

A zine about surviving and resisting sexual violence.

**"Do not be ashamed.
No one can help you
if you do not tell.
You can't do
it all yourself,
and that's ok."**

- Domestic Violence Survivor

www.seethetriumph.org

**"I had to learn
how to live
without wearing
the shame others
want me to wear."**

- Domestic Violence Survivor

www.seethetriumph.org

From rape and domestic violence survivors to you. We who found strength and each other through BRISSC. If you, too, are a survivor, may you find yours too.

BRISSC – 3391 2573

www.brissc.org.au

**"I am not at all shy about
what happened to me
and I have become an
advocate for others.**

**I think survivors are the best
resource for other survivors
because we know what we
wish people would tell us."**

- Domestic Violence Survivor

www.seethetriumph.org

**"Get professional
help, and if one
doesn't work...**

try again.

**NEVER give up the
hope of healing."**

- Domestic Violence Survivor

www.seethetriumph.org

IF YOU'RE NOT OKAY,
THAT'S OKAY.

IT WILL HAPPEN SOMETIMES.

BUT YOU HAVE TO TELL YOURSELF

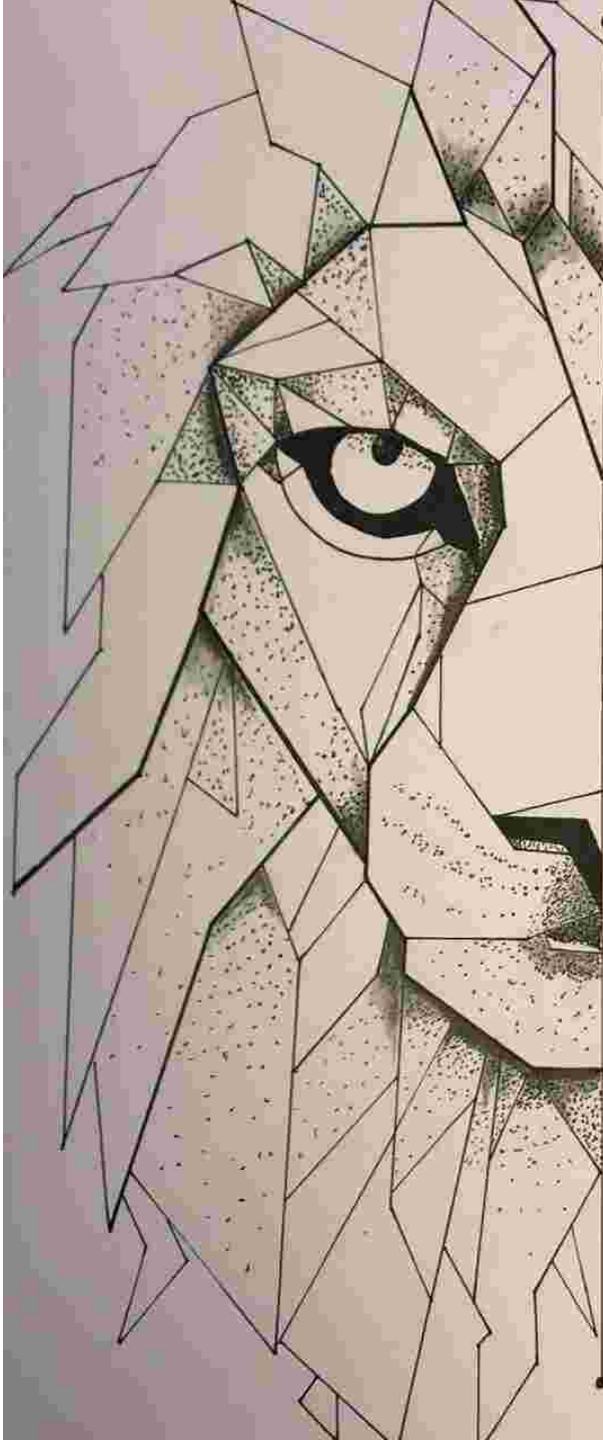
THAT THINGS WILL BE BETTER TOMORROW.

EVEN IF THEY'RE NOT BETTER TOMORROW,

KEEP TELLING YOURSELF THEY WILL BE.

BECAUSE EVENTUALLY,
TOMORROW WILL BE BETTER.

- SAM MILLER



I
HAVE BEEN
FIGHTING
SINCE I
WAS A
CHILD.

I'M NOT A
SURVIVOR.

I'M A
FUCKING
WARRIOR.

I'm Holding Space For You, Sister

I'm not the kind of woman who will look away when you talk about rape, abuse, or addiction. I won't flinch when you walk in covered in dirt, muck, and inner shit. I won't judge your story of neglect, betrayal, or trauma. I won't try to re-write your suicidal thoughts or self-hatred. I won't ignore your cry. I won't back away from your your drool, vomit, or blood. I won't deny the relationship you have with your womb, work, or the unseen. I won't belittle your body-image or self-wisdom. I won't pretend I have an answer for you. I won't compare your divorce, break-up, or loss to another. Because I believe you. I believe you when you say what you've been through, what you're in, and all that you carry. I believe it when you say that you've tried, you want to, and that you will. I believe you now, and I will continue believing in you. Because I am the kind of woman who holds space. For you, sister.

Tanya Markul
theshebook.com

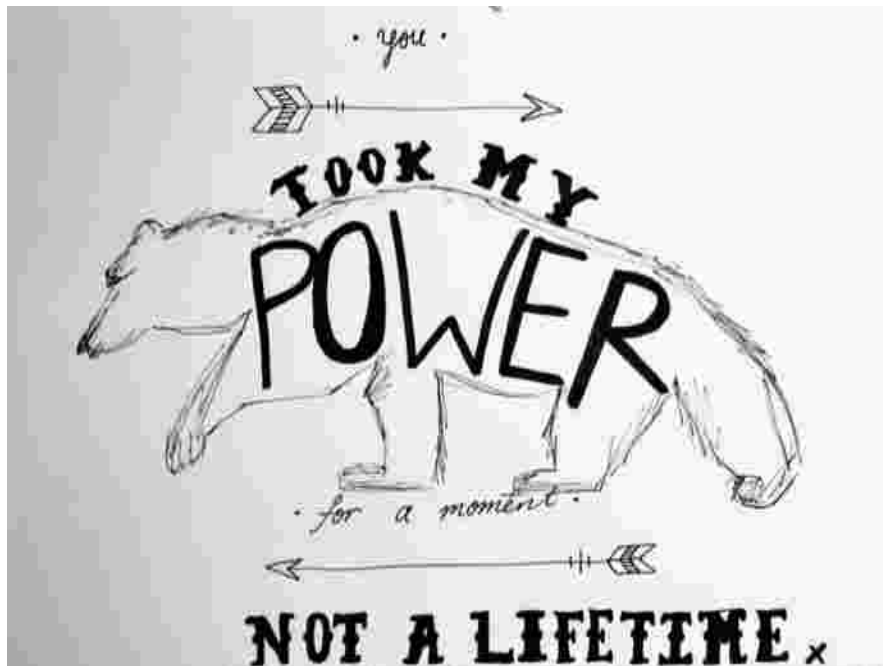




You'll Never See The World Quite The Same Way Again.

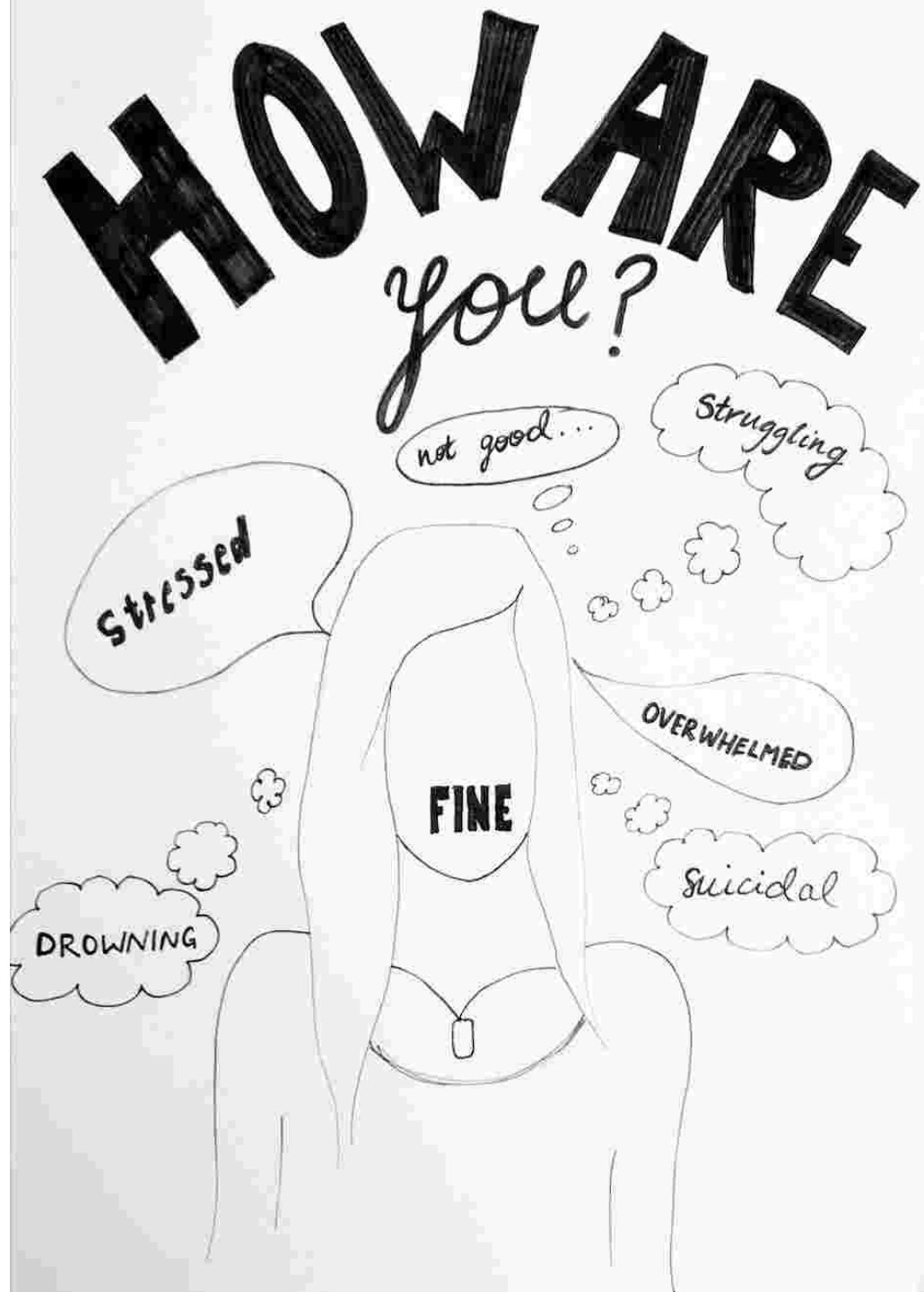
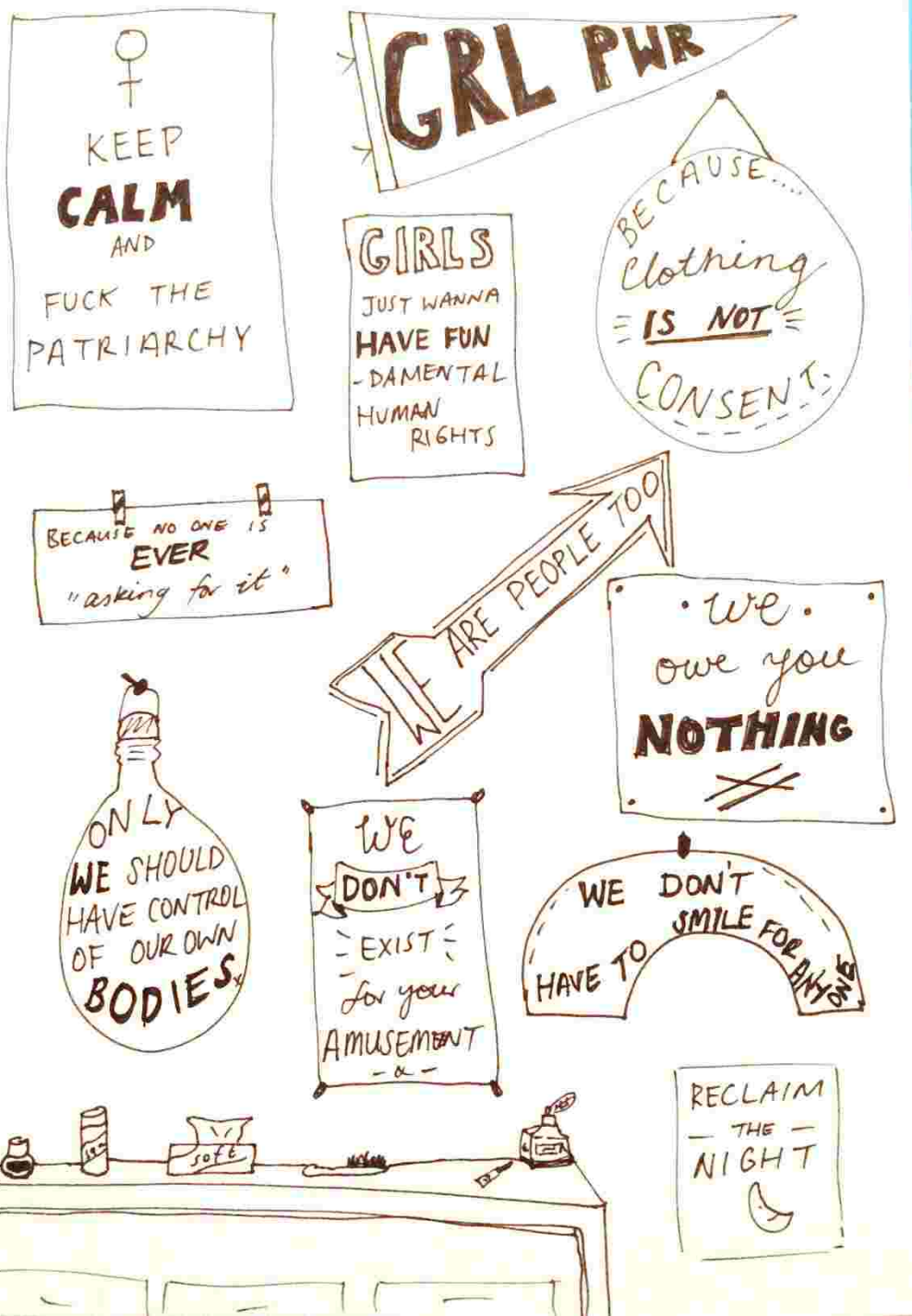
[sur • vi • vor]

To beat the odds, one with great courage and strength, a true inspiration.



she was fierce, she was strong,
she wasn't simple. she was crazy
and sometimes she barely slept.
she always had something to say.
she had flaws and that was ok.
and when she was down, she got
right back up. she was a beast
in her own way, but one idea
described her best. she was
unstoppable and she took anything
she wanted with a smile.

r.m. drake



Perpetrator tactics



DOMESTIC ABUSE INTERVENTION PROGRAMS

202 East Superior Street
Duluth, Minnesota 55802
218-722-2781
www.theduluthmodel.org

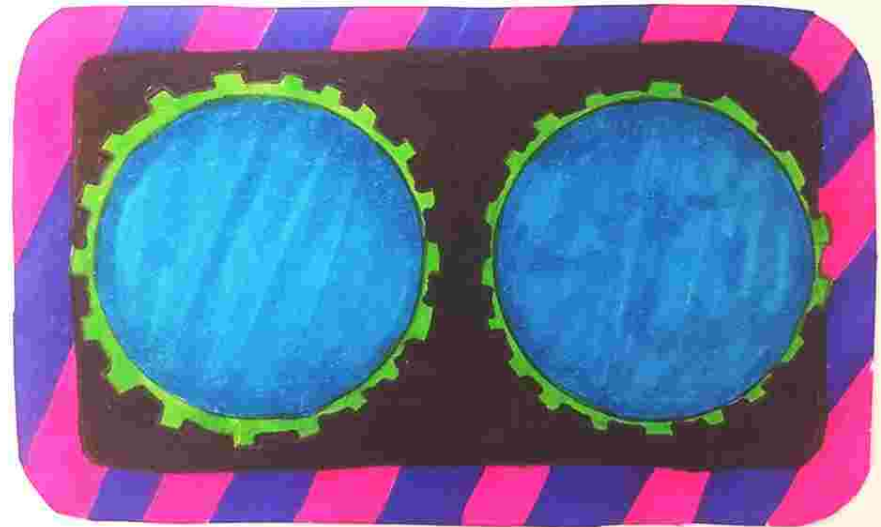
PUSH-
SARAH
McLACHLAN

MIXED

HYMN TO HER-
KATIE DONNAN
& FRIENDS

GIRL ON FIRE-
ALICIA KEYS

HOW IT FEELS-
LADY GAGA



MODERN THAT I
DAY F*
WORD-
ANTI-PRODUCT GOOD-
ALANIS
MORISSETTE
I WAS HERE. I'M ALIVE-
BEYONCÉ SIA

BECAUSE OF YOU-
KELLIE CLARKSON

PRAYING-
KESHA



<https://blogs.oxfam.org/en/blogs/17-11-30-what-role-do-you-play-normalizing-violence-against-women>

Rape is a form of unwanted sexual behaviour that is imposed on someone.

Rape is more about the abuse of power than about sexual attraction or the desire for sexual gratification.

Rape is a crime and always the responsibility of those who commit it.

www.brissc.org.au



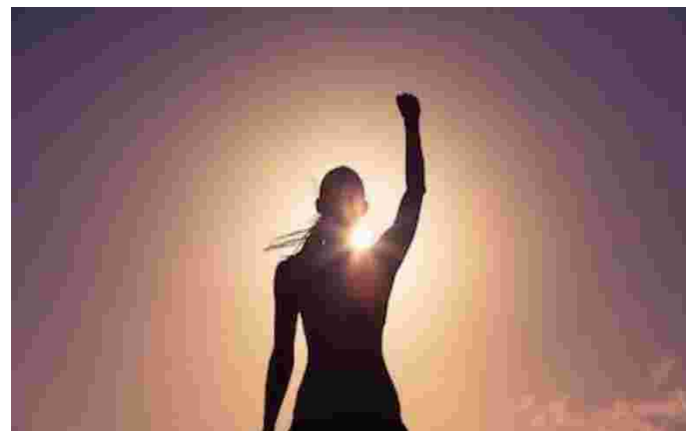
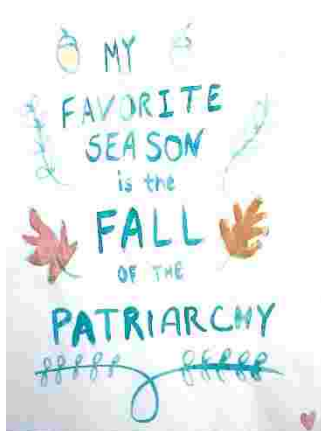


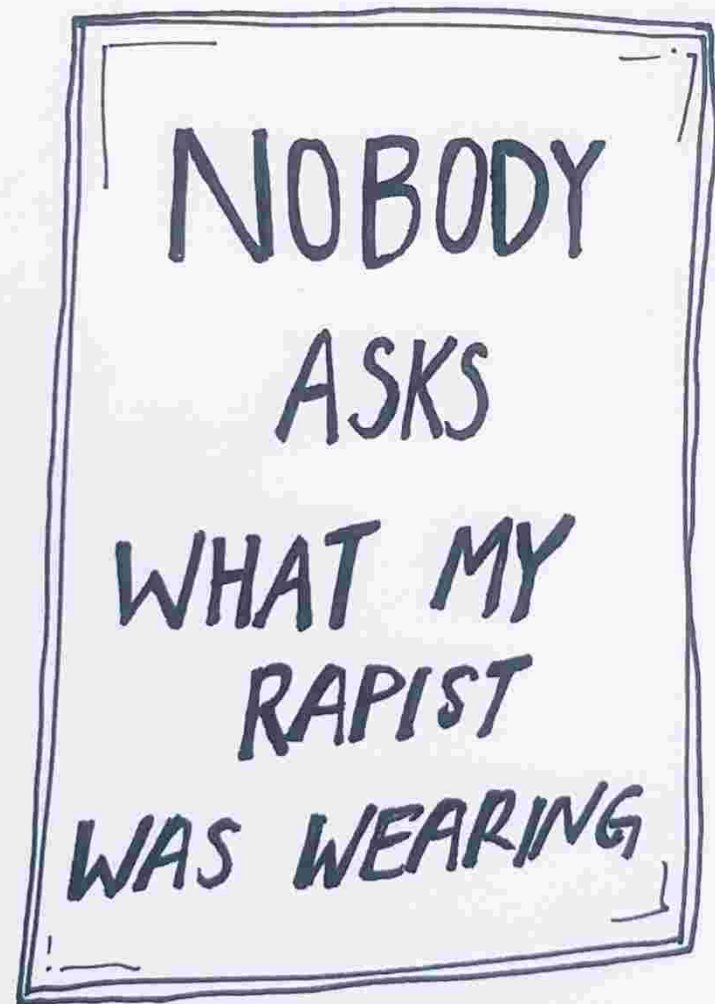
i deserve to do the
Shopping
and not have a stranger
grab my ass.

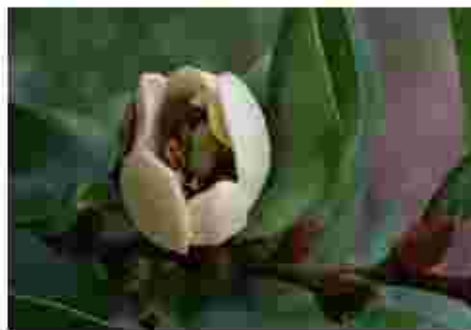
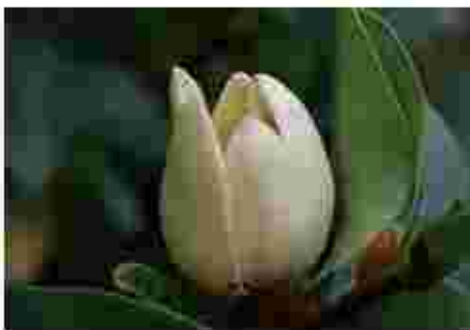
Your trauma is valid.

Even if other people have experienced "worse."
Even if someone else who went through the same
experience doesn't feel debilitated by it. Even if it
"could have been avoided." Even if it happened a long
time ago. Even if no one knows. Your trauma is real
and valid and you deserve a space to talk about it. It
isn't desperate or pathetic or attention-seeking. It's
self-care. It's inconceivably brave. And regardless of
the magnitude of your struggle, you're allowed to take
care of yourself by processing and unloading some of
the pain you carry. Your pain matters. Your
experience matters. And your healing matters.
Nothing and no one can take that away.

Daniell Koepke

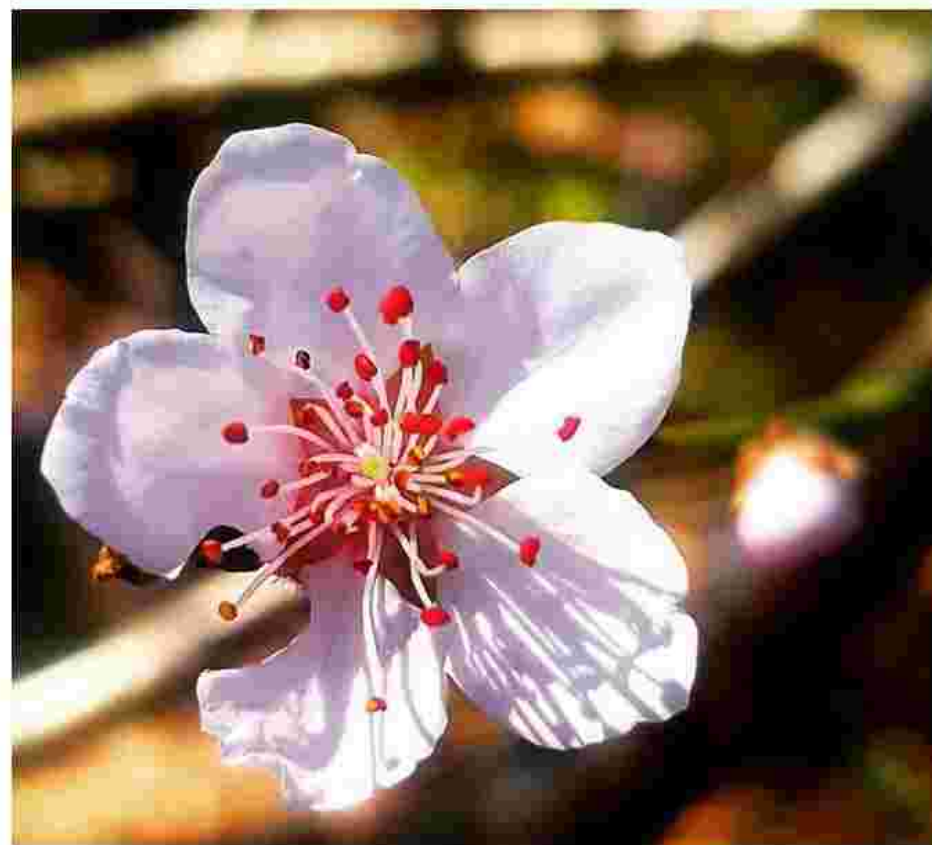






.. and the day came, when the risk to remain
tight in a bud was more painful than the risk it
took to blossom.

~ Anais Nin



I'M **BROKEN** ,
BUT I'M *Beautiful* .

Stolen

I've met people who steal money and possessions and none of that is as hurtful as stealing my,

Dreams

Smile

Sleep

Trust

Hobbies

Love of life

Hopes

Self-worth

Innocence

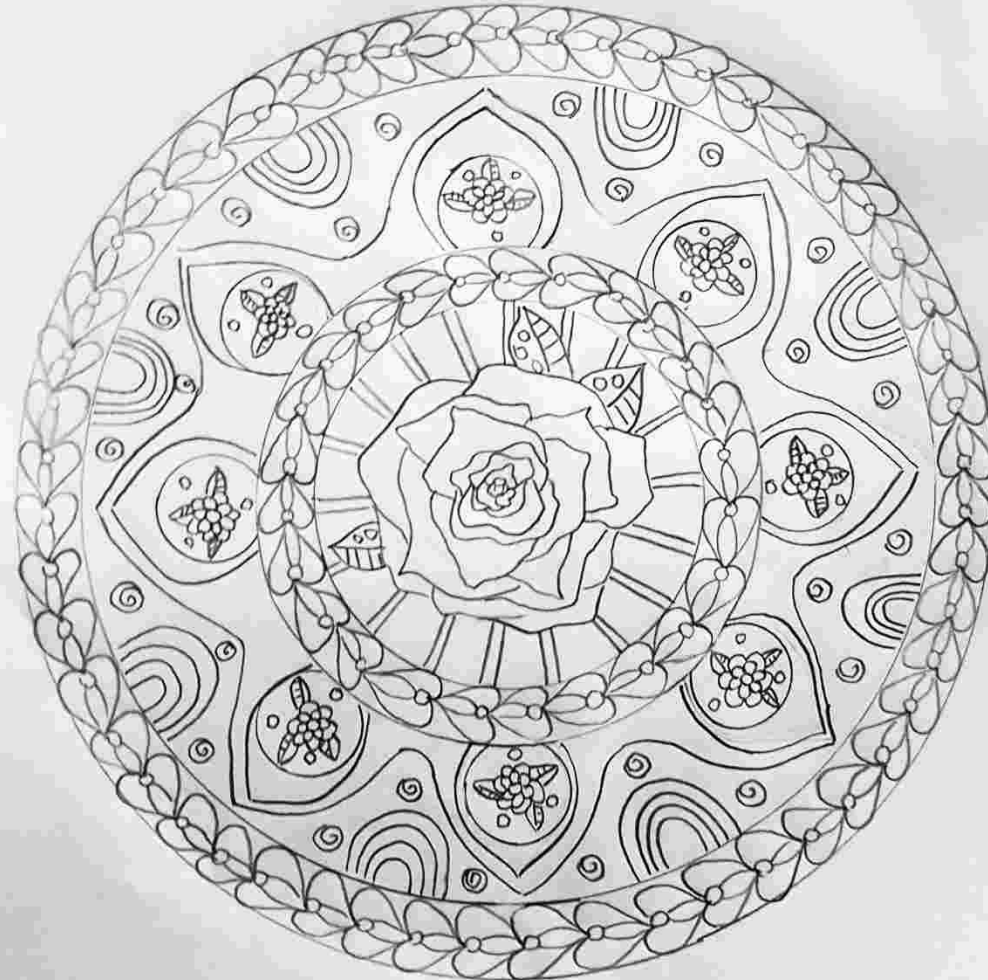
In the past I have been able to pick myself up keep going and try again. In time I'd get those things back I guess that is why feeling the way I have in recent years is harder than ever before, when bouncing back feels like pushing a block of ice uphill on a 40-degree day.

And yet I know that I don't know how to give up or stop trying and one day I'll love life again.

Anon

Colour me!

♥ MY SISTERHOOD SURROUNDS ME; THEY
PROTECT ME AS I HEAL AND GROW. ♥



Ten Rape Prevention Tips

1. Don't put drugs in women's drinks.
2. When you see a woman walking by herself, leave her alone.
3. If you pull over to help a woman whose car has broken down, remember not to rape her.
4. If you are in an elevator and a woman gets in, don't rape her.
5. When you encounter a woman who is asleep, the safest course of action is not to rape her.
6. Never creep into a woman's home through an unlocked door or window, or spring out at her from between parked cars, or rape her
7. Remember, people go to the laundry room to do their laundry. Do not attempt to molest someone who is alone in a laundry room.
8. Use the buddy system! If it is inconvenient for you to stop yourself from raping women, ask a trusted friend to accompany you at all times.
9. Carry a rape whistle. If you find you are about to rape someone, blow the whistle until someone comes to stop you.
10. Don't forget: honesty is the best policy. When asking a woman out on a date, if you are a rapist, don't pretend you are interested in her as a person. Tell her straight up that you expect to be raping her later. If you don't communicate your intentions, the woman may take it as a sign that you do not plan to rape her..



