

Words for Take Back the Night – Pertice Moffitt

What do we need to end violence here in the North? We know that we live in a culture of violence and silence where violence is normalized and where women put up with violence, shut up about violence, and get on with their lives. But this is unhealthy. It does nothing to disrupt the violence. We need healthy relationships, healthy parenting, we need to live in a place where children do not witness violence and grow up to be perpetrators of violence. Let's demonstrate respect, trust, kindness and love. Let's learn to regulate strong emotions, like anger, and realize that just as violence is a choice, so are kindness and love choices. Let's be good neighbours and keep each other safe!