

Starting your advocacy journey



Starting your advocacy journey takes courage. Remember to care for yourself along the way, because healing ourselves helps us build a safer world for others.

[#EndChildhoodSexualViolence](#)



Parting thoughts from survivor leaders

Be the person that to needed after your trauma event.

You are not alone



WE ARE **BRAVE** SO THAT CHILDREN CAN BE **SAFE**

You have a right & responsibility to treat your wellness needs seriously.

You can't help others if you can't take care of yourself.



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Trauma not transformed is trauma transferred- Thank you for your courage to heal so we can all together break the cycles of trauma.



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