

me too.

YOU ARE
not alone

we see you, we hear you... we're here, too.

[HOW CAN WE HELP YOU?](#)

[READ OUR COVID-19 REPORT](#)



me too.



The End of Sexual Violence Begins With This Next Act

Join us as we take the next step towards eliminating sexual violence. Act Too is our new crowd-sourced, immutable utility that enables anyone, anywhere, to get active in the movement.

ACT TOO

Relive the Sessions From Our Survivor Healing Series

Over the last seven sessions of the 'me too.' Survivor Healing Series, we embarked on a collective journey to explore the different ways healing can look and feel like. We discussed the power of our stories and introduced tools and practices to support you in navigating trauma to restore a sense of safety, joy, and agency. The 7-week series wrapped up on January 14th and was led by healing practitioners, artists, and survivors with a focus on introducing tools and practices including some skills to navigate crisis and trauma. If you missed any of the sessions, we invite you to relive the series with us.

WATCH THE SESSIONS HERE

me too.



Support a Survivor

If you're here to help a survivor in your life, we have resources for you, too.

[LEARN MORE](#)

Welcome to our Resource Library

The Healing Resource Library is a national database of programs and services for survivors.

[START BROWSING](#)

Healing Toolkits & Infosheets

Whether individually or in community, healing has the power to transform the world around us. Healing is possible, and the more we understand what it means to heal, the more space we can make for that to happen.

[EXPLORE TOOLKITS](#)

me too.

better identify and interrupt sexual violence. Learn about the work that is happening, and figure out which course of action is best for you.

[GET INVOLVED](#)

Our work

We are committed to developing strong leaders and creating safer communities.

WHAT WE DO

FROM OUR BLOG

You Can Heal From Abuse

NIKITA MITCHELL

This helpful list of accessible ideas has been curated to help survivors of sexual violence find their centre and get back to themselves again. These activities are suitable for anyone who seeks healing practices to engage in while they launch or continue their healing journey. No significant background, equipment or financial investment is required.

[READ MORE >](#)

Figuring out what matters most

KAIA NAADIRA

Kaia Naadira is a 22-year-old, two-time survivor of sexual assault. They are also the daughter of 'me too.' founder Tarana Burke. In this blog, Kaia shares their journey of coming to grips with the abuse they endured as a young person, and how they managed to make peace, and create a starting point to their healing journey that they hadn't considered. This blog is about finding justice and regaining control as a young adult after experiencing sexual trauma.

[READ MORE >](#)

Birthing Sexual Freedom and Healing: A Survivor Mother's Birth Story

BIANY PÉREZ, LSW, M.ED.

My journey from pregnancy to childbirth led me on a quest to wrestle with tough questions concerning my past. What does it mean to survive sexual trauma and abuse? What happens when black survivors of sexual abuse become pregnant? How do I, as a childbearing black woman survivor, deal with the extra challenges related to my trauma and cope with the changes to my body involved in pregnancy?

[READ MORE >](#)

PRESS ROOM

'me too.' and FreeFrom Release First COVID-19 Report Examining Disproportionate Social and Economic Impacts on Black and Brown Survivors of Sexual Violence

NOVEMBER 18, 2020

FOR IMMEDIATE RELEASE: November 17, 2020 Press Inquiries: Sara Spain, sara.spain@berlinrosen.com 'me too.' and FreeFrom Release First COVID-19 Report Examining Disproportionate Social and Economic Impacts [...]

[VISIT LINK >](#)

'me too.' Statement on President Elect Joe Biden and Vice President Elect Kamala Harris

NOVEMBER 9, 2020

We are here because survivors everywhere who said 'me too,' have also made it clear that we are powerful, resilient, and a force to be [...]

[VISIT LINK >](#)

'me too.' on the Passing of Justice Ruth Bader Ginsburg

SEPTEMBER 23, 2020

"The number of women who have come forward as a result of the #MeToo Movement has been astonishing. My hope is, not just that it [...]

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[BROWSE PRESS](#)

Stay informed



Join the Movement

Support survivors and end sexual violence.

First Name

Last Name

Postal Code *(Optional)*


Email

Mobile Phone *(Optional)*

Sign me up for SMS messages.

I want to receive recurring automated text messages from me too. International with updates about how to stay involved, such as recommended events and other actions. Message and data rates may apply. To stop receiving messages text STOP to 90975. By opting in you agree to our [Mobile Terms & Condition](#).

Yes, sign me up for email updates.

Remember me so that I can use *Fas Action* next time. 

SUBMIT