

CSA Survivor Pride

Wed 31st January 2024



Calling all CSA survivors and allies



Wear and share zebra
on Wed 31st January

Bring an end to stigma,
bear witness to the scale and
impact of child sexual abuse,
stand alongside survivors
in solidarity and celebrate
our collective survival.

There are an estimated 11 million adult CSA survivors in the UK and we are a devastatingly ever growing community with 15% of girls and 5% of boys growing up experiencing child sexual abuse. Across the globe, up to 35% of girls and 21% of boys experience sexual violence before their 18th birthday.*

Child sexual abuse has devastating social, physical and emotional impacts. Stigma and taboo make it hard for us to access support or develop a sense of connection and belonging. CSA is never a child's fault, we didn't do anything wrong and we deserve to live free of shame and guilt.

International Zebra Day CSA **boldly** reclaims innocence, community and pride in our survival.

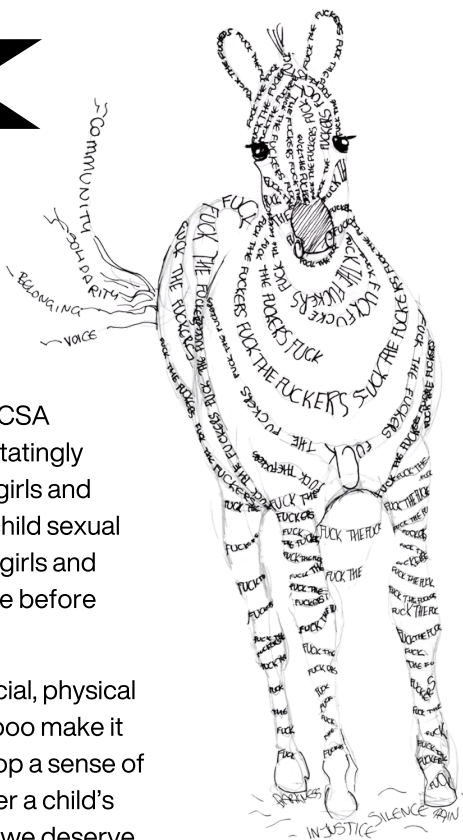


Illustration by Chris Ivory

- Wear and share zebra
- Open to all CSA survivors and allies
- Do what feels safe and positive for you

* Sources on our website



How to join in

Wear zebra print or black and white clothing. You could wear zebra socks, earrings, badges or anything else. Be as bold or discreet as you feel.

Get Creative - write a poem, paint a picture, take a photograph, make a meme - maybe you are part of a support group or service and you could create something together. Share if you want to on social media using the hashtags #ZebraDayCSA #CSASurvivorPride #ADazzleOfZebras #Superherd.

You can also access our zebra frame for your social media posts on Canva here. Just upload and drop your own image into the central round frame.

Photo by Fluxx Films. Illustration by Imogen Harvey-Lewis



Why zebras?

In 2023 we launched our ABC of CSA - a creative resource developed with over 40 CSA survivors to support better conversations about surviving child sexual abuse. The Z card is "Feeling like a zebra in a world of giraffes" which speaks to many of us about how we live our lives feeling different and are alienated in the dominant culture.

BUT zebras are brilliant and we think they are a potent image to celebrate CSA survival because:

- Each zebra has a totally unique stripe pattern, reflecting the uniqueness and individuality of each survivor
- They form superherds, understand safety in numbers and the power of community
- Zebras are hypervigilant and use this natural instinct to protect themselves and each other
- They travel long distances through often harsh terrain to survive
- The collective noun is 'A Dazzle of Zebras'

Spread the word

If you feel safe to please help us spread the word - everyone can join in to stand in solidarity with the CSA survivor community - talk to your friends and colleagues and tell them how to get involved by wearing and sharing zebra.

[Video link:](#)
[Why zebras?](#)