

TIPS ON HOW TO EMBRACE YOUR VOICE

ONE

Stand up for survivors in everyday conversation. If you hear jokes, off-hand remarks, and stereotypes that are victim-blaming or trivializing of sexual violence, rebuke it. You might help a survivor realize it's safe to confide in you.

"It's not actually true that 'boys will be boys.' Being abusive isn't a lack of self-control, it's about power over another person. Boys and men are both capable of respecting others."

TWO

Reflect on how music, movies, television, news, and other media normalize violence. Verbalize what you think would be a better portrayal of safety, equality, and respect.

"Isn't it weird how movies like this show women falling in love with someone so violent? In real life she would have been afraid of him."

THREE

Make sure you aren't victim-blaming. Our attempts to rationalize sexual assault can cause us to think you can provoke being raped or could've prevented it, but this isn't true. Choosing to assault someone is a crime and it is never the survivor's fault. Victim-blaming causes survivors to fear being shamed when deciding whether or not to report.

"Why does it matter what she was wearing? The attacker should be held accountable for committing a crime, not the victim."

FOUR

Teach our kids to value equality, privacy, boundaries, and consent. Educate them on their rights over their own body. Practice these values in the home and with friends/family, too.

"You don't have to hug them goodbye if you don't want to." "How would you like to show mommy that you love her?"

