Collective Care in A World Where Sexual Harassment & Assault are The Norm

A GUIDEBOOK FOR GATHERING

DEVELOPED OCTOBER 2017
Dear People’s Supper Family,

Most young women experience sexual harassment for the first time around the age of 11.

I don’t know if I remember the first time, but I remember my first day of college. On my way to class -- I heard someone say, “hello, baby,” as they were passing by. I wanted to be polite, I wanted to make friends. I said, “hello” back. And he responded: “I want to fuck the shit out of you.”

I was stunned. Who says that? What do you even say in response to that? “No thank you, scary man”? So I pretended it didn’t happen, though to be honest, it shook me to my core. And what was worse, is that it happened again. And again. And again. Two, three, sometimes four times a day I would get a range of lewd, sexual comments.

“Hey baby, I want to hit that.” Or “Girl, I want to be your pony.”

So I ignored it. I kept walking. I pretended like it didn’t hurt or wasn’t scary. I taught myself to be silent. I thought that if I let it in – and I let myself really feel the hurt and fear from these encounters – that it meant I wasn’t strong. But what happened is that this cat-calling -- this harassment -- started slowly chipping away at my right to be me. I felt like if I wore what I wanted to wear, walked how I wanted to walk, when I wanted to walk there, that it meant that I was “asking for it,” and with every degrading comment I felt more and more put it my place.

What is most notable about this story -- is how non-notable it is. Almost every woman I’ve spoken to has a story like this one. Young people, people of color, low income folks and lesbian, gay, bisexual or transgender folks are most at risk. Many women and other people whose gender expression falls outside of their biological sex are harassed and threatened on the street, asked the tired question, “Are you girl or a boy?” Too many boys -- both straight and gay -- are called the “f” word and other derogatory terms for simply being who they are.

Street harassment can lead to feelings of fear, shame, and helplessness. It can lead to anxiety and depression, even post-traumatic stress disorder. It can result in needing to change jobs, travel plans -- or even move to feel safe. This supper isn’t going to solve all that. But this supper can give you rest -- and it can remind you you’re not alone. Not in an intellectual, knowledge-in-your-brain kind of way, in that kind of way we’re sure you already know all those things. Or at least you’ve read about them online. This supper is designed to go beyond your (brilliant, beautiful) brain and let your (brilliant, beautiful) heart be held gently, if only for a night.

It’s hard to make this time to do this. Sexual harassment and assault aren’t a “moment,” the constant threat of them is a dynamic that you live inside of for your whole life. We at The People’s Supper wrote this guidebook for you-- for when you’re ready. Maybe it’s right now. Maybe it’s three years from now. Whatever it is, we’ve got you.

Pull up a seat. Take a deep breath. Grab what works for you from this toolkit and leave the rest for another time. As you and your community come together to heal, whether that’s around bowls of popcorn or three-cheese lasagna or take-out pizza -- have faith that you are healing body and soul by not allowing violence to have the last word – if even for one night.

In solidarity,

Emily May and The People’s Supper family
ABOUT US

Since January 20, The People's Supper has hosted hundreds of suppers in cities and towns across the country, ranging from Littleton, CO, Cullowhee, NC, to Portage, MI, in order to strengthen our individual and collective resilience, and to repair the breach in our interpersonal relationships across political, ideological, and identity differences.

To quote Maya Angelou, we believe that “food is important not just as fuel for the body, but as devices for the growth of the soul.” Using shared meals – that rarest of rituals that all of us, whoever we are and wherever we come from, have in common – we invite people of different backgrounds to go beneath the headlines, and to understand the real stories that have shaped who we are. In a moment in which many in our communities face more extreme struggle, the supper table is a uniquely simple and sacred space through which we can find real nourishment and real healing.

Ours is a collaborative project led by three organizations: the Faith Matters Network, a people of color led collective working to equip 21st century faith leaders with the tools to build healthy, equitable communities; Hollaback!, a global, people-powered movement to end harassment; and The Dinner Party, a community of mostly 20- and 30-somethings out to transform our most isolating experiences into sources of meaningful connection and forward movement. Our partners include dozens of organizations on the leading edge of social change, including #LoveArmy, Dream Defenders, Evangelicals for Social Action, Auburn Seminary, Red Letter Christians, Interfaith Youth Core, Embarc, Speaking Down Barriers, the Women's Islamic Initiative in Spirituality and Equality, and more.
A DIFFERENT KIND OF PEOPLE’S SUPPER

Sexual violence has become so pervasive that for many, it has become a new normal: something so deeply woven into the fabric of our everyday life to the point where it is rendered invisible. It certainly is not something that we readily bring to dinner conversations or even speak of on an everyday basis until a major incident revives the conversation.

For years, survivors of sexual harassment and assault have been providing support for one another. For example, many have only just learned that Me Too was a movement launched by Tarana Burke, a Black female activist, that aims to provide ongoing support for survivors from underprivileged communities and which predates this current hashtag by 10 years. Burke’s is but one of many examples of smaller communities that offer more intentionally curated resources and in-person support.

However, when viral hashtags like #MeToo expand through the world of social media, yes, they do shed light on the magnitude of this problem, but they can also lead survivors to be re-triggered every time they scroll through their timeline or browse through the news. Moments like these often unearth feelings of trauma amongst survivors and thus need to be paired with resources that allow them to fully restore.

In-person conversations shared within one’s immediate network can be an extremely powerful source of healing both on the community and individual level.

The People’s Supper can provide an avenue through which to have an intentional and thoughtful discussion about this issue and allow guests to process those experiences, how they made us feel, and how they have continued to shape our lives.

Following are some suggestions for how to host and participate in a supper designed for survivors of sexual assault and harassment, especially at moments like these when their past trauma may be triggered by the media and news.

“In the collective vulnerability of presence, we learn not to be afraid.”
ALICE WALKER
AN INVITATION TO BRAVE SPACE

Together we will create brave space
Because there is no such thing as a “safe space” —
We exist in the real world
We all carry scars and we have all caused wounds.
In this space
We seek to turn down the volume of the outside world,
We amplify voices that fight to be heard elsewhere,
We call each other to more truth and love
We have the right to start somewhere and continue to grow.
We have the responsibility to examine what we think we know.
We will not be perfect.
This space will not be perfect.
It will not always be what we wish it to be
But
It will be our brave space together,
and
We will work on it side by side.

by Micky ScottBey Jones
WAYS OF GATHERING: OPTION ONE

OPTION ONE: THE OPEN HOUSE

It may feel right to offer more of an “open house”, drop-in style gathering than a formal sit-down supper. This may take a little brainstorming about how to arrange things. The food may be more of a buffet-style, so people can fix a plate when they arrive. Ask a few folks to look out for people entering so that everyone gets greeted when they arrive. Greeters can hand people the “Invitation to Brave Space” statement and invite them to fix a plate. Conversation-starters can be written on index cards or pieces of paper left on tables and counters. At a time when there seems to be a steady flow of people, you might call for attention and explain a little about why you are hosting and what your hopes for the time are.
WAYS OF GATHERING: OPTION TWO

OPTION TWO: HOST A SUPPER
Supper tables can be a place of rest, reflection, healing, and hope in the moments we need it most. Here's how to host a supper, in ten simple steps:

1. **Send out an invite.** (Yup, a text thread will totally suffice.)
2. **Set up the space:** What does a welcoming space look like to you?
   Pull out the candles, and whip up a dish.
   (Remember: Keep this one simple. It's totally fine to order pizza, or invite folks to pick up something cheap and easy on the way, if it means you have one less thing to worry about.)
3. **Grab a seat & kick off the conversation:**
4. **Welcome everyone** and explain why it's important to you to gather together tonight.
5. **Share the guidelines** and ways of being with one another (see P9).
6. **Read Brave Space** (P6). We recommend reading it popcorn-style: As host, introduce the piece and read the first line, inviting people to reach each line separately as they are moved to. Invite each other to create internal and external Brave Space.
7. **Offer a blessing, or toast** those who bring you courage (see examples on P11).
8. If some folks are meeting for the first time, **have everyone introduce themselves**, using one of the Conversation-Starters. Otherwise, feel free to skip straight to whatever discussion question feels most burning for you (see examples on P10).
9. **Lightly facilitate.**
10. **Close the meal.** Fifteen minutes before the scheduled end (or thereabouts), serve dessert. (Tip: a bar of chocolate does the trick.) This helps to break the conversation toward an end. Ask your guests how they’re doing at the end of this meal, or offer up a poem or a quote that’s fortified you over the last few months.

A FEW TIPS
**Group size:** To avoid having conversations splinter off, and to give everyone a chance to hear and be heard, it's best to keep the group size small. Tables of 6-8 tend to work well, though smaller groups are fine, too, and it's possible to maintain real intimacy with as many as ten people. If you're hosting a larger event, make sure to have enough tables or spaces available to allow everyone to sit down within small groups, without having to shout over one another. And be sure to have at least one "table host" at each, to kick off the conversation and lightly facilitate as needed.

**Enlist help:** While folks are filtering in, leave a few things unfinished: Save lighting the candles, for instance, or setting the table. It helps to give people something to do as they're waiting for everyone else to arrive.

**Your post-supper mission:** Do something that brings you joy. Hosting doesn't end with washing the dishes. This is a space, in part, where we can free ourselves of stigma and shame and the fears we carry when it comes to naming our own truths and where it hurts, and to remind ourselves that we are not alone. At the end of the supper, have a plan to do something that reminds you just how good life can be: It could be dancing around the kitchen to Beyoncé, or treating yourself to a long walk or a bath, or a movie. Ask guests what they plan to do, and encourage them to share those stories with each other afterward.

“Sometimes a wink, a touch, a word, or a gift reveals a depth of love we never guessed was there. But not even then do we know the full extent of love, only of its striking, sustaining, and momentary manifestations.”

DAVID RICHO
GROUND RULES

These ground rules aren’t meant to box you in, they are meant to provide a sense of shared way of being during our time together. The Center for Courage & Renewal calls their guiding principles touchstones, other groups call them agreements. After reading through them, we think you’ll get the drift that they are more concerned with underlying principles of love, respect and creating what Dr. Martin Luther King, Jr. called the Beloved Community and less about policing each other’s behavior. So take a deep breath and dive into some ingredients for brave and engaging conversation.

Once you sit down, introduce the following ground rules:

1. Stick with “I” statements and avoid advice-giving. Your experience is yours and please honor and respect that others’ experiences are theirs. Putting this to practice is hard work: It means, in the words of our friends at The Center for Courage & Renewal, “no fixing, saving, advising or correcting each other.” Your job is to silence the noise and tune into your inner voice, trusting that everyone else at the table has the power to do the same. Simply speak your truth.

2. Pass the mic, and allow for silence. Notice that you’re talking more than others at the table? Step back and give other voices a chance to be heard. Know that we welcome silence just as much as we welcome speech, and ask only that when you speak, you do so intentionally.

3. Keep things Private. What happens at the table stays at the table. No quotes or identifying details will be shared without permission.

4. Be aware of the privilege you hold in a conversation.

The folks at Daring Discussions put this one beautifully, and it’s particularly essential when you’re bringing together a group of folks who share a mix of identities: “Being or becoming aware of privilege is important for respectful dialogue. ‘Privilege’ doesn’t necessarily mean wealth and it certainly doesn’t mean a person has never struggled—it means the relative power you hold in society that is structurally unequal due to racism, sexism, homophobia, transphobia, xenophobia, ableism, religious discrimination and so on. An individual may hold some kinds of privilege while also experiencing some form of oppression. Holding privilege is what allows us to avoid and ignore issues that do not directly affect us, and understanding your own privilege is an important part of giving others space to share difficult and vulnerable truths about their experience. During this discussion, being aware of the privilege you hold is an important part of creating space for your and vulnerable truths about their experience.”

“Against all odds, with no guarantee of being loved in return, out of the hate and hurt so often handed us, in the face of the meaningless suffering history has let us see, we go on loving. We make a door of every gaping hole.”

DAVID RICHO
These conversation starters are meant to help your guests lean into a spirit of vulnerability and courage.

Tell us what brought you here.

Where does it hurt? How did you locate that feeling?

Whose liberation are you longing for?

Who are your people? What places/communities do you go to when you need to release/restore yourself?

How do you practice compassion for yourself when you are overwhelmed?

What is the vision of hope that sustains you?
TOASTS & BLESSINGS

Toasts are a great way to kick off a conversation. Once everyone has plated up, invite everyone to raise their glass (water, wine, whatever it may be):

***

To Life! To Love! To new friendships and blossoming opportunities that start right here, right now!

***

Raise your glass to those who have been here before and faced unspeakable hardship but who resisted injustice and lived and loved despite many challenges and oppression. Here’s to letting this dinner provide us the nourishment we seek and the willingness to share the stories that we choose and hold on to those that we wish to remain our own.

***

Here’s to those who left us a testimony and to the ones we will never know. May we live lives of love and hope as a tribute to other survivors that walked along this same path. We are their wildest dreams and more than they could have imagined.

***

To radical hospitality. To unity in diversity. To revolutionary love. We raise our glasses!

***

Invite everyone to light a tealight candle and share the name of a person who inspires courage in you, living or dead, famous or familial, and why. Toast those just named, and those who inspire us to be our best selves, and ourselves and each other for having the guts to step into a space of vulnerability right now.

***
SUGGESTED TIPS

Close your eyes. Imagine you’re doing the dishes. The supper’s ended, the last person just walked out the door. What do you want to feel in this moment? What kind of experience do you hope to have had?

Whichever path you choose, here are five sets of tips for bringing people together in such a time:

1. Putting together your guest list;
2. What this is (and isn’t), and a word on self- and collective care;
3. Tips on timing;
4. Questions for discussion & what (and what not) to say;
5. Suggestions to keep the conversation going.

Remember: The single most important thing you can do as a host is to know why you’re there and what you want folks to leave with. Over the course of the evening, simply aim for that end-point. Treat all of this as a tool and a starting point, and make it your own.

And don’t forget! Whichever path you choose, be sure to document the gathering. If folks feel comfortable, snap a family photo as you close the evening, or simply take a picture of the food and table. Tag us at @ peoplessupper, using the hashtag #PeoplesSupper. After the supper, jot down a few notes on what went well and what didn’t: favorite moments, themes that came up, what you’d like to see more of next time, etc. Share your story and tell us how it went by emailing us at info@ thepeoplessupper.org.
1. PUTTING TOGETHER YOUR GUEST LIST

HOW TO CREATE AND NURTURE COMMUNITY NOW

- **Stay** with and fortify the community you are currently developing during this time of crisis. If you have already been gathering with others using The People’s Supper materials or you have a group of people you can call community – that community needs you to stay with them.

- **Deepen** the ties of community so that if you decide to act in some way, you will have strong connections with each other on which to build. There can be a temptation to make immediate changes to include more folks for bridging difference. That work will come in time, but as a first response, it’s critically important to circle up with people with whom you feel safe.

- **Talk** about challenges or new issues revealed by the current stress and trauma. Perhaps your community is not as diverse, courageous, or impactful as you would like it to be. There may be confusion, interpersonal conflict, fear, deep emotions and pain: Choose to throw the elephant out of the room (whatever form the elephant may take), and be comfortable naming your own discomfort with difficult conversations. Talking about it can ease the soul, create breathing room, and make space to work through issues. Let’s be careful with each other, so we can be dangerous to the death-dealing systems of Empire together.

- **Tip** Social Media for Good- Utilize the tech tools that we engage with everyday to help keep your community strong. Start a group chat or a private Facebook before or immediately after the supper and add guests. Share motivating messages, pose and answer questions, and create a space that people can turn to when they feel alone and are unable to get some real face time. The internet can be a tough terrain as well as the site of a lot of triggering material-- consider giving your guests a safer space to turn to online.

ENLARGING OR MAINTAINING THE CIRCLE

If you’re gathering an existing community together, there may be a question about enlarging or maintaining the circle of folks on the invite list. If at all possible, ask those who are accustomed to gathering together about what they would prefer for the first gathering. Do they want or need to bring a loved one? Do they have reservations about new people that they don’t know? See if you can get feedback from as many people as possible before making that decision.

You can also make the decision to create a more open event. If, for instance, you are hosting a supper after an incident of violence directed at LGBTQ folks, you may want to open it up to anyone sharing identities within that spectrum, even if they’re not directly within your existing community. Again, get the temperature of folks who already in relationship with one another, before throwing the doors wide open.

REAL TALK ABOUT SAFETY

If you have an open event, be aware that there may be people who intend to do harm - specifically to people who are the objects of their hate. Consider ways in which you can hold space for fear and concern about physical safety and continue to gather in a way that minimizes risk.

- Share location and meeting time with guests only. If you are using an open platform like Facebook to invite guests, share specifics like time and location via email or private message after connecting with each guest.

- Stick with guests who are known or recommended. It is a good idea to stick with people you already trust or whom you have gotten a sense of through a short conversation.

- If you’re planning a larger event, consider if your supper needs a security team, a greeter at the front door, or a more private location.

- Check in to see if folks have concerns about safety because of location or guests. Talk through concerns and check with us at The People’s Supper for more support and problem solving around issues of psychological and physical safety.

A NOTE ON PRIVACY

While some people may be attracted to a People’s Supper that focuses on survivors of sexual violence, they may not want the public to hear about or know anything about their experiences. Be sure to make it clear at every step that what is said within the Supper stays there and that the identities of who attended should remain private as well.
2. WHAT THIS IS (& ISN’T), AND A WORD ON SELF- AND COLLECTIVE CARE

Remember, these suppers are peer-led community gatherings and may be therapeutic, but they are not therapy.

Across time and culture and spiritual tradition, people have been sitting in circles telling their stories to each other. We tell our stories to our hair stylists and baristas, and that stranger at that party, in those rare and chance moments when the veil between each other lifts, and we’re able to see each other’s truth without being scandalized by it, to witness and be witnessed.

We’re not interested in professionalizing anything, but in humanizing everything: You don’t need any special training, knowledge, or equipment. Bring your empathy & kindness, and invite others to bring theirs.

If you yourself are a clinician, pastoral caregiver or anyone working in mental health or counseling, remember that this is a chance to take off that hat for a night, and show up as peers, not professionals.

Peer support is valuable and essential to the human experience but may need to be combined with therapy with a licensed professional for someone experiencing anxiety, depression, trauma, or other responses to violence, trauma, PTSD, vicarious trauma or other issues. As a host, it may be helpful to have the name of a therapist or number for a local hotline in case someone seems to need immediate support. See P18 for additional resources.

Tip: Encourage folks gathering to share their “3AM Plan”: When you’re up in the middle of night with grief, or anxiety, or overwhelm, what poem or letter or passage do you turn to give you sustenance?

“All that you touch, you change. All that you change, changes you.”

OCTAVIA BUTLER
3. TIPS ON TIMING

NO NEED TO WAIT
Hosting a supper as soon as possible after the incident can meet a variety of needs. Likely, people will come with different needs, and may be carrying multiple emotions and desires. Just offering a space and a chance to do something as “normal” as eating together can open up opportunities for things such as:

- A moment to slow down, breathe, say a prayer or express gratitude.
- Making space to grieve individually or collectively.
- Talking about other things (pets, kids, gardening … anything that comes up)
- Sharing resources, sharing needs.
- Sharing stories.
- Stopping to eat – something people may have been neglecting.
- Just getting out of the house together, which can mean having to confront fears or feelings of being unsafe.

BY INVITATION, NOT DEMAND
But remember: Those of us that are often the catalysts for action during a crisis can act with a sense of enthusiasm and urgency that intimidates or overwhelms others. Share from the heart why it’s important to you to gather together quickly: Be honest and vulnerable about your own needs in this moment, and make space for others to name theirs.

Our friends at Courage & Renewal share this Touchstone (a kind of community guideline for “safe and trustworthy space”) for their Circle of Trust gatherings and it’s helpful to keep in mind here:

What is offered in the circle is by invitation, not demand. This is not a “share or die” event! Do whatever your soul calls for, and know that you do it with our support. Your soul knows your needs better than we do.

This call to invite as opposed to demand also holds true for the conversation shared during the supper. Guests should know that their presence is valued no matter how much they are willing to disclose. No one should feel required to discuss details about any sexual violence that they have endured. At the same time, they should also be prepared to potentially hear those stories from others. Be transparent so that everyone knows that they are entering into and can ready themselves.

HAVE A SUPPER START & STOP TIME
Plan a gathering with a start and stop time. Two hours or less can give people time to connect without feeling like they are being asked to give up an entire day or evening. When stories break that may trigger sexual trauma, survivors may be organizing additional actions, gathering with loved ones to coordinate support and care, or they may just want to seek out time to be alone. Shorter gatherings can provide a quick break and chance to restore, rather than adding yet another obligation to an overwhelming to-do list.

K.I.S.S.
You’ve probably heard the acronym KISS – Keep It Simple Silly – as a way of encouraging people to keep things simple when planning. Pinterest and Instagram may tell a different story, but it really is okay to keep things simple. It’s more important to gather quickly than to gather perfectly. Be aware of your own energy levels in this moment: If you are typically the kind of person who goes all out for a dinner party or even a potluck, allow yourself to resist that impulse unless it serves you.

Ideas for food:

- Offer tea and coffee and ask people to bring fruit, veggies, and light snacks to go with it
- Order pizza – everyone can pitch in a few dollars
- Store-bought – ask everyone to bring something from the store, agreeing to nothing fancy
- Picnic – have a picnic in the backyard (so you don’t have to clean the house before or after!)
QUESTIONS FOR DISCUSSION & WHAT (AND WHAT NOT) TO SAY

It can be difficult to know what to say to each other when processing violence in a community. Here are questions we love. If you’re hosting a sit-down supper, pick 2-3 of the questions below, and have everyone respond (again, by invitation, not demand). If you’re organizing a more informal Open House-style gathering, try scattering these prompts around the room or handing them to guests as they arrive, or simply keep them in your back pocket as you engage in conversation.

SAMPLE QUESTIONS

- **WHAT FEELING IS RISING TO THE SURFACE FOR YOU IN THIS MOMENT?**
- **WHO OR WHAT IS YOUR SHELTER DURING STORMS?**
- **HOW DO YOU KNOW WHAT YOU NEED WHEN YOU ARE FEARFUL OR STRESSED? HOW DO YOU COMMUNICATE IT?**
- **WHERE ARE THE HELPERS IN YOUR LIFE RIGHT NOW?** *
- **TELL US ABOUT YOUR SOURCES OF STRENGTH AND SURVIVAL. WHAT HAS BEEN YOUR LIFELINE?**
- **IF YOU COULD CHANGE ONE THING IN THE WORLD RIGHT NOW — BIG OR SMALL — NO MATTER THE COST — WHAT WOULD IT BE?**
- **THINK OF A TIME WHEN YOU WORKED THROUGH FEAR OR STRESS. WHAT DO YOU REMEMBER ABOUT THAT TIME?**
- **TELL US ABOUT YOUR SOURCES OF STRENGTH AND SURVIVAL. WHO OR WHAT HAS BEEN YOUR LIFELINE?**

*From a question Mr. Rogers taught children to ask during frightening times.
QUESTIONS FOR DISCUSSION & WHAT (AND WHAT NOT) TO SAY

(Continued)

USEFUL FACILITATION TOOLS & PROMPTS

• Tell me what it’s been like for you;
• You have a right to your feelings;
• Can you talk about that from your own experience?
• Can you share a story that illustrates that?
• Thank you for sharing your story;
• I just need someone to listen right now;
• I don’t know either;

THINGS TO AVOID

• Let’s just move on – this happens all the time.
• Don’t you think that’s …
• Don’t you think we should be doing _________ right now instead of feeling angry/sad/mad, etc.?
• But what can we do about it?

“You are imperfect, you are wired for struggle, but you are worthy of love and belonging.”

BRENÉ BROWN
SUGGESTIONS TO KEEP THE CONVERSATION GOING

INVITE GUESTS TO AN AFTER-SUPPER HANG
A way to share the host responsibilities is to partner with someone else (or if you feel up to it - do it yourself) for an after-supper gathering. If people need more support, want to continue conversations, or just want to not be alone, offer a less formal way of being together after the supper. This can even be a time to watch a funny movie together, to play music and sing, to take turn up some music and dance, or just hang out. Sometimes we wait to gather for birthdays and holidays or wait for someone else to call. An after supper gathering can be a time to just be together – no agenda but to be human beings together. It can be a powerful and needed reminder of our shared humanity.

MAKE A STANDING DATE
Consider announcing a standing night of the week for a community supper for a period of time, and see if others are open to rotating hosts and houses. Give others a chance to contribute, and know you don’t have to carry the load alone.

This might look like different people agreeing to physically host at their homes, while you continue to play the role of facilitator and “space-holder” within the conversation. Or, maybe you agree to meet at the same place every week or two for a few weeks, and to take on a different theme each time. Pick questions you didn’t get to the first time, or take a look at suggestions in our Healing Guidebook and Bridging Guidebook for more ideas.

How you share the needs for a series of suppers is up to you – and whatever works for your group is what’s best. In keeping with the spirit of the suppers, just make sure whomever is hosting has support materials like this toolkit and other resources and gets support from The People’s Supper team as needed.

“Be easy. Take your time. You are coming Home. To yourself.”
NAYYIRAH WAHEED
Over the past couple of days we have watched a rise in people coming forward to disclose their experiences with sexual assault and harassment—many sharing them for the first time—via the #MeToo viral campaign. As individuals share their stories we want to ensure that they also have the resources they need to seek support and help and to find community.
HOTLINES
1. National Suicide Prevention Hotline, or call 1-800-273-8255. There is also an online chat option: Suicide Prevention Life Line
2. National Sexual Assault Hotline: 800-656-HOPE (4673)
3. Crisis Text Line, or simply text 741-741
4. The Trevor Project Hotline: 866-488-7386 Suicide Hotline for LGBTQ+ youth
5. Safe Horizon Hotline: 212-227-3000 The Nation’s Leading Victim Assistance Program
6. For region-specific resources check out this page provided by Hollaback!, and for resources on how to deal with online harassment, check out HeartMob.

THERAPISTS & COUNSELORS
1. National Queer and Transgender Therapists of Color Network
2. Therapy for Black Girls
3. African American Therapists
4. Association of Black Psychologists
5. Good Therapy – Therapist Directory
6. The Icarus Project
7. Safe Horizon Counseling Center
8. Talkspace
9. HeartMob a support network for targets of online harassment
10. Hollaback! App share and map your experiences with harassment

LEARN MORE ABOUT SEXUAL HARASSMENT & ASSAULT
1. #HarassmentIs: An Exploration of Identity and Street Harassment
2. Bystander Intervention Resources and Training
3. Know Your (Lack of a Role): Honoring Healing Spaces as an Ally
4. The Ring Theory of care after/in midst of trauma
5. Just Healing - Healing Justice Practice Space Resources
6. People’s Supper Healing Guidebook
8. RAINN- Recovering from Sexual Violence
9. Building Supportive Communities: How We Can Make Every Space Safe for Survivors
10. Office for Victims of Crime Brochure on Sexual Violence
11. FaithTrust Institute: a national, multifaith, multicultural training and education organization with global reach working to end sexual and domestic violence.
12. National Sexual Violence Resource Center Activism & Self Care Newsletter, Free Weekly Meditation Each Monday
RESOURCES WITH IDEAS AND PRACTICES FOR SELF CARE, SQUAD CARE / COMMUNAL CARE

1. Icarus Project Crisis Tool Kit: Mental health, Suicide, Crisis, Psychosis, Hotlines & Warmlines
2. Self care & collective care continuous crowd-sourced idea document
3. The Interdependence Project: Online group meditation every Wednesday
4. Self-care for people being harassed online, via HeartMob
5. The Hive Podcast: Meditations and conversations about contemplation and action
7. Activism & Self Care Newsletter, Free Weekly Meditation Each Monday
8. The People’s Supper – host or attend a Healing Supper
9. 365 of Black Love at Harriet’s Apothecary
10. Ancestral Apothecary Shop

RESOURCES FOR EMOTIONAL HEALING

1. Ruby Sales, Where Does It Hurt?, On Being Podcast
2. Spotify: Most Relaxing Songs Ever, According to Science
3. Spotify: Meditate to Sounds of Nature
I am living a life I don’t regret
A life that will resonate with my ancestors,
and with as many generations forward as I can imagine.
I am attending to the crises of my time with my best self,
I am of communities that are doing our collective best to honor our ancestors and all humans to come.

adrienne maree brown, Emergent Strategy
For more, visit thepeoplessupper.org or email us at info@thepeoplessupper.org.