

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



How can you use your power positively?



Community Conversation

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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.