

As A Survivor, I have the right to...

Speak about my abuse and tell my story to those I trust

Respect!

Safety & Support

Get the physical, psychological, and medical care I need

Name my own experience

Express my feelings, concerns, and opinions

Make my Own Decisions

*Set boundaries for healthy relationships with family, friends,
partners, and service providers*

*Reflect on my experience, my surroundings, my
relationships and myself*

Love Myself

What happened to you does not diminish who you are. Your circumstances do not determine your worth — you are deserving of safety, respect, healing, and a future filled with possibility.

Use the affirmations above as a daily reminder of the truth you know: You are worthy.