

End the Silence Day Speaker

APRIL



Massasoit Community College's Office of Diversity & Inclusion
in collaboration with the Women's Resource Center presents

Stand Up! A Survivor's Story

**How to Love Bravely, Stand Up to
Abuse, and Lead Change**

presented by keynote speaker

Ashley Bendiksen

**Wednesday
April 17**

12:00 - 1:00 p.m.

Brockton Student Center
Upper Student Lounge

Students and young adults experience unhealthy dating relationships, gender-based, and power-based violence at higher rates than any other demographic. One in four (1 in 4) persons between the ages 16-24 will experience dating abuse in a relationship. With such prevalence, even if a person is not impacted, they will likely know someone who is. If left unaddressed, these relationships pose serious short-term and long-term consequences. The solution is awareness, education, and knowing what to do when abuse happens. As a survivor of both teenage sexual abuse and domestic violence in college, Ashley shares the confusion and struggles that she faced – from academic challenges, self-esteem issues, depression, and bullying, to eventually becoming homeless, penniless, forced to drop out of college by her abuser, and physically attacked. At rock bottom, she was determined to rebuild her life and more importantly, lead change. She became a community leader and advocate, broke stereotypes as Miss New Bedford, returned to school and graduated as valedictorian, and has led an accomplished career in prevention, advocacy, and victim services.

Attendees will learn:

- Harmful dating behaviors, the types of abuse, and recognizing red flags
- Recognizing common examples of emotional abuse and manipulation
- How to set boundaries and prioritize personal well-being
- Resilience and personal leadership to overcome challenges
- Role of a bystander to help a friend or someone in need

Please join us. Lunch will be served.

Massasoit Community College encourages persons with disabilities to participate in its programs and activities. If you anticipate needing any type of accommodation or have questions related to access for this event, please contact Meredith Whitmore at 508-588-9100, x 1309 or by email at mwhitmore@massasoit.mass.edu in advance of your participation or visit.

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