



Power in Telling

TELLING

I was sexually assaulted. I thought if I didn't tel anyone, the pain would go away. I was scared of what people might think. I felt ashamed. I was afraid if I told you, you wouldn't beleve me.

Power in Believing

BELIEVING

I believed you when you told me you were sexually assaulted. I know silence doesn't make it go away. You are not to blame. I want to support you.

Power in Healing

HEALING

I know healing takes time. It helped that you believed and supported me. Now I am empowered to face the future.

Power.

HOW WILL YOU USE IT TODAY?

1-800-656-HOPE

