How to use: Affirmation Coloring Cards

The Affirmations Deck was originally created by Planned Parenthood Toronto’s Filling in the Blanks: Queering SexEd project. OAESV has used this deck as inspiration to create affirmation cards for survivors and co-survivors of sexual violence.

Each card features a statement to help you feel seen, valued, and supported.

OAESV included blank cards so you can write-in your own affirmations to #EmbraceYourVoice.

- Print 2 or 4 to a page, one-sided, black and white ink and cut into separate cards
- Use printer paper or cards stock - whatever is available!
- Cards can be colored in, painted on, and used in programs, tabling, staff meetings and more!
- Tag OAESV on Instagram, Facebook or Twitter to share how you’re using the cards

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I have the right to say yes, no, or maybe and it is okay to change my mind.

I get to choose what family and community means to me.
You don't have to justify a "no."
I deserve people in my life who can see my pain, who are willing to witness my stories, and be patient with my growth.
I am open to hearing feedback and "no".

I deserve relationships that will support me with love and patience when I am making difficult decisions.
My boundaries deserve respect.

#EmbraceYourVoice OAES
I am allowed to say no to carry the weight of other people's problems.
You are an expert on yourself. No one knows better than you who you are or what you need.

You deserve safety and solidarity.
You can be gentle with yourself when you make mistakes.
You deserve to be surrounded by people who never ask you to apologize for being who you are.
I am allowed to be complicated and appreciated in my complexity.

It is okay to hold people accountable and expect others to do the same. It is a gift when I do this with grace and understanding.
I am more than what I do for other people.

#EmbraceYourVoice OASES
I am allowed to choose how and when I share and teach others about my experiences and identities.

Sometimes clarity comes slowly. Sometimes clarity comes all at once. Sometimes clarity doesn't come at all. All are okay.
Your identities are yours to name, explore, and discover how and when you want.
Doing things "just for you" is a great reason to do things.

You are made of light and stardust. You are a galaxy of possibilities.
The willingness to show up changes you. It makes you little braver each time.

Figuring out who you are is not a race to the finish line.
Sometimes bravery is "I will try again tomorrow."
My body is not wrong or bad for being triggered and having a hard time letting it go.

#EmbraceYourVoice Q&AEV

I am worthy of love and safety in my relationships.

#EmbraceYourVoice Q&AEV
When I show myself compassion I resist all ways I have been taught to judge and police myself.
My flaws do not make me unlovable or undeserving of love.
You are not "too much".
You are exactly enough.

All bodies are good bodies.
My body is a good body.
It is not my fault that I have internalized my experiences of oppression.

You are allowed to hope for what’s to come, while making the most of where you already are.
I carry my experiences with me and that's okay.
No matter where you have been you are allowed to slow down, pause or start again.

Feelings are information - my body or my heart is telling me something - and I get to decide how I want to use that information.
It's okay to try again even if your voice shakes.

I can be proud of my healing process even if it starts and stops.
I am not a bad person because my trauma makes the world a hard place to navigate.