

# YOUTH SURVIVING AND THRIVING THROUGH VIOLENCE

**ReAct**  
respect in action  
10 years of youth preventing violence

**Youth often get blamed for causing violence, but a lot of youth experience violence and feel unsafe.**

Through every dark night, there's a bright day after that. So no matter how hard it gets, stick your chest out, keep ya head up ... and handle it.  
(Tupac Shakur)

1 in 3 young women 16 to 25 experience dating violence

8 out of 10 youth with disabilities report being bullied at school

75%-95% of lesbian, gay, bisexual, queer and trans students report being bullied at school

**Violence can be physical, emotional, verbal, sexual, harassment, financial or spiritual.**

→ **IT MAY BE COMMON, BUT VIOLENCE IS NEVER OKAY**

Everybody deserves a healthy relationship. If you're being abused, don't be afraid to tell someone you trust and get help.  
(Missy Elliot)

There are many paths to healing. You can do lots of things, like tell someone you trust, get help from a community service, go to authorities, take care of yourself or decide later. It's important to do what you're comfortable with and get the support you deserve.



ReAct is a youth peer education program of METRAC, a not-for-profit organization that prevents violence against women and youth.

youth@metrac.org | Find ReAct and METRAC on Facebook

Read the "Youth Surviving and Thriving: Many Paths to Healing" zine - go to METRAC's website or scan the barcode:

[www.metrac.org](http://www.metrac.org)



No matter how broken, how lost we are, we can be found. Our wounded souls are never beyond repair.  
(bell hooks)



