If you want to start showing your support for survivors of sexual assault now, you can take part in our "Start by Believing" video challenge. Throughout the month of March, members of the Central Virginia community will create videos explaining why they choose to believe survivors, ending with a challenge to someone else to follow their lead.

**RULES:**

- **Length:** 30 secs to 2 mins
- **No nudity, profanity, or graphic language**
- **Explain why YOU choose to believe survivors**

**CHALLENGE SOMEONE ELSE**

Want more information? Request a speaker? Please contact RVAbelieves@gmail.com

Sponsored by the Start by Believing Central Virginia Task Force