The stress of COVID-19 is real but it is no excuse for violence.

How can you use your power positively?
Community Conversation 2

Discussion Questions

- What do you see in this image?
- Why is violence never an acceptable response?
  - Violence hurts women and everyone.
  - There are other ways to deal with stress and anxiety (talk, take a break, relax with music, sit quietly and take deep breaths, go for a walk, pray/meditate, seek support, etc)
  - Each one of us are responsible for our own behavior; no one can provoke someone to be violent.

Take home idea

Use your power positively, commit to never using violence. Reach out to others who need support.

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