

Foundations of Healing and Safety

Welcome

Thank you for taking the time to read this.

If you've been guided here, you are already taking the first few steps to better take care of yourself and therefore your community.

Stop & Breathe

Before continuing, we suggest taking 5 deep breaths or scanning the QR code below for guided breathwork.



....or [click here](#)

This work can be both incredibly difficult and deeply rewarding. Whether you have lived experience or not, it is likely you will find yourself reflecting on past experiences when talking about and working with topics related to sexual violence. Many survivors state that doing advocacy work is one of the most healing aspects of their journey, and we're excited you've chosen to take that journey with us.

“Even where our experiences are different, there is something we instinctively understand and recognize within each other that allows us to be more open because we can absolutely say the things we want and need to say without fear or judgment.”

Rhiannon-FayeMcDonald, Survivor Leader & SAGE Member

Survivors and Allies

The Brave Movement is building a movement for everyone interested in addressing childhood sexual violence around the world. The 3 definitions below help us make sure you can take action regardless of your lived experience.

Publicly-disclosed survivors

Individuals who have shared their lived experience of childhood sexual violence and have consciously decided to recognize themselves publicly as survivors.

Publicly-disclosed survivors may require additional support and safeguarding, as their public personas may be the target of threats or harassment.

Non-disclosed survivors

Individuals who have the lived experience of childhood sexual violence but have not chosen to recognize themselves publicly as survivors.

This group may include survivors that have disclosed within their community, small group of colleagues/friends, or advocacy networks but chosen not to share more broadly (e.g., on social media)

Allies

Individuals without the specific lived experience of being the target of childhood sexual violence.

Some allies may have someone close to them who experienced sexual violence and have a personal connection to the issue. Others care deeply because they are concerned about the safety of children in their lives (e.g., parents) or around the world.

The Brave Movement uses the language “**movement of survivors and allies**” for two reasons:

1. To hold space for allies to contribute to the movement
2. To provide a safe label for non-disclosed survivors to engage.
 - a. If you are a survivor and have not publicly disclosed your lived experience, there is no pressure to do so.
 - b. We encourage you to use the label of “ally” and feel empowered to participate safely.

To learn more about Brave’s approach to building a movement of survivors and allies, [click here](#).

The Four R's

The Brave Movement is committed to the trauma-informed approach of the “four R's” outlined by the Center for Health Strategies [found here](#) and listed below which is:

Rrealize

Have a basic realization of trauma and how trauma can affect families, groups, organizations, and communities as well as individuals. Everyone can have trauma even if it is not related to childhood sexual violence.

Recognize

Recognize the signs and symptoms of trauma in clients, families, staff, and others involved with the system.

Respond

Apply the knowledge, skills, and principles of a trauma-informed approach to all areas of functioning.

Resist Re-traumatization

Actively seek to resist re-traumatization.

“What we do is important.

How we take care of ourselves is equally as important.”

Tom Krumins, Survivor Leader & Brave Movement Chief of Staff
