



**WHAT YOU ALLOW  
IS WHAT WILL CONTINUE**

You mustn't live so lightly,  
Spin your stories, tell your tales,  
Let them dance across the oceans  
And set the wind upon your sails.  
For every truth found on your travels  
And in the pits of your despair,  
Is a shout into forever  
OF "I existed, and I cared."

- e.h

## GRACE'S BEDROOM, 11:45PM ON SUNDAY NIGHT



\*Wakes up in cold sweat\*



Ugh... first day of school tomorrow.

\*Phew\* This time it was just a nightmare

I wonder how's it going to be. But better than being here I guess .

## NEXT DAY AT SCHOOL



Hey Grace! Ready for Grade 10? A new year, a new beginning, I am excited.

\*Speaks with hesitation\* Uhhh... Yeah.

How were your holidays?

\*Sadly\* They were... OK...

By the way, I started playing that new game that you suggested me in the vacation. It was magnificent, and I really had a great time. However, I hope that get as good as you in it!

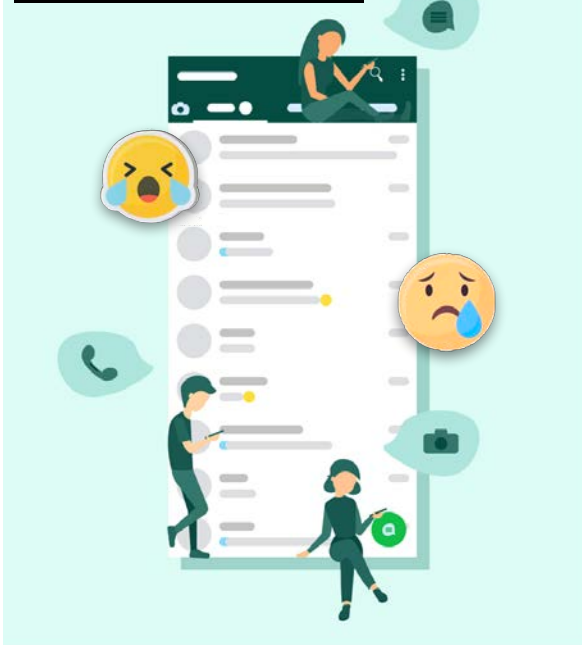
Okay... Well...umm... catch you around..?

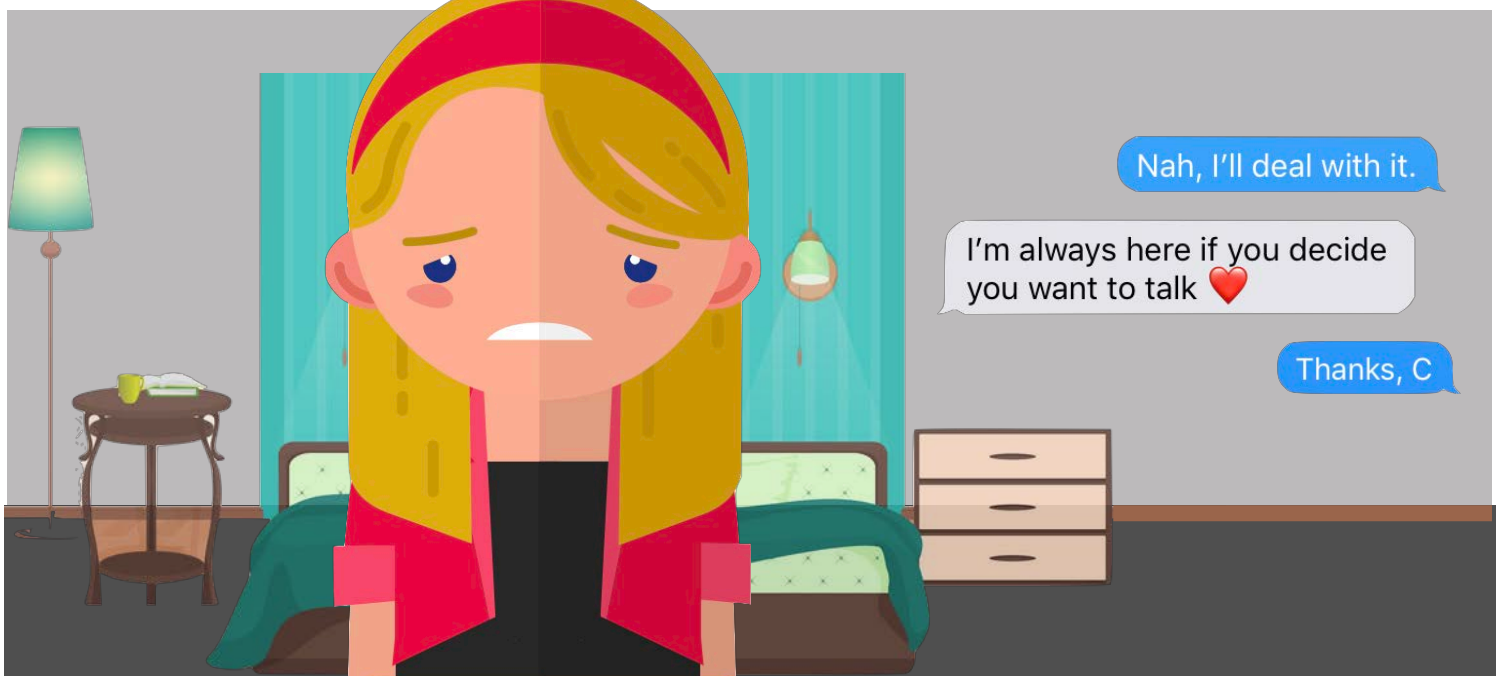
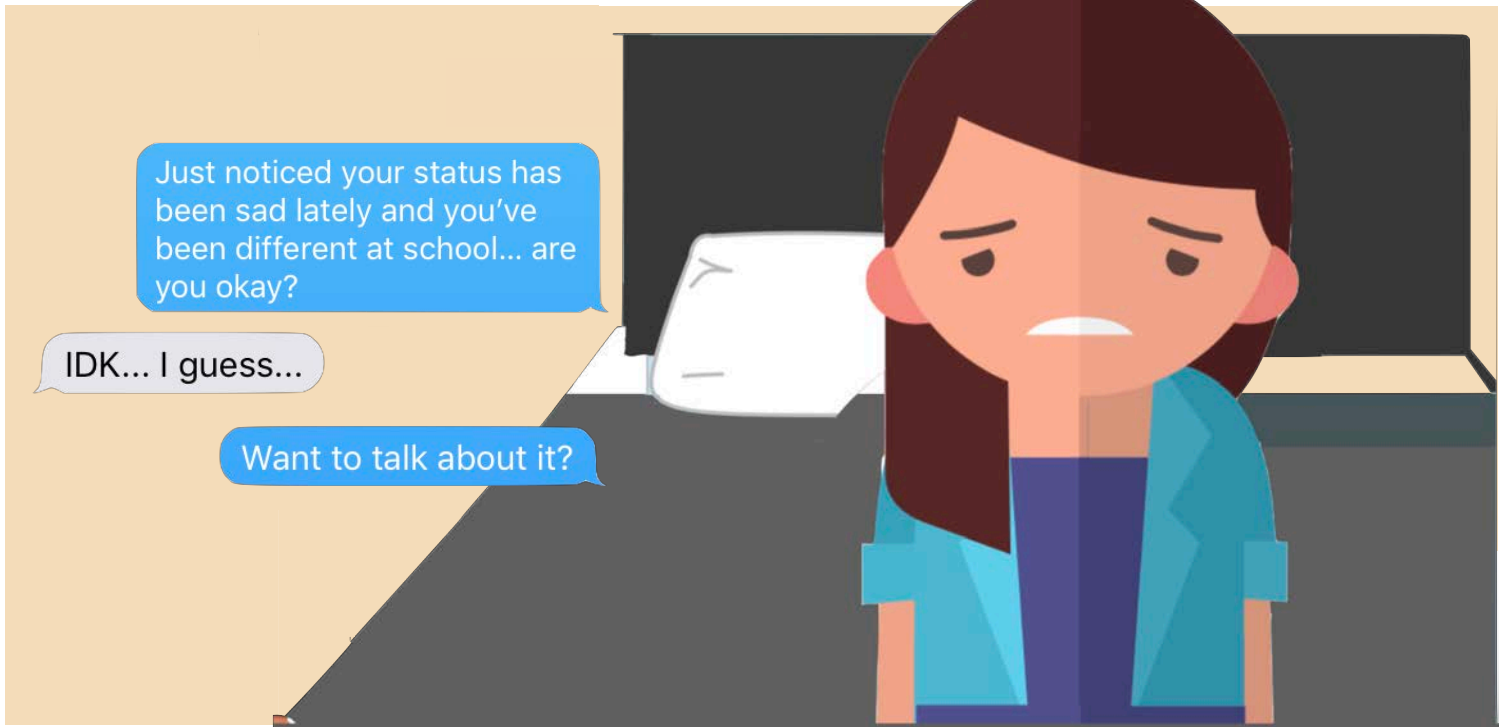
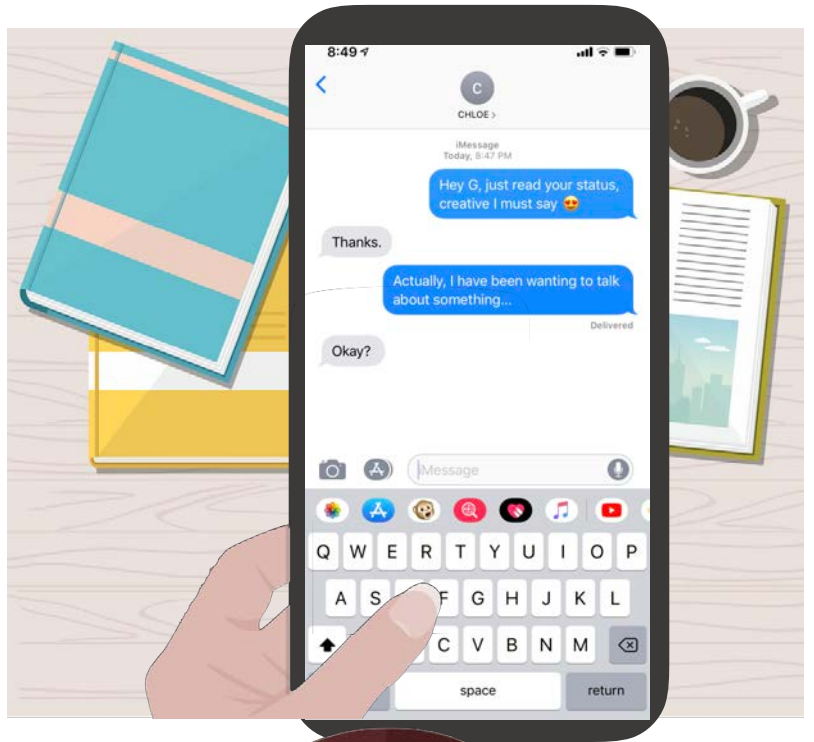
Yeah, You will.

# AT LUNCHTIME



## CHLOE'S SOCIAL MEDIA PAGE





A WEEK LATER...



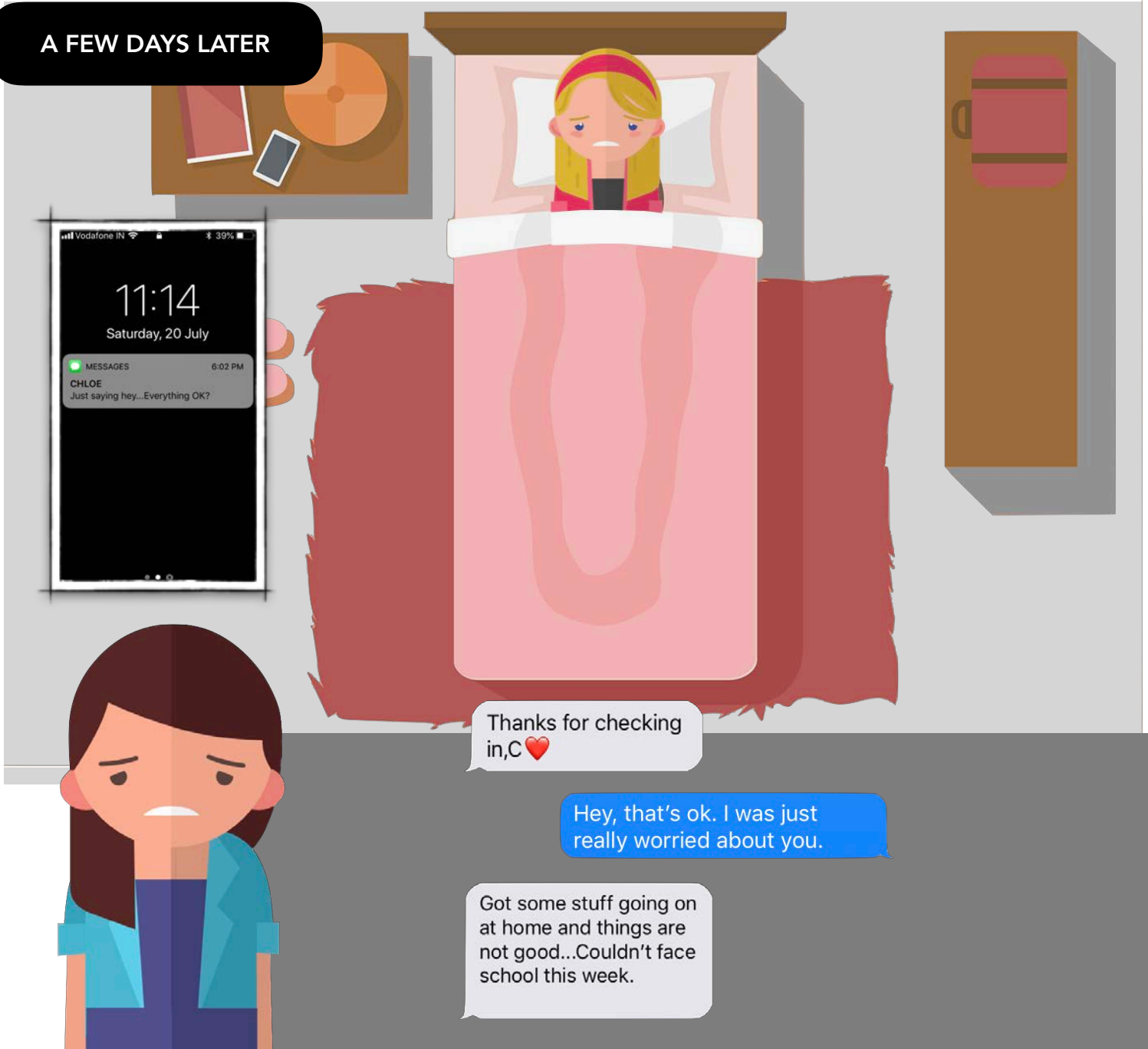
I wonder how Grace is...I can't ignore the feeling something isn't right...What should I do?

She hasn't updated her status. I haven't seen anything online from her...I think i should just message her.

Hey G...I've missed you at school this week and no posts online 😞 What's happening?

NO RESPONSE

A FEW DAYS LATER



11:14  
Saturday, 20 July  
MESSAGES 6:02 PM  
CHLOE  
Just saying hey...Everything OK?

Thanks for checking in,C ❤️

Hey, that's ok. I was just really worried about you.

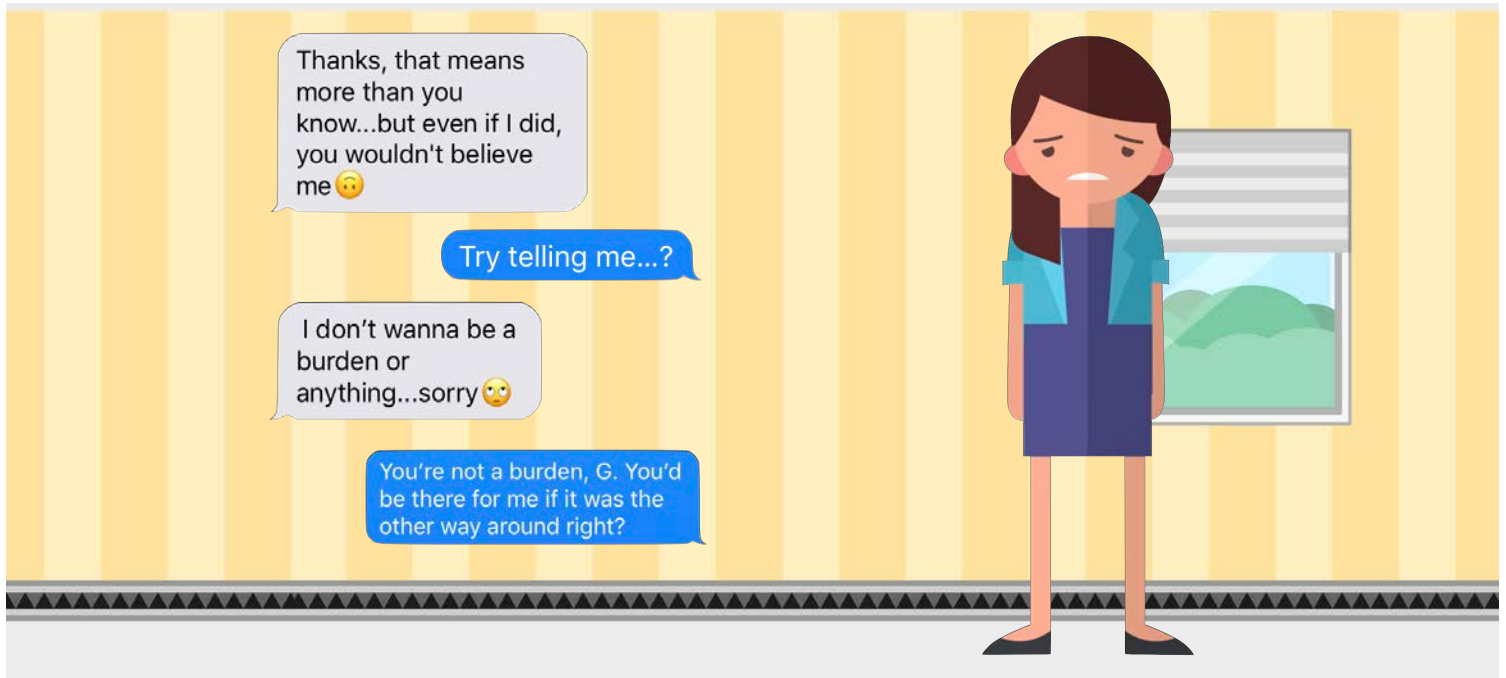
Got some stuff going on at home and things are not good...Couldn't face school this week.



Aww...that sucks 😞 I'm with you about school...lol. You haven't missed much.

Yeah...

For real though, whatever is going on...You are not alone...You can talk to me about anything. To be honest, talking to someone does really help...



Thanks, that means more than you know...but even if I did, you wouldn't believe me 😞

Try telling me...?

I don't wanna be a burden or anything...sorry 😞

You're not a burden, G. You'd be there for me if it was the other way around right?

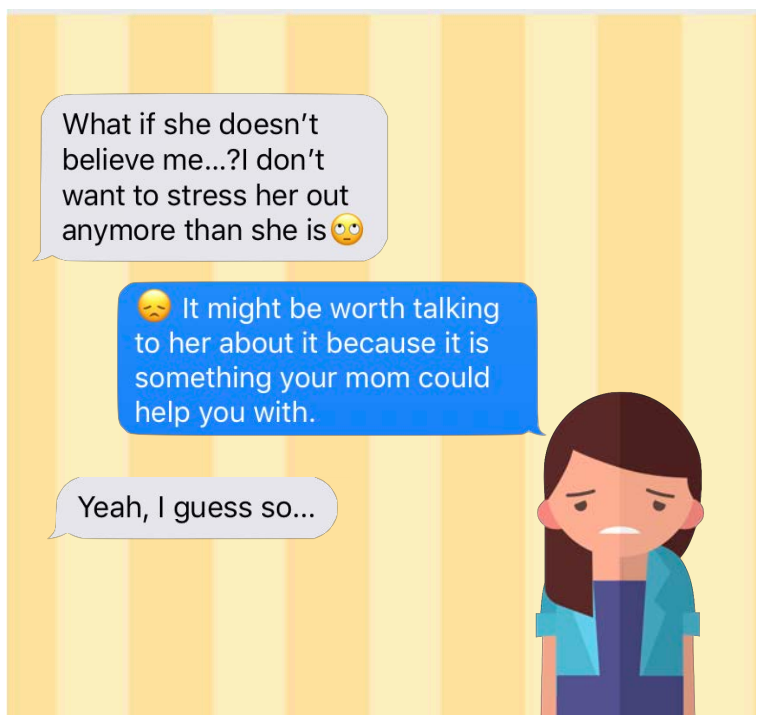


Right...Well, like I said... there's been stuff happening at home...my mom has a colleague Ross... He is so cruel, I wish he was DEAD!

That sucks... 😞

He has been doing some things to me when my mom isn't home that I don't like...

What? OMG! That's terrible, G! Does your mom know...?



What if she doesn't believe me...?I don't want to stress her out anymore than she is 😞

😞 It might be worth talking to her about it because it is something your mom could help you with.

Yeah, I guess so...

## THE NEXT DAY

\*Grace scared to talk to her mother\*

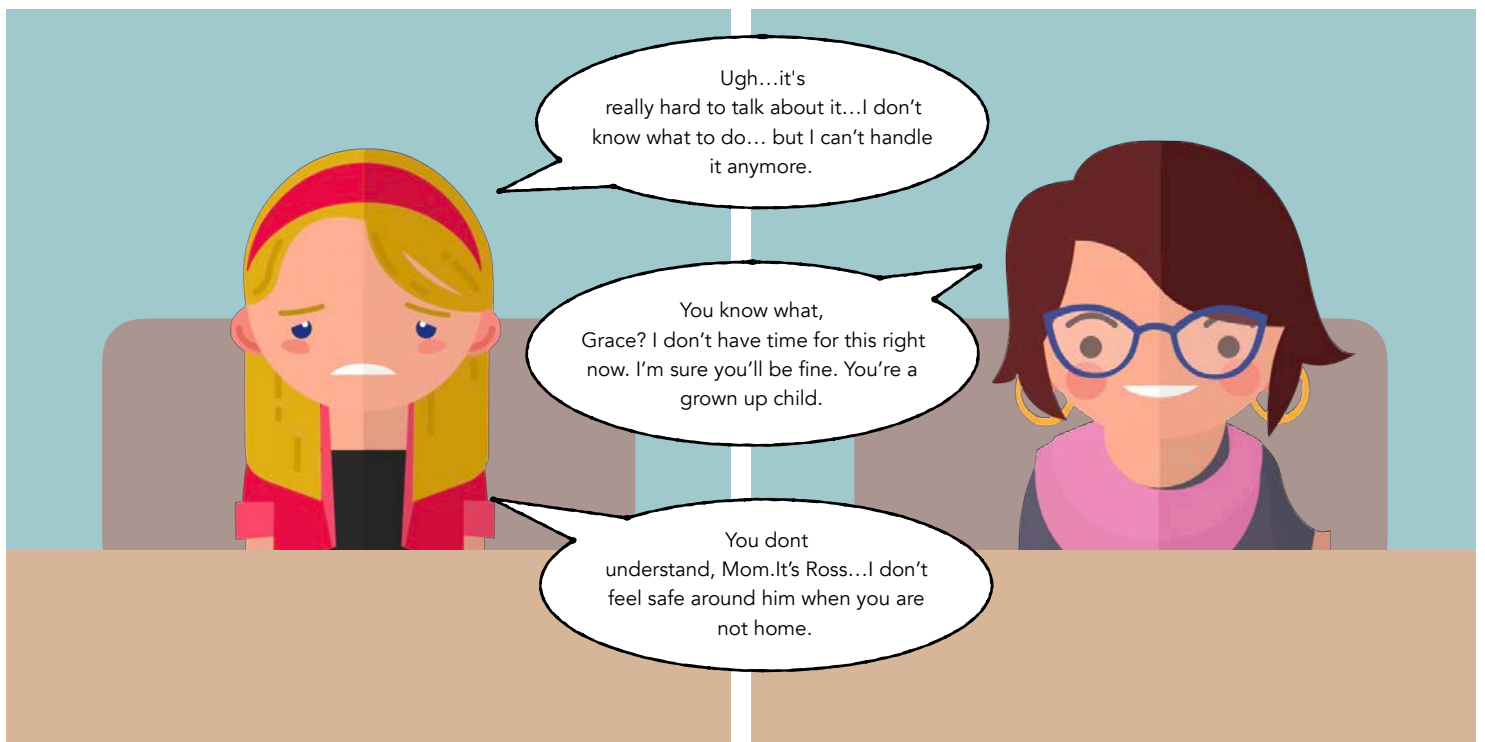


I can do this...  
Deep breaths, Grace,  
deep breaths



\*hesitates\* Mom!  
can we have a chat about  
something, please!

\*Already  
frustrated\* What is it  
this time Grace!



Ugh...it's  
really hard to talk about it...I don't  
know what to do... but I can't handle  
it anymore.

You know what,  
Grace? I don't have time for this right  
now. I'm sure you'll be fine. You're a  
grown up child.

You don't  
understand, Mom.It's Ross...I don't  
feel safe around him when you are  
not home.



Not safe?? What are you talking about? Is this a joke, he's one of my most respectable colleagues, Grace?



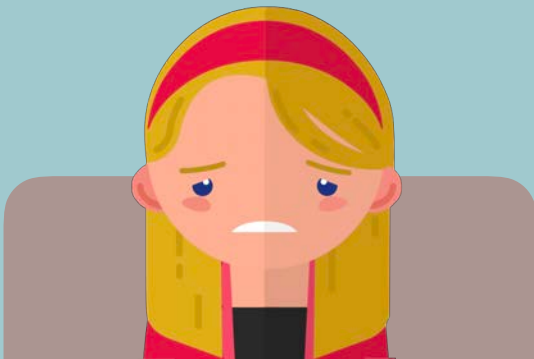
\*Crying\* No, Mom... it's not. At first he was really nice to me but then things started to feel really weird and I felt like he was watching me all the time... I tried to let it go. But one night, when you weren't around, he came into my room, got into my bed... Told me to be quiet and got me to do things... things I didn't want do... and told me no one would believe me if I said anything... Also, threatened me to not share any of it with anyone.



\*Angrily\* Wow, Grace... stop being so dramatic... Sounds like one of your stories. Ross would never, ever do that so it's probably just a big misunderstanding. I'm gonna be late for wok...BYE!



I knew she wouldn't believe me. What a waste of time. I am a waste of time




Just like I thought... waste of time. She called me an attention-seeker and took his side. 😞

OMG, I'm so sorry,G...Are you okay??

Idk... I don't think so! 😞

Okay, well, maybe there is someone else you could try talking to... someone whom you trust?





I trust YOU! ❤️❤️

Awww... I'm glad! I'm always here if you need to talk but I really think you need to tell someone who knows about this stuff... I can be there with you ❤️


It's just so hard to say all of this out loud. I'm worried they won't believe me anyway.




What about a helpline? Might not be so confronting over the phone? I've talked to them when I was in a bad headspace post such an incident that I faced while traveling in a bus, and couldn't pull myself out. They listened to me patiently and really wanted to help me out.

Idk... I'm scared 😬

Sounds like it's worth giving a try? What's the worst thing that will happen..?



Jut stuff getting worse with mom 😞



At least if you talk to a Helpline, they actually might be able to help tell someone who CAN make it stop, Grace? Cos I can't, even if I so badly wanted to!

Yeahh...

And maybe then your Mom will have to believe you!?!

**\*RING RING\***

\*Deep breaths\*  
Don't give up.



Hello.  
Helpline

.....

Hello ??

\*Voice shaking\*  
Umm...hi...

It's ok if you're upset. There's  
no rush...just take your time.

Thanks

Let me know when you're  
ready to talk.

OK...I just don't know where to  
begin. There are a lot many messy  
things happening at home...

LATER IN THE CALL

You've been really brave to share all of that Grace.

I guess..

It's not ok for Ross to do that...and it is definitely not your fault! You have a right to feel safe at home...every person does.

I just want mom to believe me...cos Ross needs to be out of our lives.

Your safety is the most important thing right now, ok? And there's an organisation called (NAME) that we can talk to for help...They support children and families when there is abuse at home...

I don't wanna get in trouble with mom though, or get taken away!

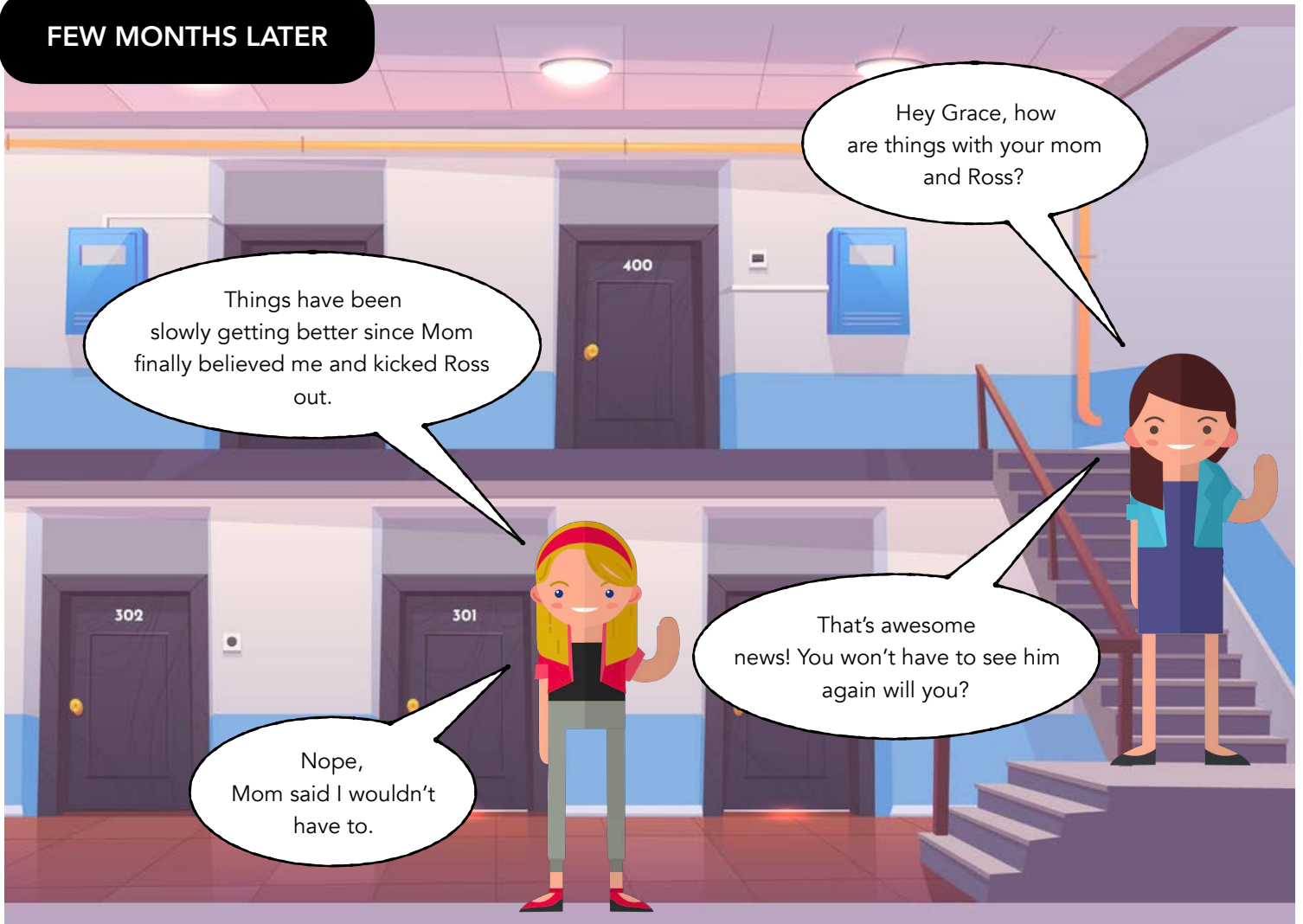
Lots of people worry about that, Grace, but (NAME OF THE ORGANISATION) want to help support families to be safe and healthy so they can stay together. Sounds like mom might just need help with that...

Yeah, I think she does too... I'm just nervous about what's gonna happen next...



That's totally understandable... There are a lot of ways we can support you through this and if you're not sure about anything along the way, just ask! Is there a teacher you trust? Or another family member you could talk to? It'll be good if they can support you too.

FEW MONTHS LATER



Hey Grace, how are things with your mom and Ross?

Things have been slowly getting better since Mom finally believed me and kicked Ross out.

That's awesome news! You won't have to see him again will you?

Nope, Mom said I wouldn't have to.



Phew! How are things going with your mom?

She told me how sorry she was after everything came out so we've been working on gaining trust back...

That's cool! And how are you feeling about everything now?

I'm getting there...I've been seeing a counsellor. Mom has too. It's been hard talking about everything but it seems to be helping so far.



# NO MEANS NO

NO IS NOT JUST A WORD, IT IS A SENTENCE IN ITSELF