

# HOW CAN YOU BE AN EVERYDAY ADVOCATE?

BROUGHT TO YOU BY  
THE CENTER FOR WOMEN  
AND FAMILIES

# WHAT IS AN EVERYDAY ADVOCATE?

**#EverydayAdvocates** are everyday people like you and me whose small actions are changing culture. Every time we tell a survivor we believe them, each time we tell someone that a sexist joke isn't ok, every hour we volunteer, we are redefining norms. **We will create a culture where domestic and sexual violence is not tolerated.**

Survivors of domestic violence and sexual assault are often afraid to come forward. If someone you know experienced domestic violence or sexual assault, would they know they can come to you for support? Would they know you would believe and support them without judgment?

An **#EverydayAdvocate** doesn't hope survivors know they are supported, they show support through their words and actions. Survivors should be believed and never, for any reason, blamed for the abuse they experience. Let's change the conversation together so survivors of violence aren't afraid to speak out. Pledge to believe survivors. **#IBelieveYou**

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AND SEXUAL ASSAULT ARE OFTEN  
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# HOW CAN YOU HELP SPREAD THE WORD?

**YOU CAN SHARE YOUR PLEDGE ON FACEBOOK, TWITTER, AND INSTAGRAM. WHILE THESE PLATFORMS ARE GREAT FOR REACHING LARGE NUMBERS OF PEOPLE, IT'S ALSO NICE TO PERSONALIZE YOUR MESSAGE TO PEOPLE YOU KNOW WILL CARE.**

“I’m sharing this because I know the conversation needs to continue for those who have survived violence. I am here for you.  
#IBelieveYou #EverdayAdvocate”

“I’m an everyday advocate because I want to show through my words and actions that violence isn’t ok.  
#IBelieveYou #EverydayAdvocate”

“My name is \_\_\_\_\_ and I want you to know I hear you and #IBelieveYou. #EverydayAdvocate”

“I’m taking the pledge because victim blaming is NOT okay.  
#IBelieveYou #EverydayAdvocate”



# POST OUR SOCIAL GRAPHICS

Download our social graphics here:

<https://www.thecenteronline.org/get-involved/everyday-advocate/>



EverydayAdvocate #EverydayAdvocate #EverydayAdvocate #EverydayAdvocate #EVERYDAYADVOCATE

# DO'S AND DON'TS WHEN POSTING

## DO:

Believe survivors and let them know you do.

Show support and create a safe space for those confiding in you.

Let survivors guide the conversation if they comment on posts, this is their story to tell.

Know resources to share, such as The Center's website or crisis line:

<https://www.thecenteronline.org/>

**1-844-BE-SAFE-1**

## DON'T

Place blame on the survivor.

Judge the survivor.

Make threats against a suspect or abuser.

Make promises you can't keep.

**PLEDGING TO BELIEVE SURVIVORS MEANS  
YOU WILL HELP US PROMOTE HEALTHY  
RELATIONSHIPS, CALL OUT ABUSIVE  
LANGUAGE, RECOGNIZE AND ADDRESS  
VICTIM BLAMING, BE AN ACTIVE BYSTANDER,  
AND BELIEVE AND SUPPORT THOSE WHO  
MAY BE EXPERIENCING ABUSE. THESE ARE  
THINGS YOU CAN DO EACH AND EVERY DAY,  
AND WE HAVE A WHOLE COMMUNITY OF  
SUPPORT TO HELP YOU. WE CAN'T DO THIS  
WORK WITHOUT YOU.**



