



# **SURVIVORSHIP**

## **VOL. 2**

**a zine about surviving sexual violence**

**created by survivors and supporters  
in the University of Windsor community**








# Survivorship is...

A zine created by survivors  
of sexual violence and  
their supporters at the  
University of Windsor  
and  
in the Windsor community

Survivorship Vol. 2 explores  
our relationships with our  
bodies and how we take  
up space in the world. 











# GLOW

*I want to be . . . . .*

*Be healthy!*

## STRONG

Confidence empowers you."



I'm still learning to love myself. Sometimes  
I don't know how accept my body and  
who I am.  
I am not always kind to myself but  
I can't say enough (kind and beautiful)  
things about other people.  
Why I can't I do this for myself.

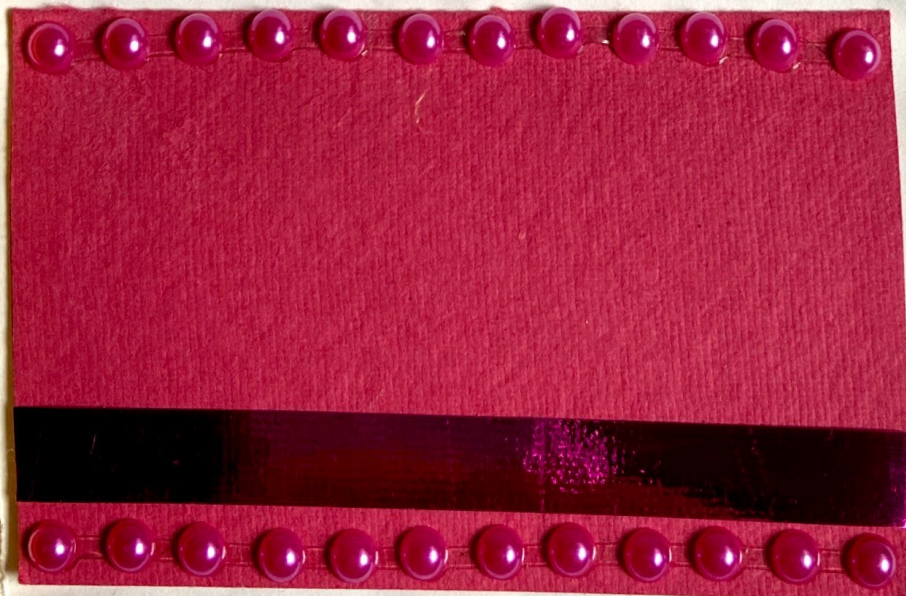


MY BODY IS IMPORTANT. MY BODY IS MINE. MY BODY IS  
BEAUTIFUL. MY BODY IS BOLD. MY BODY IS SOFT. MY BODY  
IS STRONG. MY BODY IS SEXY. MY BODY IS GREAT.





ALL BODIES  
ARE  
GOOD BODIES  
EVEN YOURS

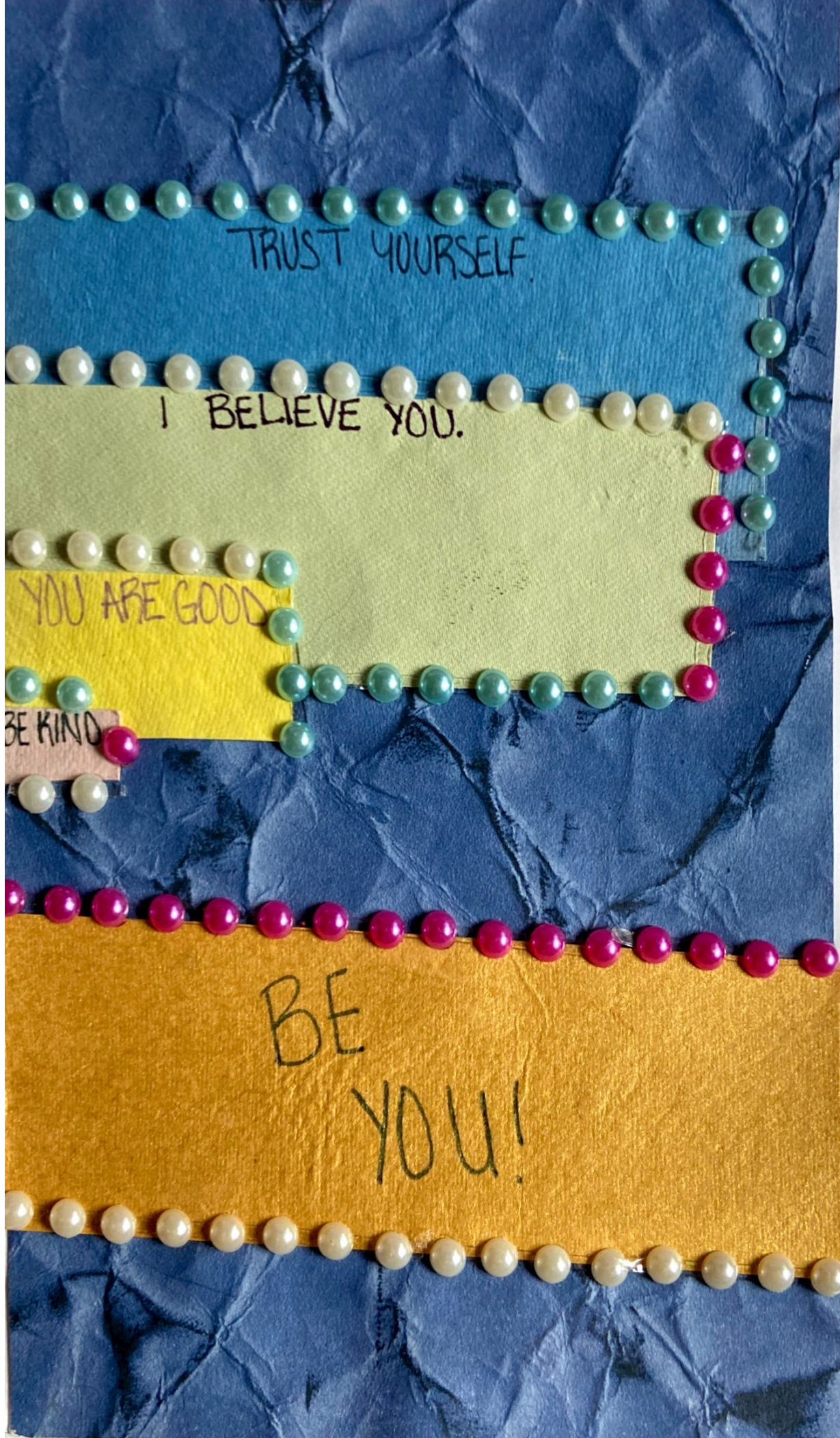


Drink water  
Eat food  
Exercise  
Dance

Laugh  
Smile  
Yoga  
Call a friend

Go for a walk  
Read a book  
Bake cookies  
Breathe





















fresh out  
of fucks in  
the best  
way possible.

VINTAGE JACKET; AMERICAN APPAREL BODYSUIT  
AND SOCKS; WILDFOX SHORTS; IWONA LUDYGA



BE

WEIRD!