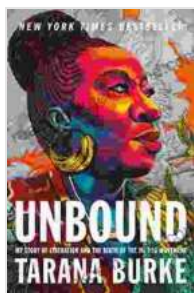


My Story of Liberation and the Birth of the #MeToo Movement

I am Tarana Burke, the founder of the #MeToo movement. I am a sexual abuse survivor, and I've spent my life working to help other survivors heal and find their voices.



Unbound: My Story of Liberation and the Birth of the Me Too Movement by Tarana Burke

★★★★☆ 4.8 out of 5

Language	: English
File size	: 4905 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 257 pages



My story begins when I was just 14 years old. I was sexually abused by a family friend. I was terrified and ashamed, and I didn't know what to do. I kept the abuse a secret for years, and I didn't tell anyone what had happened until I was an adult.

After I finally came forward about my abuse, I realized that I was not alone. I met other survivors who had also suffered in silence. We shared our stories, and we realized that we needed to do something to break the silence and create a world where survivors are believed and supported.

In 2006, I founded the #MeToo movement. The goal of the movement is to provide a platform for survivors to share their stories and to create a sense of community and support. The movement has grown exponentially in recent years, and it has helped to raise awareness of the prevalence of sexual abuse and to change the way we talk about it.

The #MeToo movement has been a powerful force for change, and it has helped to create a more just and equitable world for survivors. However, there is still much work to be done. We need to continue to fight for policies and laws that protect survivors and hold abusers accountable.

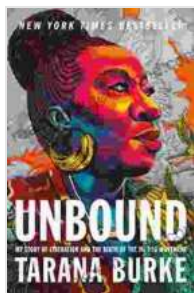
We also need to continue to work to change the way we think about sexual abuse. We need to challenge the myths and stereotypes that surround sexual abuse, and we need to create a culture where survivors are believed and supported.

I am proud of the progress that the #MeToo movement has made, but I know that there is still much work to be done. I am committed to continuing to fight for survivors, and I believe that we can create a world where survivors are no longer silent.

Here are some things you can do to help support the #MeToo movement:

- Believe survivors.
- Listen to their stories.
- Support organizations that help survivors.
- Speak out against sexual abuse.
- Educate others about the prevalence of sexual abuse.

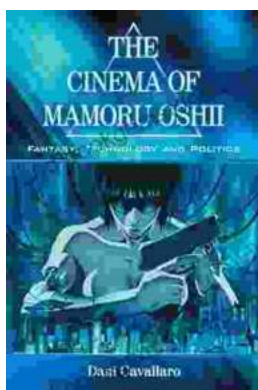
Together, we can create a world where survivors are believed, supported, and empowered.



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