



Special Invitation FOR SURVIVORS

As you leave here today, we want to invite you to *Dare to Dream*. You are welcome and encouraged to accept at least one, or possibly more of our invitations:

- If you are a survivor, we invite you to *Dare to Dream* recovery is absolutely possible for you
- We invite you to *Dare to Dream* you can take the next right step and tell some significant person in your life that you are a survivor of sexual abuse and/or assault
- You can visit one website that is dedicated to helping male survivors, and spend at least 15 minutes there exploring the resources (Resources can be found here: <http://www.malesurvivor.org/additional-resources.html>)
- You can visit a bulletin board on one of those websites and read 5 postings of interest to you
- You can visit a bulletin board and post your own request for help with a challenge you are facing and commit to return at least 2x during the week to read the responses
- You can register to visit a chat room on a website that helps male survivors, and spend at least 15 minutes there with other survivors
- You can visit a website of an organization locally and/or nationally and make a financial contribution to help them with their work
- You can visit a website or office of an organization locally and/or nationally and find out what volunteer opportunities you can assist with
- You can say one affirmation out loud each day at least 3 times while looking at yourself in the mirror, or say it to a friend or ally (Affirmations can be found here: <http://www.malesurvivor.org/>)
- *Dare to Dream* you can learn to be powerful and loving (for example, take a self-defense course)
- You can go to the malesurvivor website and register for an upcoming Level One Weekend of Recovery
- You can ask a friend or partner about helping you take a next step in your recovery (if you don't know what to ask for, consider asking for 5 minutes to listen nonjudgmentally as you talk about any feelings you are having right now)

MALESURVIVOR

Overcoming Sexual Victimization of Boys & Men