



Name your Spider

Please speak up only when you feel ready and have reliable support.

There are four important reasons to name the spiders that we spot.

- First, to **protect other people** from getting tangled in the spider's web.
- Second, to **be a voice** for victims who are healing, who aren't ready, or who feel afraid to speak up.
- Third, to have adults **remove the spider**, and decide **fair consequences** for their abuse.
- And, fourth, to **reclaim our power**, and to prove that we have untangled ourselves from the spider's web, and that we are free!!

Name your spider by telling an adult you trust, and/or reporting to your club, school, league, national governing body, a local or national newspaper, [SafeSport](#), and/or the police.

The name of the sneaky spider life-coach who abused me (Dr. Amy) is Georgina Lindsey.