

No More Silence: Prevent Sexual Violence

Messages That Matter

Please see the [2026 SVAM Guide Book](#) for more information on contributing to this project.

Creative Prompts

Messages to the World

If the world understood one thing about sexual violence, it would be...	I wish people knew...
People often get this wrong...	The hardest part isn't what people think...
If silence could speak, it would say...	This is what I want people to remember...
What needs to change is...	If I could speak to everyone for one minute, I would say...
The message I wish every young person heard is...	One conversation could change everything if...

Messages to Yourself

Dear younger me...	Dear future me...
I want to remember...	Today I know...
I am learning...	I deserve...
I no longer believe...	I choose...
One thing I am proud of is...	Today my voice sounds like...

Messages to Someone Else

To someone who has experienced sexual violence...	To someone who doesn't know what to say...
To a friend...	To my family...
To professionals...	To teachers...
To police...	To decision-makers...
To my community...	What I wish someone had told me...

Messages About Change

Prevention begins with...	Consent means...
Respect looks like...	A safer community would...
Children deserve...	Young people deserve...
The future I hope for...	No more silence means...
Real change happens when...	The next generation should never have to...

If You Prefer Images Instead of Words...

If your message was a colour, what would it be?	If your message was weather...
If it was a season...	If it was an animal...
If it was a landscape...	If it was an object...
If it was water...	If it was music...

Painting & Drawing Prompts

Show the difference between silence and being heard.	If freedom had colours, what would they be?
What does respect look like?	

Collage Prompts

Collect images that represent your message.	Cut out images, words and symbols that stand out to you.
Create two halves: “What people see” “What I wish they knew”	Create a collage showing the world you want to live in.

Poetry Prompts

Write beginning with...

“I wish...”	“I remember...”
“I choose...”	“Today...”
“No more...”	“They said...”
“I deserved...”	“My voice...”
“I want...”	“We need...”

Letter Writing Prompts

Write a letter to: (You don't have to send the letter)

Your younger self.	Your future self.
Someone who needs hope.	The community.
A decision-maker.	A teacher.
A health professional.	Someone who believed you.
Someone who didn't believe you.	The next generation.

Spoken Word Prompts

Finish these sentences:

I want you to know...	Listen when...
Believe people when...	Change begins...
Silence ends...	I am more than...
The future deserves...	My voice matters because...

Before You Finish

Take a moment to pause. Ask yourself:

Does this say what I wanted it to say?

Is there anything I want to add?

Is there anything I'd like to keep private?

Am I comfortable sharing this publicly?

If the answer is "not yet," that's okay.

Your message belongs to you.