

STRONGER TOGETHER

Show Support

SUPPORT THE LOGO:

Our logo has a teal ribbon with six diamonds encased in a circle. The teal ribbon represents sexual assault awareness. The six diamonds represent athletes, coaches, officials, parents, fans and our future. The circle represents us unifying in our mission to bring awareness into the spotlight. The logo was designed by Caroline Ellingboe Shields, retired club and collegiate gymnast and current graphic designer. MNUSAG has generously donated funds to buy tattoos with the logo which will be distributed soon at upcoming local meets. Your athletes are encouraged to wear these tattoos during competitions and also share pictures with our social media.

- Use the logo. Hosting a meet? Got a creative parent on your team? Be creative! T-shirts, wristbands, hair bands, whatever you can think of. We just ask that if you plan to sell items, donate the profits to help the victims of sexual abuse. Darkness To Light <https://www.d2l.org/>
- Have athletes wear a teal hair bow, scrunchie or ribbon woven into their hair
- Buy stickers on Red Bubble: <https://www.redbubble.com/people/ellingboedesign?ref=account-nav-dropdown&asc=u>
- Link to all logos: click on the link below, open the zip file, and save logo files to your desktop to have
- <https://drive.google.com/file/d/0BxRFse9kjkWUjdUUeppbjLQzFoVjktRmdCWnRPaHAtQVZN/view?usp=sharing>

POST ON SOCIAL MEDIA:

- Upload/tag the “Stronger Together” accounts in your photos on social media in support. You can email them directly to the movement’s email address provided if needed. The photos will be reposted to the accounts in order to achieve this increased awareness to the community. Have fun and be creative with this!

Username of Social Media Accounts:

- Instagram account: *@stongertogethergym*
- Facebook account: *@strongertogethergym*

Social Links:

- Instagram Link: <https://www.instagram.com/strongertogethergym/>
- Facebook Link: <https://www.facebook.com/strongertogethergym>
- Email Address: *strongertogethergym@gmail.com*

PLEASE INVITE YOUR FRIENDS TO LIKE THESE ACCOUNTS AS WELL.

START THE CONVERSATION

We realize that this is a very sensitive issue and it is difficult for many of us to speak openly about.

What can I do and how do I talk to my athletes and parents? This is a complex issue for all of us. Our suggestion is keep it simple.

- First, go to www.d2l.org – the web site offers education and information regarding child sexual abuse. All the tools are here for you to use.
- Owners, make sure you are doing a background check on every potential employee in your program as well as current employees on a regular basis. Have clear policies regarding safety for children including inside and outside the gym activities.
- Coaches/instructors, when talking to athletes, keep in mind age appropriateness, parental concerns with the topic and your own personal level of comfort talking with these athletes. Keep an open line of communication with your athletes as well as their parents. The topic of sexual assault is difficult so keep it simple. Make sure to educate children and parents that this includes physicians, chiropractors, massage therapists or anyone who may be involved in your athletes' lives outside of the gym.



CONTACT INFORMATION:

Email Address: [***strongertogethergym@gmail.com***](mailto:strongertogethergym@gmail.com)

COMMITTEE MEMBERS:

Amy Blee Fraser, Donna Jahn, Liz Hampe, Linsey Hamilton - Judge Liaison

Beth Ann Cavanor, Ryan Rohloff - Coach Liaison

Wendy Seifert - Fan, NCAA, MAGA and MN High School League Liaison

Caroline Ellingboe Shields - Graphic Designer

Ella Cavanor - Marketing
