**When someone
questions my identity**

That is private.

**Please use
my name and
pronouns.**

**I am not
discussing my
body or medical
history.**

**This conversation
is not appropriate.**



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**When I need help
from staff**

**I am being
harassed. Please
help me move
somewhere safe.**

**I need to speak to
a manager
privately.**

**Please do not
share personal
information about
me.**

**I need written
information about
your complaints
process.**



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When I need to leave

I am leaving now.

**Please do not
follow me.**

**I do not feel safe
continuing this
conversation.**

**I am going to
contact someone
for support.**

