



To help identify a solution you can pick your favourites from the list above and identify the pros and cons of each one.

Solution:	
Pros	Cons
Solution:	
Pros	Cons
Solution:	
Pros	Cons

Chosen Solution:
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What do you need to do to achieve your solution? Break your chosen solution down into easy steps:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Is the problem solved? If so well done. If not, try to identify why not and try again with an alternative solution.

Think about what worked, what didn't and why. This may help you identify a more suitable solution.

What worked:

What could be improved:

Remember that you can visit [www.rapecrisis.org.uk](http://www.rapecrisis.org.uk) to access confidential online support and find details of your local Rape Crisis Centre. Alternatively, you can call the national Rape Crisis helpline (run by our member Centre Rape Crisis South London) on **0808 802 9999** between 12 noon - 2.30pm and 7 - 9.30pm every day of the year for confidential support and/or information about your nearest services.