

## WWOW

The Wild Women of Wisdom (WWOW) is a Task Force of the Virginia Sexual and Domestic Violence Action Alliance and was formed in 2005. We are lifetime advocates in the work to end domestic and sexual violence. We were led to this work for many different reasons and because of multiple life experiences. The video project is an opportunity to record not only our stories, but your stories, too.

## WWOW Goals

*The goals of the WWOW are to celebrate aging in a positive way while engaging individuals in the field through activities that support, empower and inspire advocates in the movement. We aim to support each other, practice laughter, humor and fun, share strategies about how we are able to do this work and thrive. We focus on mentoring women in the movement and advocating for women in the second half of life (age 50 and older) who are or have been victims of sexual and/ or domestic violence.*



*The Judge listened to me and I liked helping victims' voices be heard.*



## Wild Women of Wisdom

5008 Monument Avenue  
Richmond, VA 23230  
Phone: 804-377-0335

[www.vsdvalliance.org](http://www.vsdvalliance.org)

# Wild Women of Wisdom

*A Task Force of the Virginia Sexual and Domestic Violence Action Alliance*

History,  
Herstory,  
Your Story  
**Tell us  
Your  
Story**

# Telling YOUR Story through Videos and Written Responses

## Participate in the Project

All members of the Action Alliance are encouraged to participate in the “History, Herstory, Your Story” project. The collection of stories is evidence of years of hard work and remarkable accomplishments. Some stories reveal personal challenges that guided people to this work. Some stories show how a conversation or a twist of fate gave people a new opportunity and a new career.

Advocates share lessons they have learned from survivors, words of wisdom and tales of amazing changes they helped create.

The stories aren’t over. New experiences happen every day. Advocates continue to work toward safety, justice, and changes to the systems that tolerate violence and oppression. Won’t you tell us your story?

## Where?

Videos and written responses are collected at Action Alliance events, such as Retreats and Membership Meetings.

## Create your own Opportunity

Any Task Force, Caucus, or staff meeting can be turned into an opportunity to participate and tell your story. No special equipment is needed, since many smart phones have great video quality. The full written guidelines provide the details. Here is a summary:

## Video Guidelines

Video segments are brief, lasting from two to four minutes and include only one person per clip.

There is no specific format, but in general, the video subject should be filmed from the torso up, focusing on the speaker’s face. Try to find an area with good lighting and minimal distracting noises.

The questions and topics change periodically. When you receive the current selection, pick one question per clip. There is no expectation that participants record more than one question.

Don’t rehearse your answers. The best stories get told on the first take. We noticed that many details get dropped when the speaker tells her story for the second time.

Have fun!

Videos are to be emailed to the WWOW Task Force contact person.

## Written Response Guidelines

Written responses are short answers and brief scenarios based on the current questions that are expressed in 1 to 25 words. Forms for written responses are connected to the Guidelines.



## Full guidelines are available

Please call or email to request the full written guidelines to learn how you can participate in the “History, Herstory, Your Story” project. Guidelines are also available on the Action Alliance website: <http://vsdvalliance.org/#/join-us-donate/join-a-task-force>

***See what we’ve already done!***

*View our videos on YouTube. Search for VAWildWomenOfWisdom*

<http://www.youtube.com/user/VAWildWomenOfWisdom>