



CAP TIPs is a series of periodic messages to assist in the planning and implementation of NCVRW Community Awareness Projects. Please feel free to send your individual questions or requests for assistance to Anne Seymour at [annesey@atlantech.net](mailto:annesey@atlantech.net)

## **CAP TIP #4**

### **To Improve Public Awareness**

#### **Notable Quotables**

##### **Introduction**

The theme for 2017 National Crime Victims' Rights Week (NCVRW) is "Strength. Resilience. Justice."

This theme provides CAP programs with the opportunity to focus NCVRW messaging and outreach on these three attributes that help crime victims and survivors recover in the aftermath of crime; and that are also important to helping communities that are detrimentally impacted by crime. This year's theme helps create a hopeful vision for a Nation that views and treats crime victims and survivors with the respect and dignity they deserve as they seek support, services and justice.

This CAP TIP features over 40 quotations from a diverse range of leaders, authors and dignitaries that address three concepts within the 2017 NCVRW theme:

1. Strength
2. Resilience
3. Justice

##### **How to Use Notable Quotables**

The quotations that follow can be used in all aspects of 2017 NCVRW planning, victim/ survivor outreach, community awareness and media relations. For example:

- Beginning in mid-March, include one of the 40+ quotations in a Twitter feed each day, with the hashtag(s):
  - #NCVRW2017Strength
  - #NCVRW2017Resilience
  - #NCVRW2017Justice
- Begin each meeting of your NCVRW Planning Committee by reading one of the quotations.
- Provide the quotations to people who will be speaking during your 2017 NCVRW activities for reference and inspiration.

- On your email outreach for 2017 NCVRW, include a different quotation as a “tag” at the bottom of your messages.
- Create a PowerPoint presentation that features some of the quotations, which can be used as an “opening slide show” when people arrive at your NCVRW event(s).
- Print the quotations in large print on 8 1/2” by 11” paper; affix each quotation paper to a colorful background piece of paper; and post them on the walls of any events you sponsor.

## **Strength**

“You gain strength, courage and confidence by every experience in which you really stop to look fear I the face. You are able to say to yourself, ‘I have lived through this horror. I can take the next thing that comes along.’ You must do the thing you think you cannot do. – Eleanor Roosevelt

“I think a hero is an ordinary individual who finds strength to persevere and endure in spite of overwhelming obstacles.” – Christopher Reeves

“Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, ambition inspired, and success achieved.” – Helen Keller

“Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world.” – Harriet Tubman

“Joy is prayer, joy is strength, joy is love. Joy is a net of love by which you can catch souls.” – Mother Teresa

“It is in the knowledge of the genuine conditions of our lives that we must draw our strength to live and our reasons for living.” – Simone de Beauvoir

“The kind of beauty I want is the hard-to-get kind that comes from within – strength, courage, dignity.” – Ruby Dee

“Unity is strength; when there is teamwork and collaboration, wonderful things can happen.” – Mattie Stepanek

“Courage is very important. Like a muscle, it is strengthened by use.” – Ruth Gordon

“You will never truly know yourself of the strength of your relationships until both have been tested by adversity.” – J.K. Rowling

“Let me tell you the secret that has led me to my goal. My strength lies solely in my tenacity.” – Louis Pasteur

“I was always looking outside myself for strength and confidence, but it comes from within. It is there all the time.” – Anna Freud

“A true friend knows your weaknesses but shows you your strengths; feels your fears but fortifies your faith; sees your anxieties but frees your spirit; recognizes your disabilities but emphasizes your possibilities.”  
– William Arthur Ward

“Strength does not come from winning. Your struggles develop your strengths. When you go through hardships and decide not to surrender, that is strength.”  
– Arnold Schwarzenegger

## **Resilience**

“Resilience is based on compassion for ourselves, as well as compassion for others.” – Sharon Salberg

“The human capacity for burden is like bamboo – far more flexible than you’d ever believe at first glance.”  
– Jodi Picoult

“Resilience is very different than being numb. Resilience means you experience, you feel, you fail, you hurt, you fall. But, you keep going.”  
– Yasmin Mogahad

“Resilience is not what happens to you. It’s how you react to, respond to, and recover from what happens to you.”  
– Jeffrey Gitomer

“Resilience is accepting your new reality, even if it’s less good than the one you never had before.”  
– Elizabeth Edwards

“You may encounter many defeats, but you must not be defeated. In fact, it may be necessary to encounter the defeats, so you can know who you are, what you can rise from, how you can still come out of it.”  
– Maya Angelou

“We are stronger than we think. We have emotional, spiritual and even physical resources at our disposal. We may get knocked down, but we don’t have to stay down.”  
– Steve Goodier

“When we learn how to become resilient, we learn how to embrace the beautifully broad spectrum of the human experience.”  
– Jaeda Dewalt

“Persistence and resilience only come from having been given the chance to work through difficult problems.”  
– Gever Tulley

“Turn your wounds into wisdom.”  
– Oprah Winfrey

“When we tackle obstacles, we find hidden reserves of courage and resilience we did not know we had. And it is only when we are faced with failure do we realize that these resources were always there within us.”  
– A. P. J. Abdul Kalam

“She stood in the storm and, when the wind did not blow her way, she adjusted her sails.”  
– Elizabeth Edwards

“Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time.”  
– Thomas Edison

“Life shrinks or expands in proportion to one’s courage.” – Anais Nin

“There is no problem that doesn’t have some underlying need for more optimism, stamina, resilience and collaboration.” – Jane McGonigal

“It is really wonderful how much resilience there is in human nature. Let any obstructing cause, no matter what, be removed in any way, even by death, and we fly back to the first principle of hope.” – Bram Stoker

## Justice

“Justice is the right decision, done the right way, for the right reasons.” – Congressman Judge Ted Poe

“Justice will not be served until those who are unaffected are as outraged as those who are.” – Benjamin Franklin

“I don’t believe we can have justice without caring, or caring without justice. These are inseparable aspects of life and work.” – Justine Wise Polier

“Injustice anywhere is a threat to justice everywhere. We are caught in an inescapable network of mutuality, tied in a single garment of destiny. Whatever affects one directly, affects all indirectly.” – Dr. Martin Luther King

“Justice is truth in action.” – Benjamin Disraeli

“A right is not what someone gives you; it’s what no one can take away from you.” – Ramsey Clark

“There may be times when we are powerless to prevent injustice, but there must never be a time when we fail to protest.” – Elie Wiesel

“Now all we need is to continue to speak the truth fearlessly, and we shall add to our number those who will turn the scale to the side of equal and full justice in all things.” – Lucy Stone

“We are not to simply bandage the wounds of victims beneath the wheels of injustice; we are to drive a spoke into the wheel itself.” – Dietrich Bonhoeffer

“True freedom requires the rule of law and justice, and a judicial system in which the rights of some are not secured by the denial of rights to others.” – Jonathan Sacks

“We must remember that any oppression, any injustice, any hatred is a wedge designed to attack our civilization.” – Franklin Roosevelt

“The dead cannot cry out for justice; it is a duty of the living to do so for them.” – Lois McMaster Bujold

“The moral arc of the universe is long, but it bends toward justice.” – Dr. Martin Luther King

“It is a denial of justice not to stretch out a helping hand to the fallen; that is the common right of humanity.”  
– Seneca

“Justice cannot be for one side alone, but must be for both.”  
– Eleanor Roosevelt

“Safeguarding the rights of others is the most noble and beautiful end of a human being.”  
– Kahlil Gibran

### **For More Information**

Please contact National Crime Victims’ Rights Week Community Awareness Project Consultant Anne Seymour via email at [anneseey@atlantech.net](mailto:anneseey@atlantech.net); or by telephone at 202.547.1732.