A horizontal banner with a pink background on the left and yellow background on the right, separated by a vertical line. Both sides are covered in paint splatters and drips of the opposite color.

IN RESPONSE TO SEXUAL
VIOLENCE, LET'S TAKE TIME
TO CARE FOR OTHERS AND
OURSELVES.

Me Too

This is how I care for others:

- I am open to suggestions
- I listen.
- I tell people I love them
- I keep my ears + arms open.
- I make hot cocoa
- I hold her hand
- I remind people that I care
- I keep colouring books on my coffee table
- I keep soft blankets on the couch.
- I create safe spaces.
- I defend survivors.
- I keep my door open.



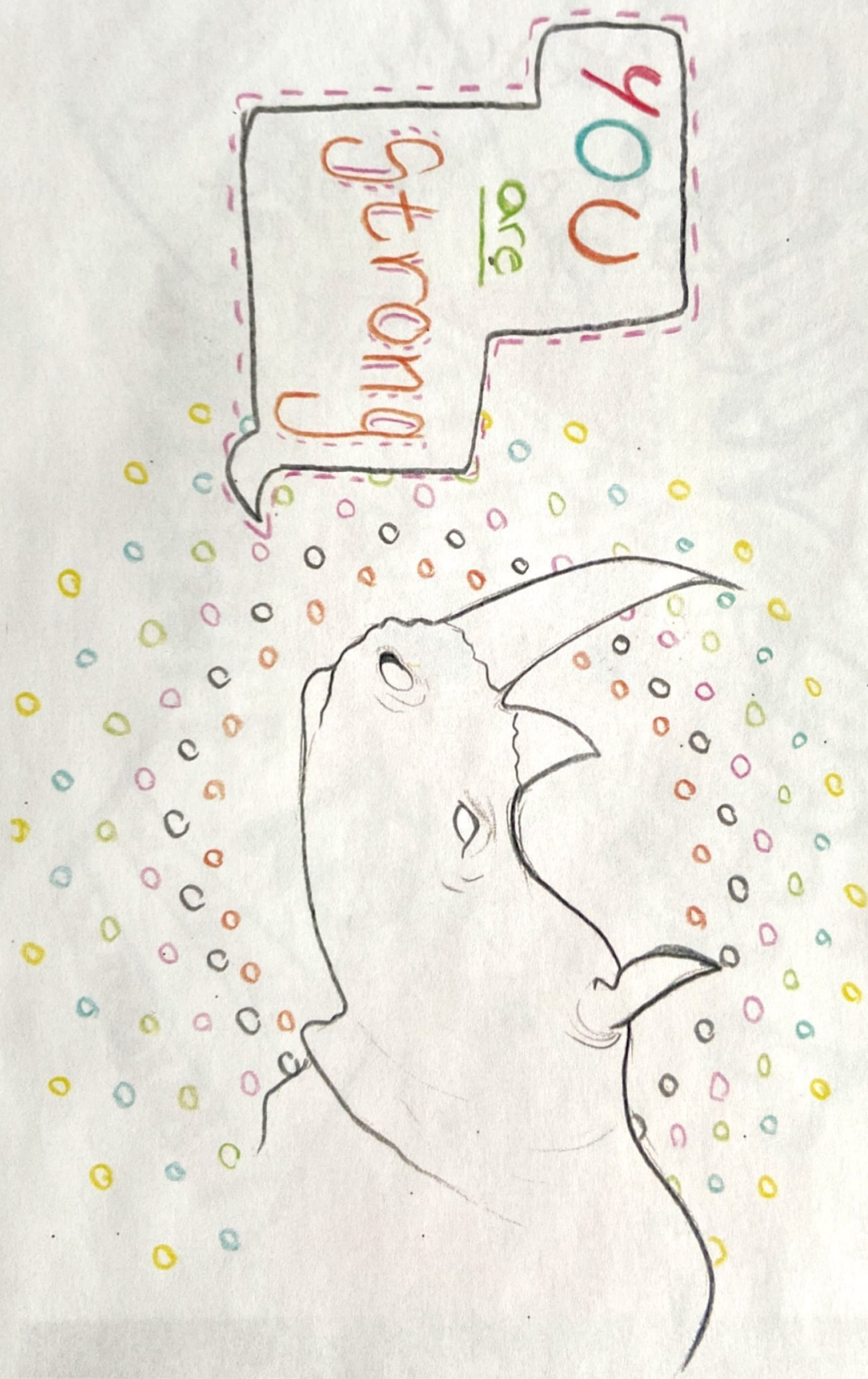
Things that give me hope are:

My
Incredible
Support
System! ♥

I know I am not
ALONE!
+ Neither are you!







It's okay
to not be
okay.

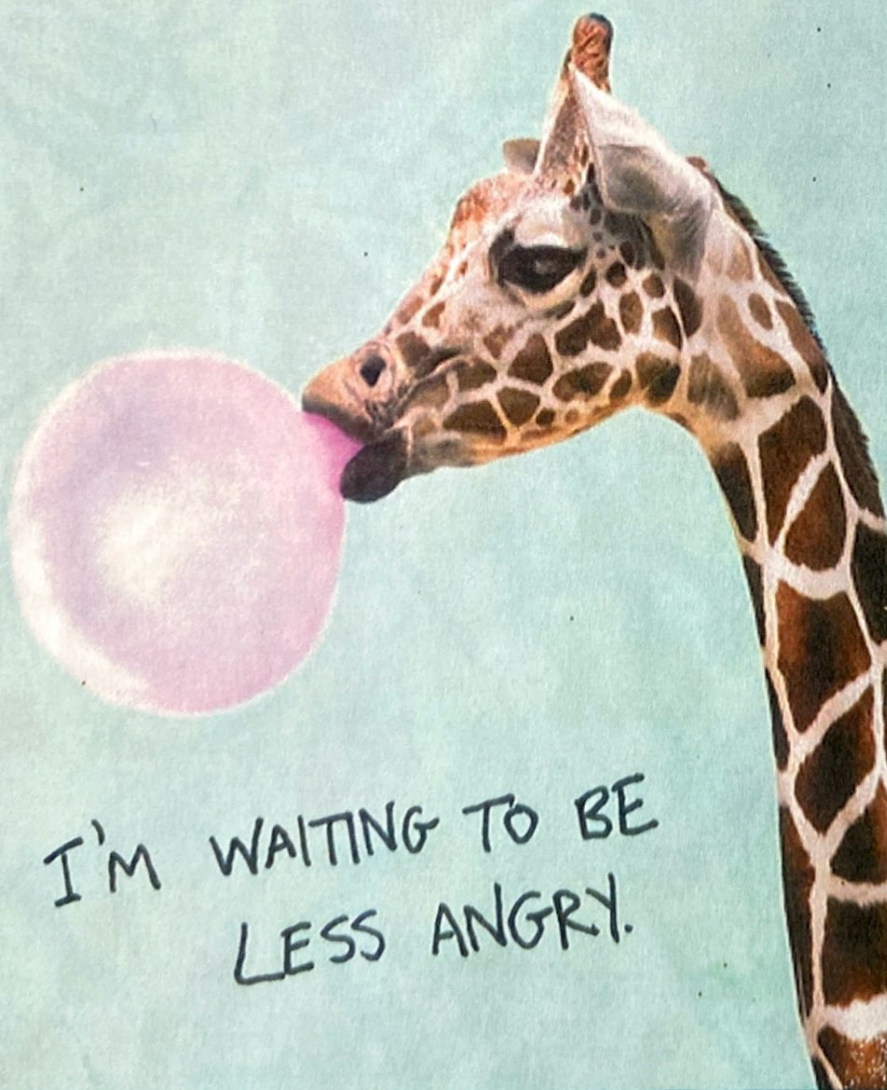
You are loved.





Something I need to say is...

I'M NOT SILENT



I'M WAITING TO BE
LESS ANGRY.

Still not
Asking for it!





Remain
Paw-sitive



MEOW



I Like sunrises better.

they are the start
of a new day.

A new day means hope,
to all the women around
the world.

they're in pain ... we're
all been through pain.

But there is a hope, with
every sunrise, every
smile, every positive
word.

I AM
MY OWN
FUCKING

joy







**we are
the resistance**

When you lose faith
in yourself, remember
you are not alone.
Reach out, someone
is there to take
your hand.





I am the dragon



breathing FIRE



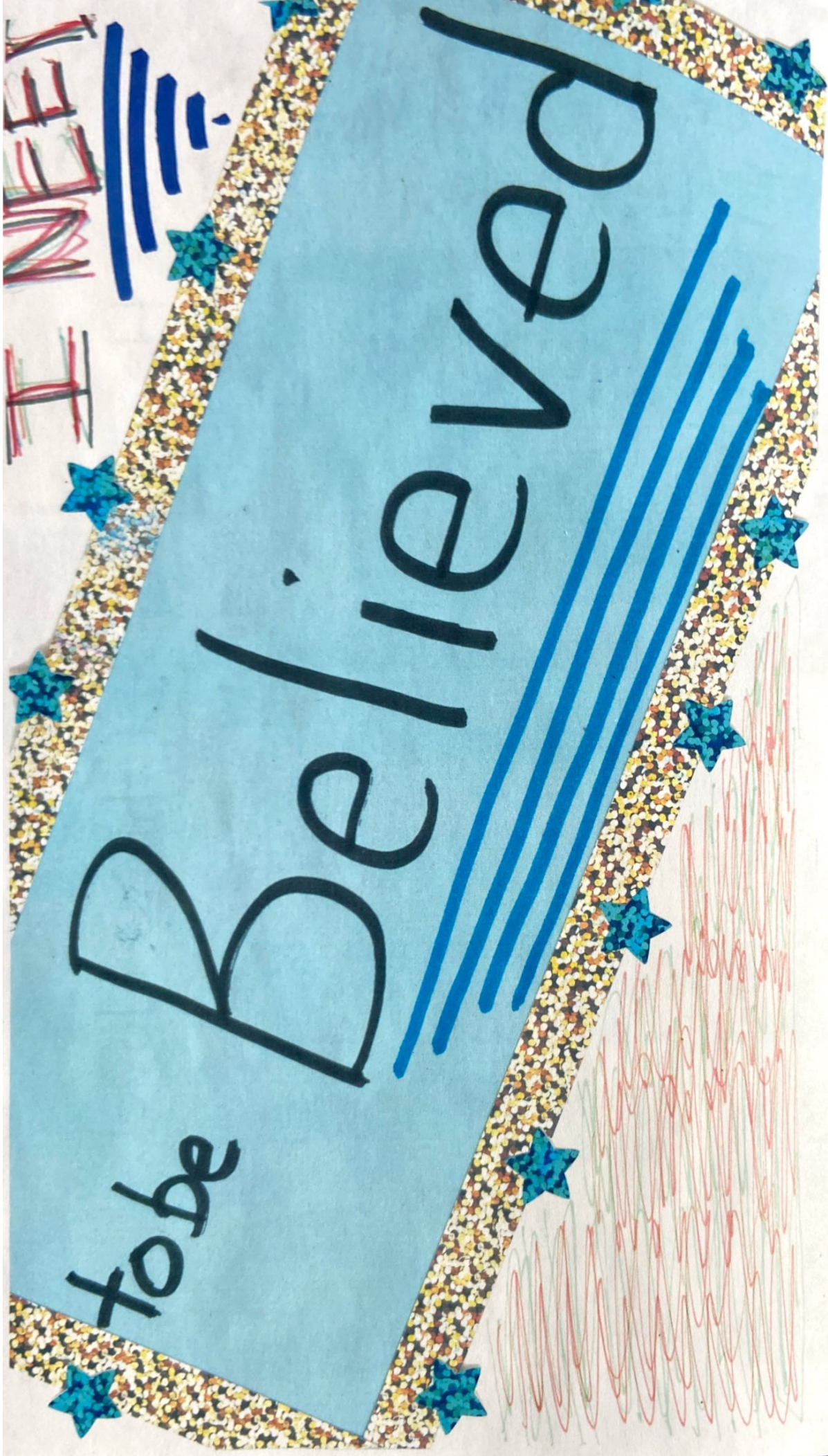
The Way My Cat
Gets Excited When
I Get Home

Making Others
LAUGH

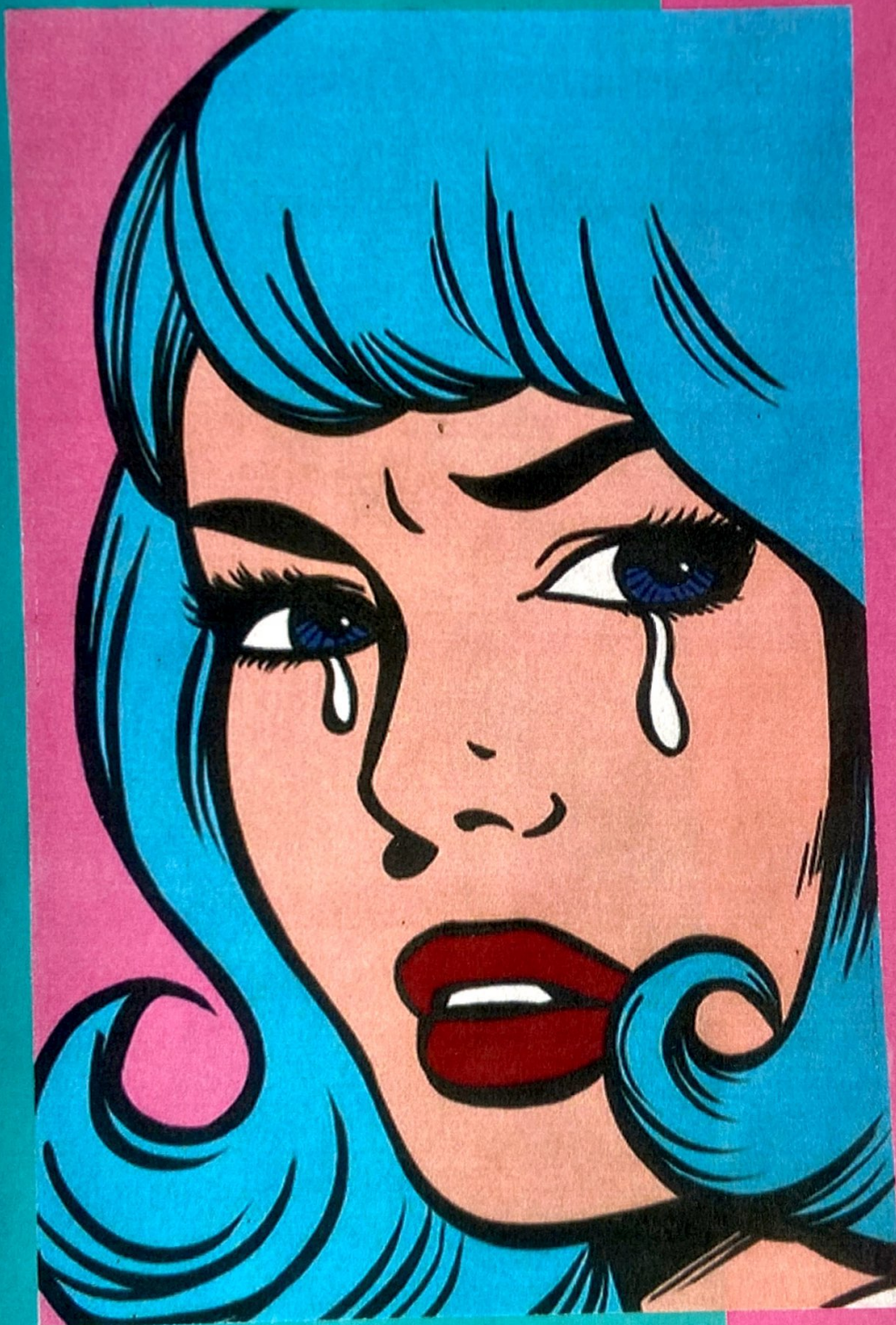
Making My
Partner SMILE

LIFE

Here is a list of things I love!



YES, i'm a CRY BABY



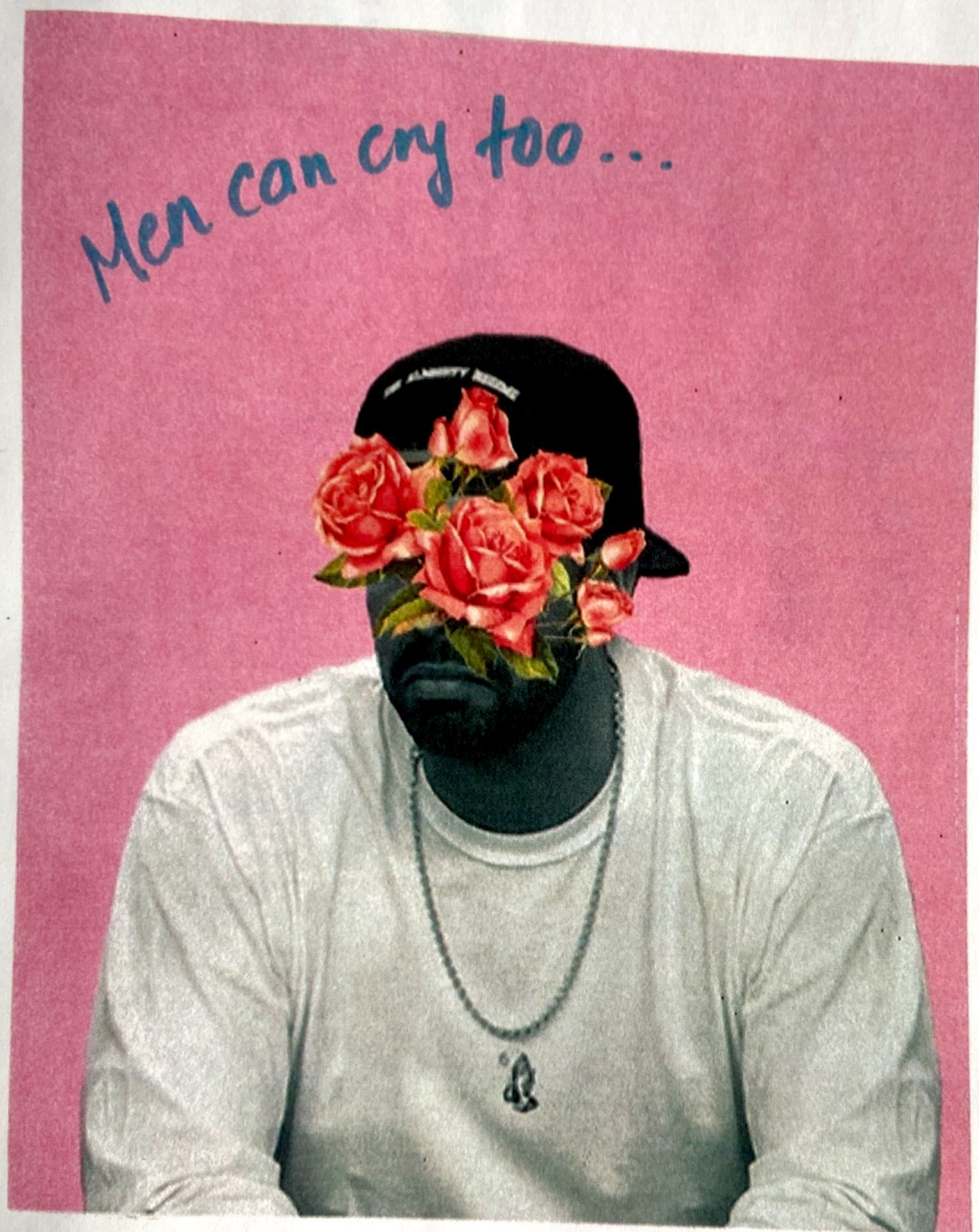
what of it??

Something I need to
say.

It wasn't my fault. You took
no responsibility. You blamed
me. When all I did was
support you. How was I
responsible for your lack
of integrity? You told me
I wasn't enough.

That's where you're wrong.
I'm more than enough.

**I'm taking my power
back.**



power

love

joy



MEDITATING

TRUST

ART

WRITING

LOVE

PROUD

JOY



~~VICTIM~~
BLAMING

I

PURPOSE

It's

NOT MY FAULT

EXPRESS

FEELINGS

SELF CARE

READING

SINGING

HAPPINESS

DANCING

Something I need to say is...

YOU ARE LOVED

YOU ARE IMPORTANT

YOU WILL FIND BALANCE

WHAT DO YOU NEED TO
TELL YOURSELF?

YOU ARE IMPORTANT

YOU WILL FIND YOUR PATH

YOU ARE SMART

Things that give me hope are:

