



As a survivor of abuse, in any of its forms, I have the right to:

1. Name rape, incest, sexual molestation, assault, battery, domestic violence, and abuse in all its forms
2. Feel angry, hurt, sad, loving, or forgiving of my perpetrator(s) and any friends or family who have collaborated with the violence
3. Speak about my abuse
4. A space to reflect upon my personal history without judgment
5. The physical and psychological care that is necessary for surviving trauma
6. A safe and secure home
7. Safe relationships with family, friends, partners, lovers, and service providers
8. Confront perpetrators and those who have participated in violations and abuses
9. Leave
10. Take action to stop the abuse
11. Feel beautiful and lovable
12. Love and be loved

The Revolution Starts at Home

Ana-Maurine Lara



As a survivor of abuse, in any of its forms, I have the responsibility to:

1. Take care of myself physically, mentally, emotionally, and spiritually--whatever that means for me
2. Reflect on the ways abuse has affected me and seek appropriate forms of support
3. Understand the sources of my pain
4. Interrupt patterns of abuse and self-abuse in my own behavior that hurt me and/or others
5. Take full responsibility for my choices and behaviors
6. Reach out to other survivors as a source of support or to provide support
7. Live my life to the best of my abilities with the goal of reaching my full potential
8. Stay present with myself and alert to my needs
9. Form healthy relationships that nourish me
10. Claim my own desire
11. Accept my beauty, power, strengths, weaknesses, and humanity in the world
12. Survive my history, circumstances, and violations

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