

History of Denim Day

In 1997 a 45 yr old driving instructor r*ped an 18 yr old young woman, he threatened to kill her if she told anyone.

When the case is being tried in the Italian Supreme Court the Chief Judge decides that "because the victim wore very, very, very tight jeans, she had to help him remove them, and by removing the jeans it was no longer r*pe but consensual sex."

Women in the Italian Parliament protested this ruling by wearing jeans to work and held signs that said "Jeans: An Alibi for R*pe"

Now a global movement, Denim Day takes place at the end of April to bring awariness to sexual violence and end victim blaming.

denimdaymke.org



Start with Empathy

What is said

"I know that person, and it's really upsetting to know they've hurt you. What can I do to help?"

What is heard

"I'm choosing to help you instead of defend my friend. Because what my friend did was wrong."

Stop Victim Blaming

What is said

"I know that person and they would never do something like that."

What is heard

"You are lying, and your experience is less valuable to me than my friendship with your assaulter"

Start with Empathy

What is said

"That is awful. It's okay to be upset, angry, or scared. I'm here for you."

What is heard

"Your feelings matter to me.
I believe you."

Stop Victim Blaming

What is said
"You're overreacting."

What is heard

"Your reaction to your assault is wrong. You should not be upset about this."

Start with Empathy

What is said

"Thank you for telling me. What can I do to help? Do you want to find someone who can help?"

What is heard

"I am taking this seriously. I believe you and I want to help."

Stop Victim Blaming

What is said

"Are you sure that's what happened?"

What is heard

"You are not trustworthy."

Start with Empathy

What is said

"This isn't your fault. It must be hard to talk about, especially since they're really well known. I believe you."

What is heard

"I believe you. You're not the bad person, your assaulted is—no matter how well known they are."

Stop Victim Blaming

What is said

"You're just trying to make them look bad."

What is heard

"You are manipulative."