

CREATIVITY PREVENTS VIOLENCE

TOGETHER WE CREATE A VIOLENCE-FREE OREGON.

IMPLEMENTING CREATIVITY AS PREVENTION

Facilitating opportunities for creativity in our communities can help prevent violence and abuse. In honor of sexual assault action month and child abuse prevention month 2023, we invite you to join the Oregon Coalition Against Domestic and Sexual Violence (OCADSV) and the Sexual Assault Task Force (SATF) in holding space for creativity as we create together, a violence-free Oregon.

HOW DO EVENTS AND ACTIVITIES FOCUSED ON CREATIVITY CONTRIBUTE TO VIOLENCE AND ABUSE PREVENTION?

- Creativity helps us process trauma gives language for/the ability to communicate complex thoughts and feelings
- Creativity helps us focus on prevention, new strategies, solutions, and can build community and relationships which protect against violence and abuse.
- Creativity inspires us and one another, contributes to movements, and can spark action.
- Creativity asks for imperfection and can promote individual and collective sustainability. When we are sustained and a part of sustainable communities, environments, and movements we are enabling change and working towards a healthier and safer world for all people. This is prevention.
- Creativity can help us redefine actions that help people experience and express power and control in their lives that encompasses 'power with' instead of 'power over' dynamics.

WHAT DO WE MEAN BY CREATIVITY?

Gardening, Art, Music, Dance, Writing, Quilting, Baking/Cooking, Storytelling, Gardening, Sports/Exercise, Any Unstructured Movement, Reading, Shopping, Curating Social Media Feed, Communicating with Plants/Animals/Other Humans, Journaling, Driving, Exploring, Playing, and so much more... Creativity can even happen in our internal headspace in how we notice, react to, experience, and express our feelings.

IDEAS TO FACILITATE THESE IN YOUR LOCAL COMMUNITIES/ORGANIZATIONS?

Holding a creative space doesn't have to be super expensive and can be done with something as easily accessible as printer paper and pens, dollar store supplies, chalk in a parking lot/sidewalk, or whatever is right in front of us. Some ideas:

- Hold space for Affinity Groups (Queer gatherings, BIPOC, etc.)
- Hold regular Art Groups for program participants, providing supplies, creative prompts, or other materials
- Facilitate Game Groups! Local game stores, libraries, coffee shops may have physical space and games to use.
- Hold a regular creative hour (virtual or in-person) for participants, partners, community members, staff, volunteers
- Hold Book Clubs, Reading Groups, Writing Groups
- Include a theme if desired, potentially tied to other SAAM or CAPM activities like clothesline projects. More ideas for these projects can be found [HERE](#) and [HERE](#) to start.
- Provide creative resources for other events/activities you are hosting to infuse creativity into those spaces. These [Coloring Pages](#) from the National Network to End Domestic Violence are a fun place to start.