

Violence against Women affects all of us.

Whether sexual, emotional, verbal or physical, violence is deeply rooted in patriarchy — a system of domination based on arbitrary differences — in this case gender.

This system has created attitudes, beliefs, knowledge and behaviors about gender, race, class and sexual orientation which permeate our institutions. In order to end violence we can effect change by knowing and believing we deserve to be treated equally and with value.

Here are some topics to consider when creating your cards.

Please feel free to add your own.

Your card will be perfect no matter what!

- ♥ Listening is the opposite of violence
- ♥ You are not to blame
- ♥ The burden of silence
- ♥ I am lovable
- ♥ I have the right to safety, justice and equality
- ♥ I did not deserve this
- ♥ The moment I fought back
- ♥ I have the right to pursue healing and justice
- ♥ I know what is best for me
- ♥ I am not alone

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