

Dancing doesn't mean putting up with everything!

Sarah Arnal / Regroupement québécois de la danse



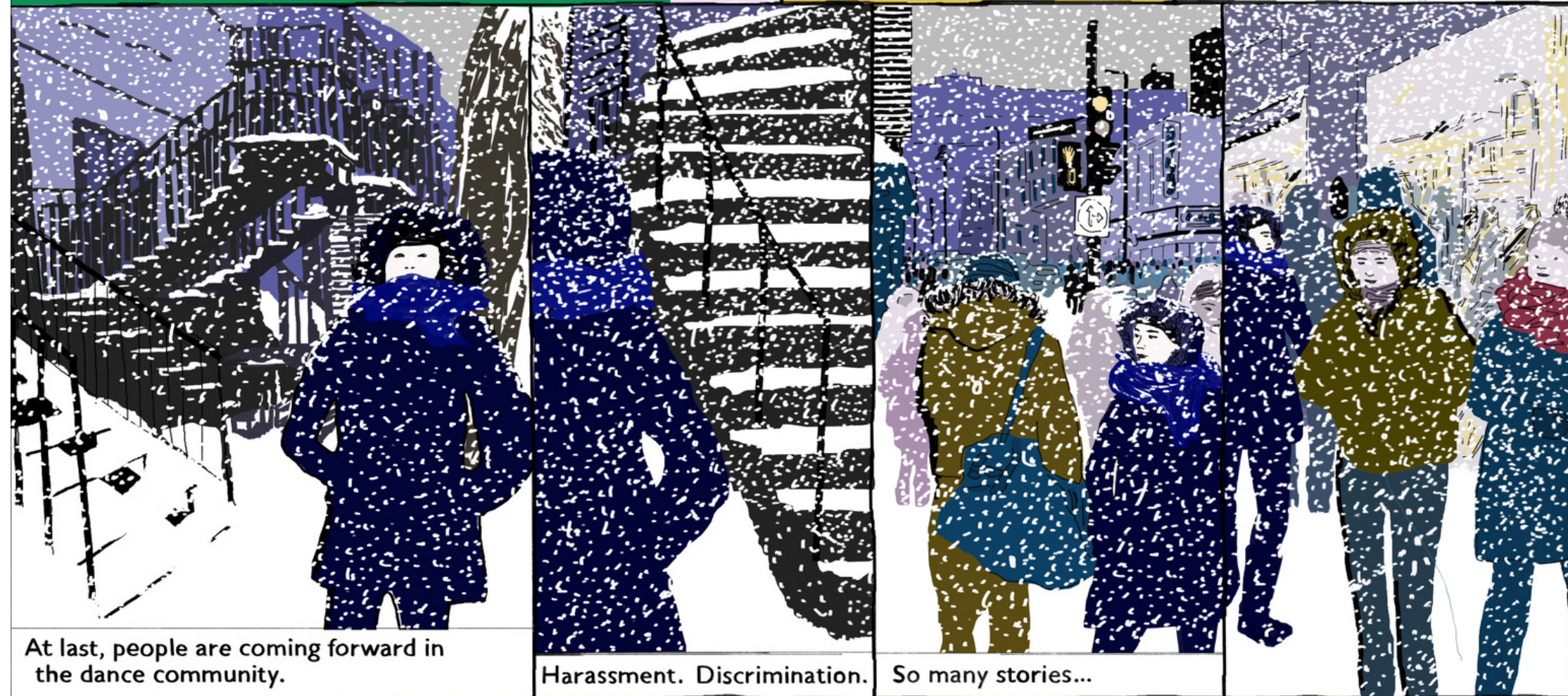


Le monde de la danse touché par #MeToo

Un évêné de Québec

La fondatrice du mouvement #MeToo appelle les victimes à s'organiser

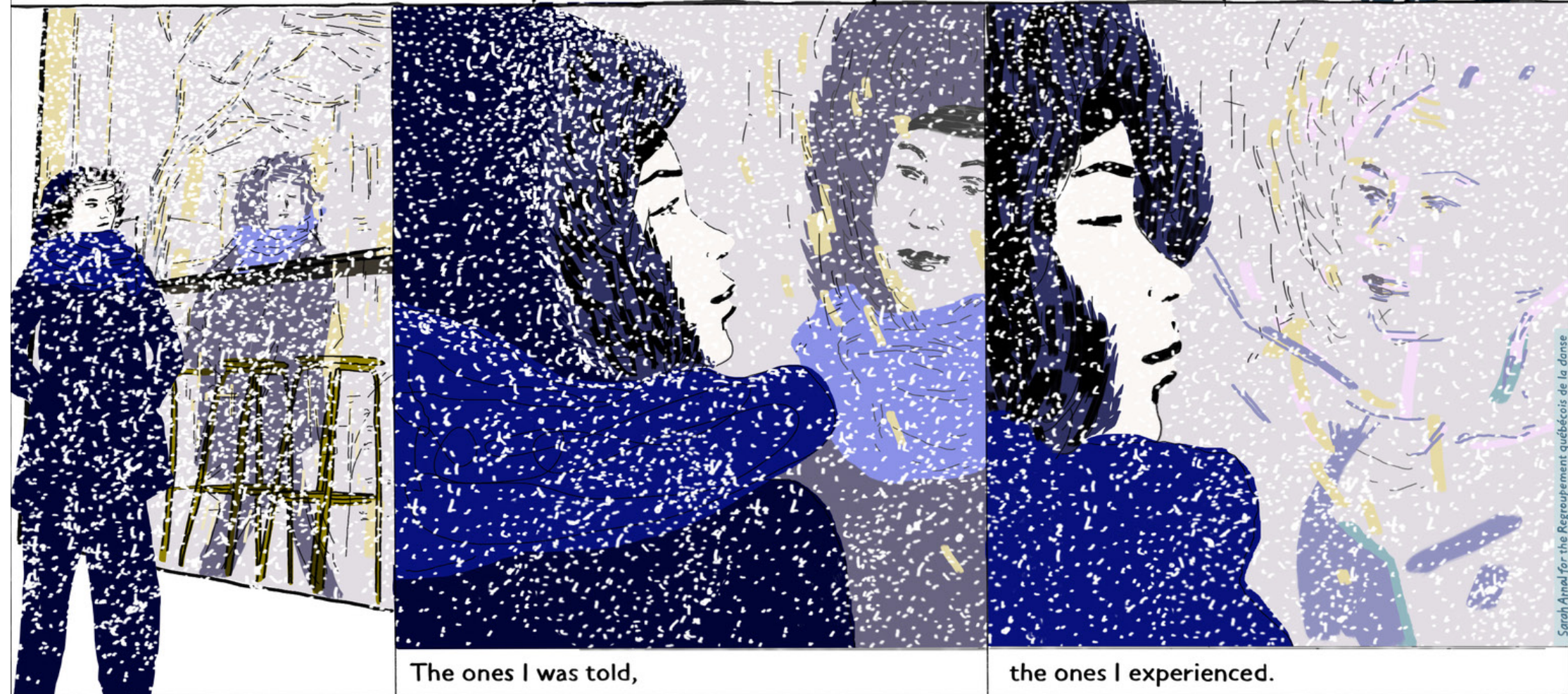
#MeToo, another new case.



At last, people are coming forward in the dance community.

Harassment. Discrimination.

So many stories...

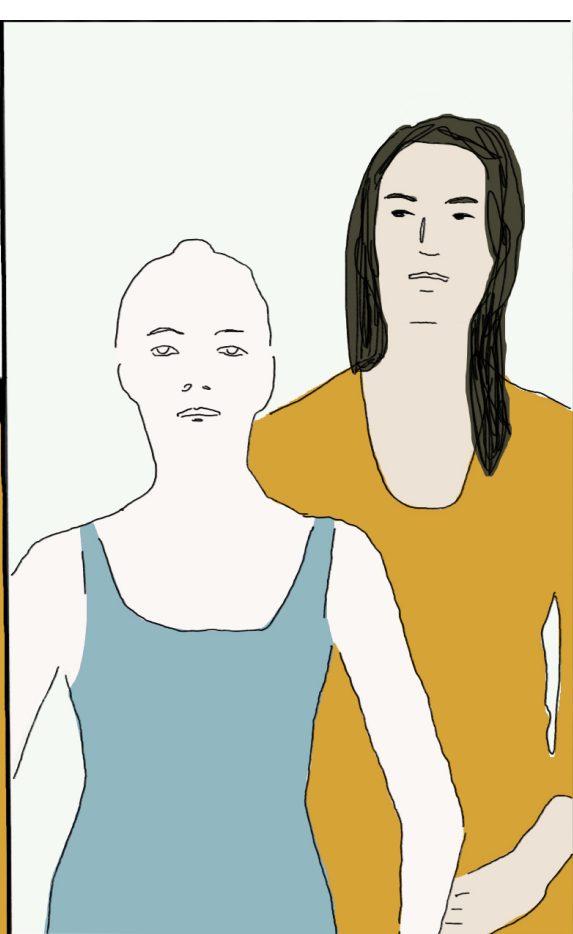


The ones I was told,

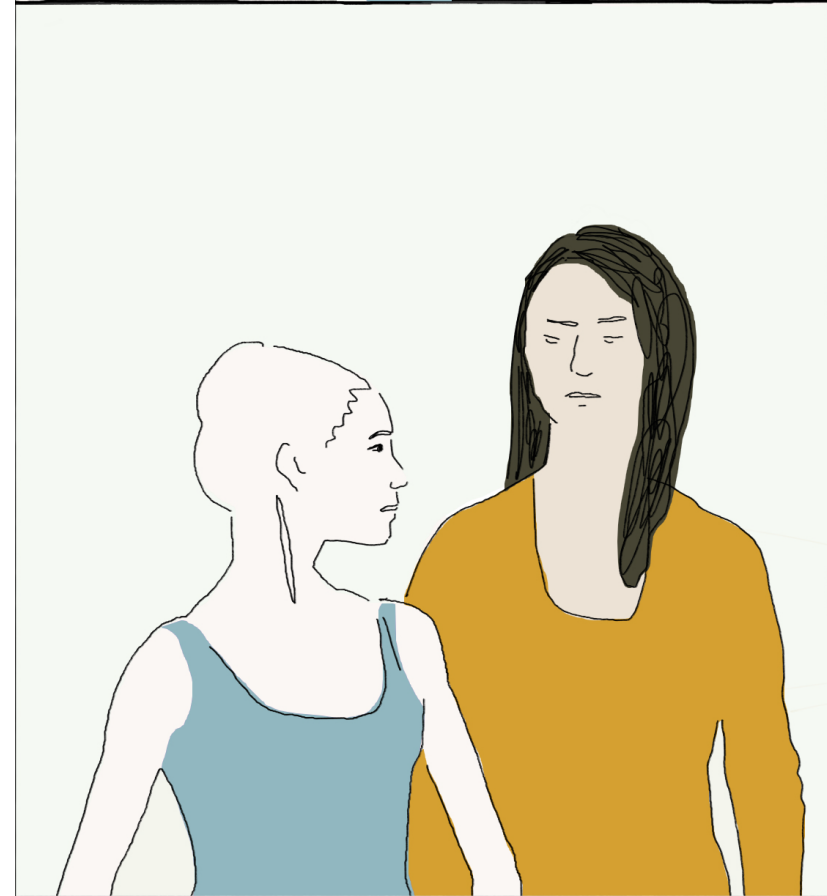
the ones I experienced.



There are the glances on your body.



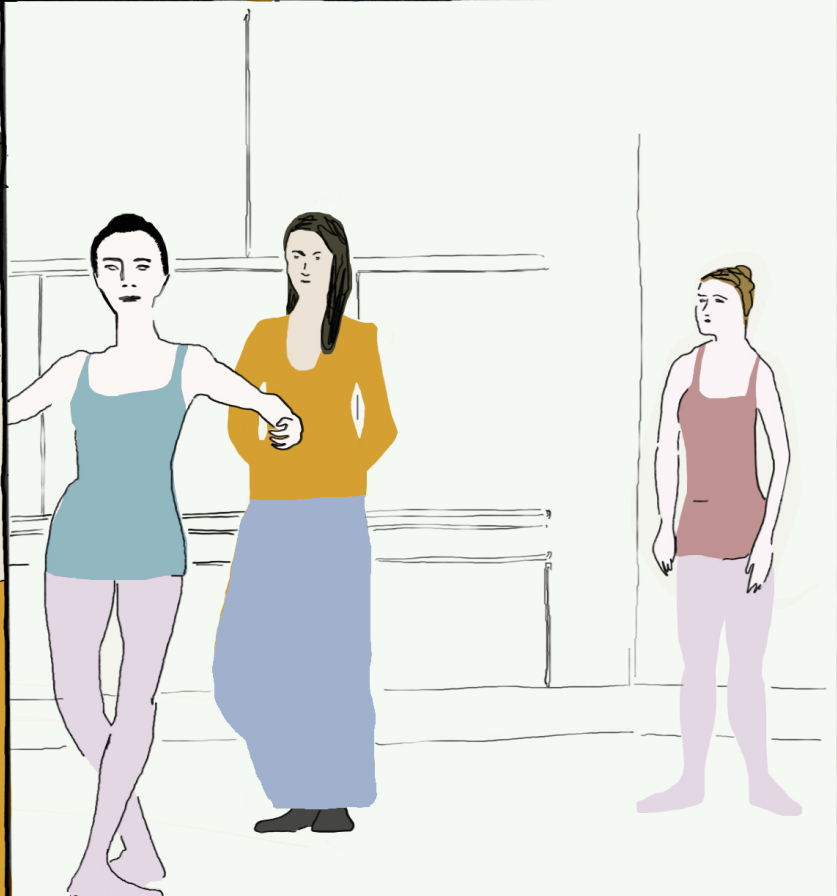
The perpetual judging.



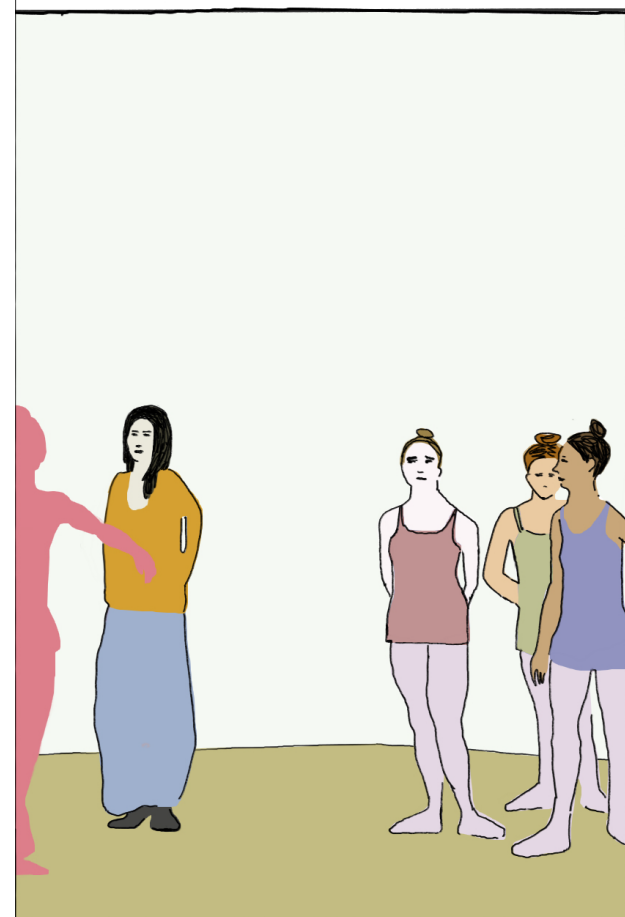
The inappropriate remarks about your breasts, about your curves.



You don't say anything. You absorb it.



You judge yourself, constantly comparing.

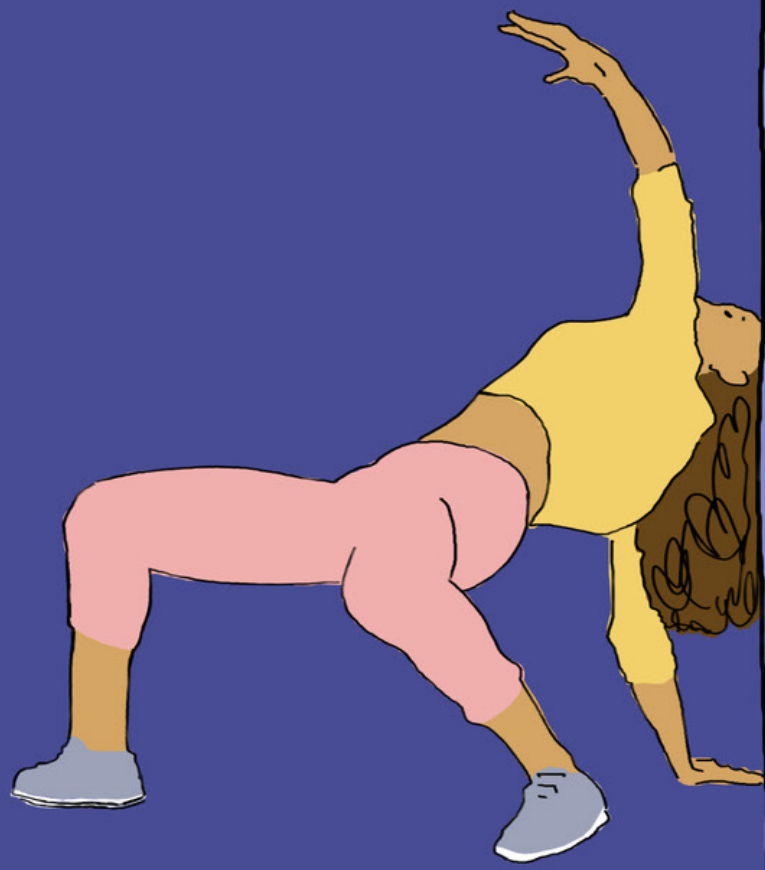


Some stop eating...

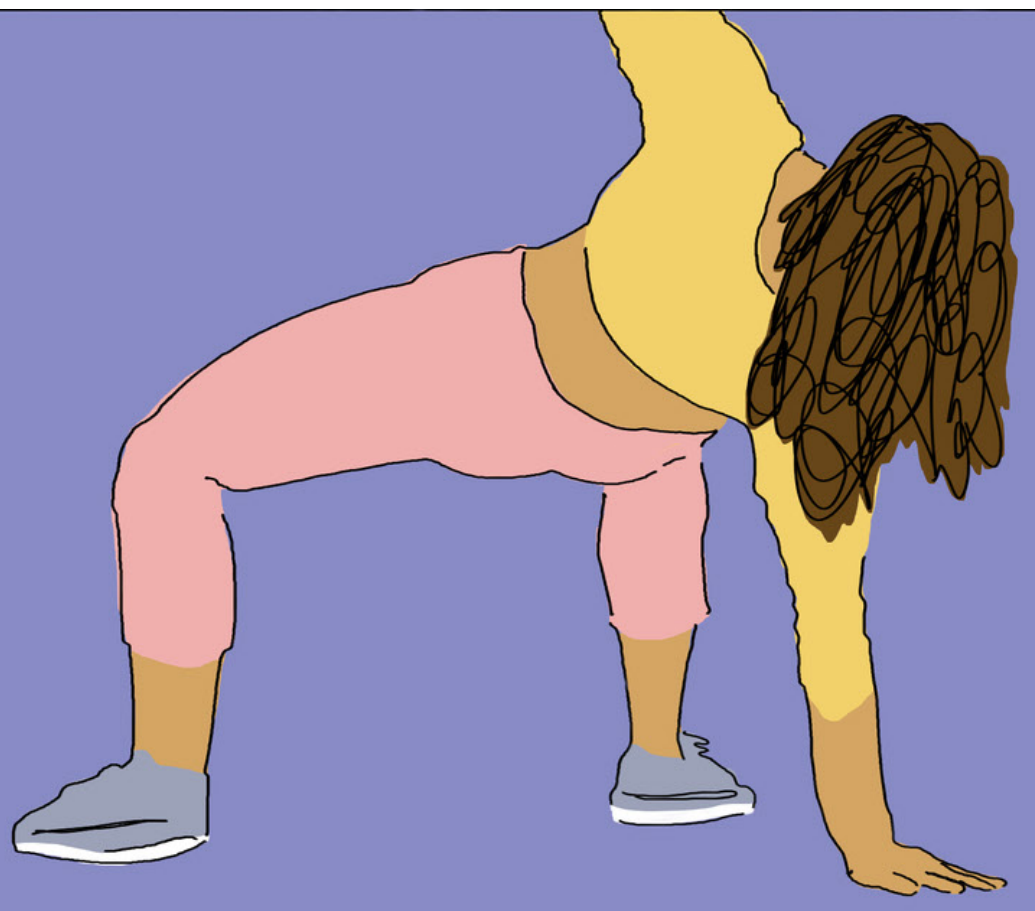


Others change professions.





Some scream,



are constantly yelling.



Some insult you,



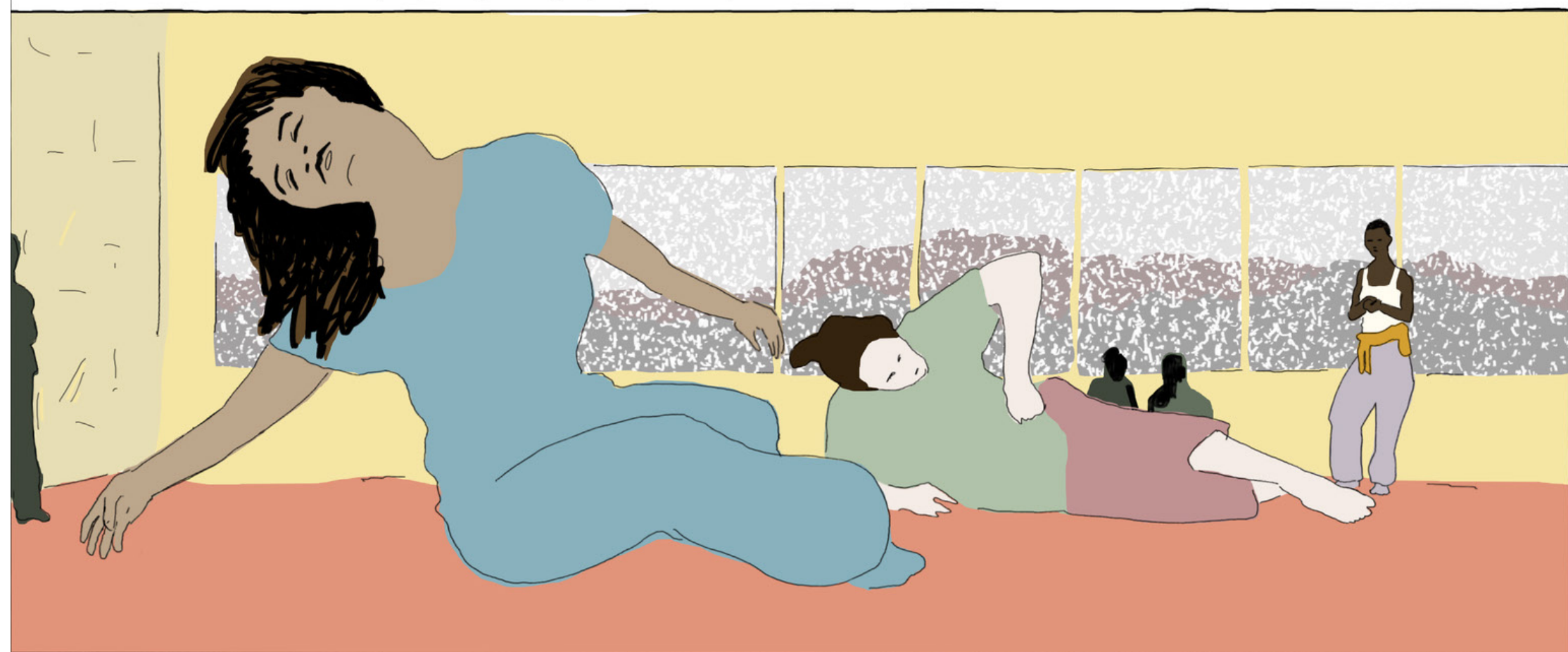
try to "break" you.



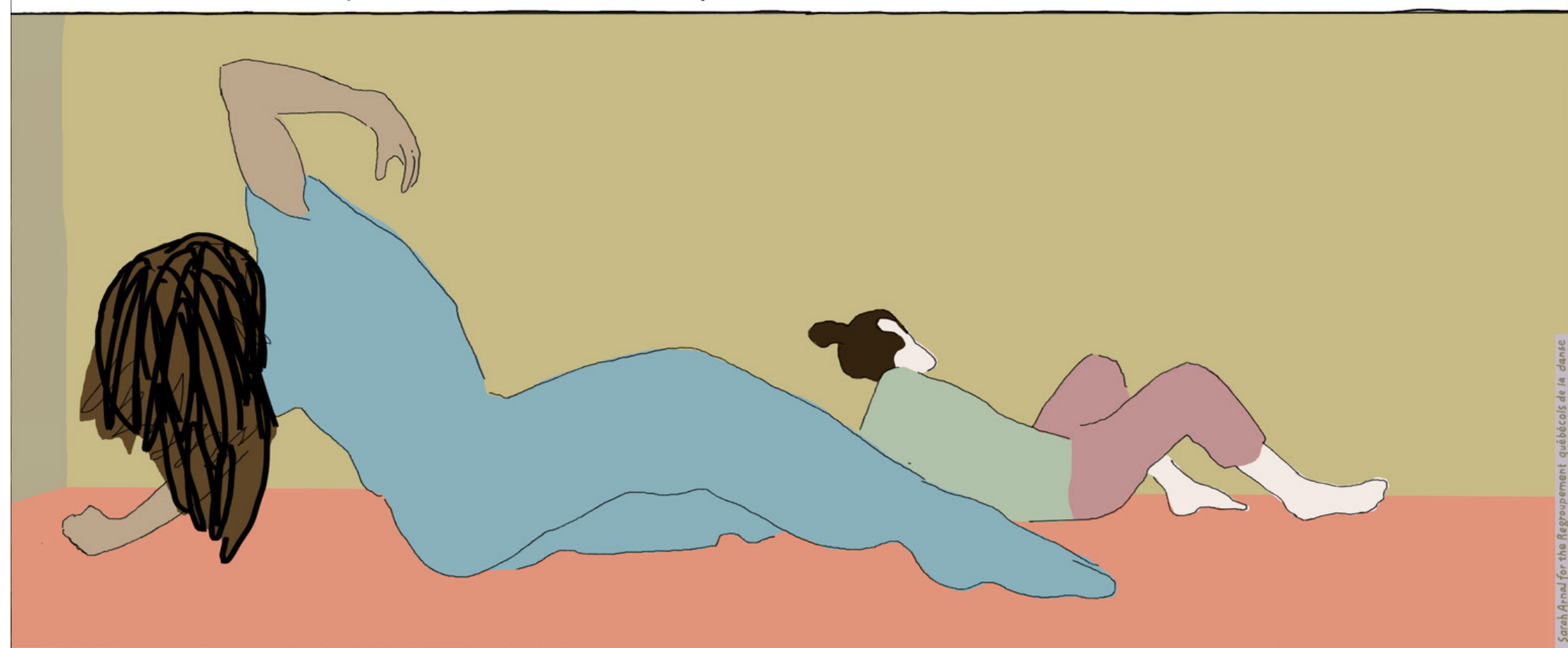
There's no reason for it to be like this...



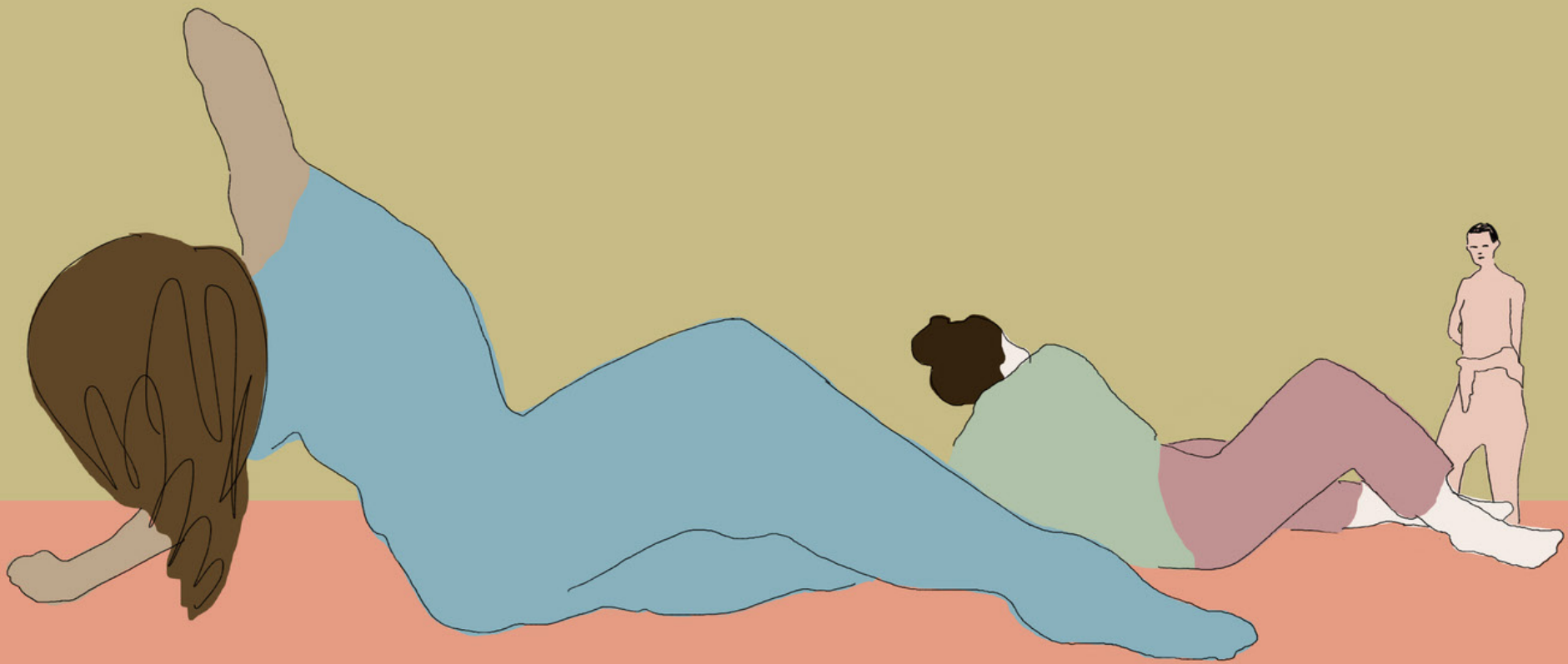
There are those who lust after you, who praise you, who favour you.



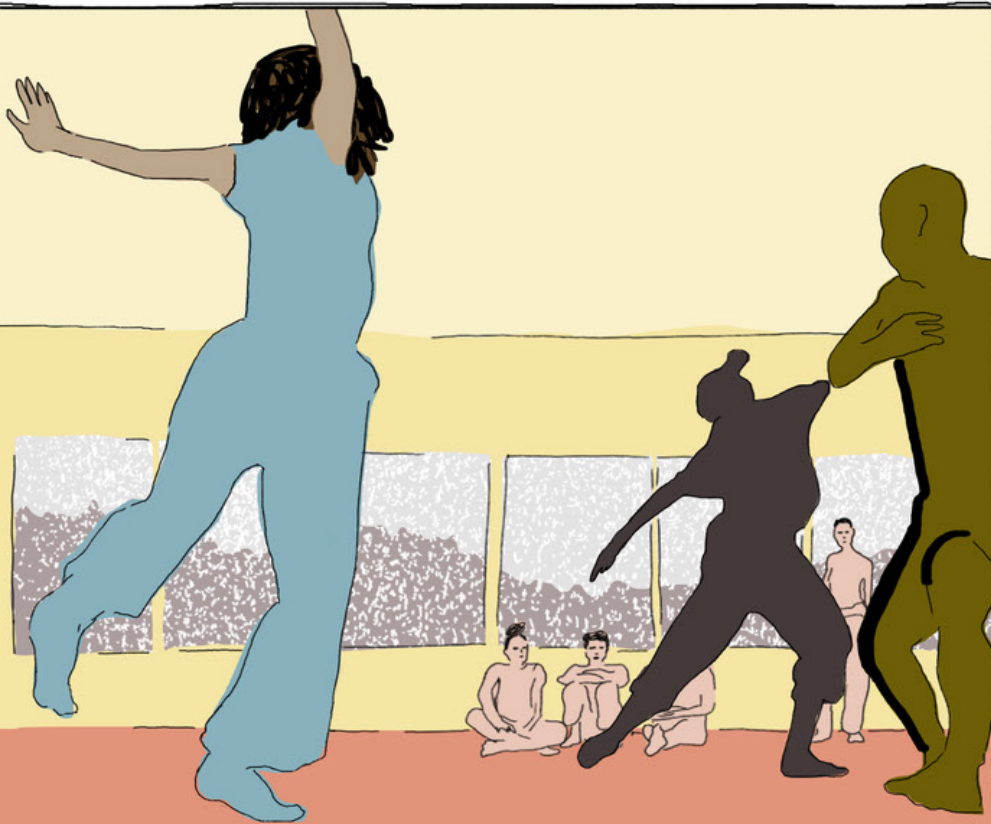
Those who, overtime, make you feel too close to them, make you feel too attached.



And then, nothing, if you don't keep playing the game.



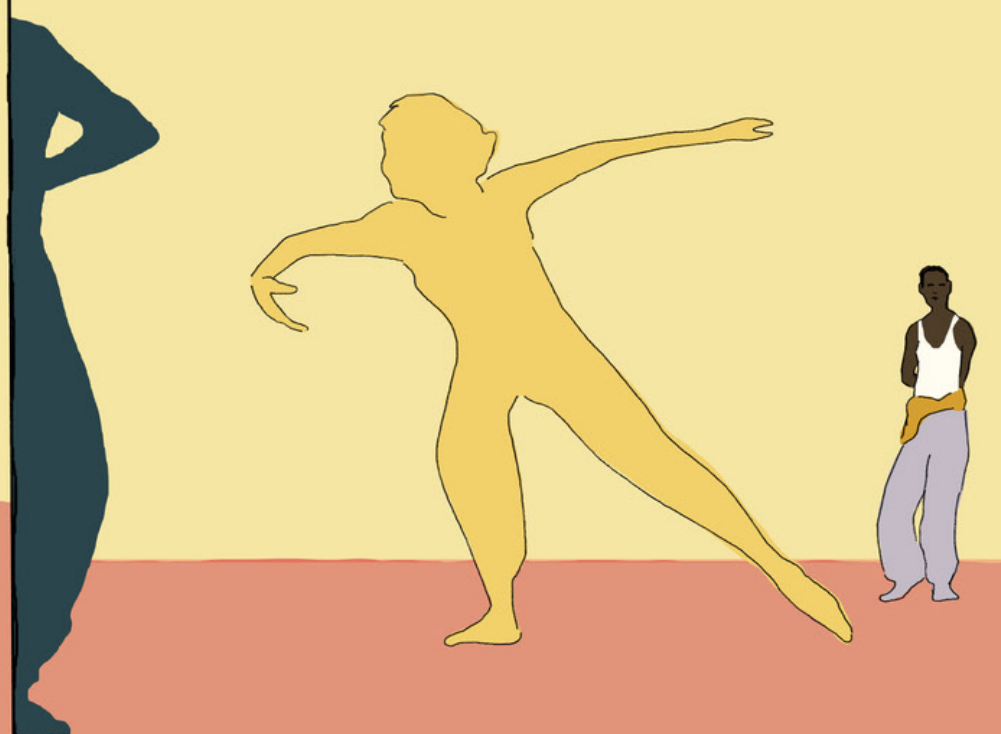
There are those who leer at your breasts, your bum.



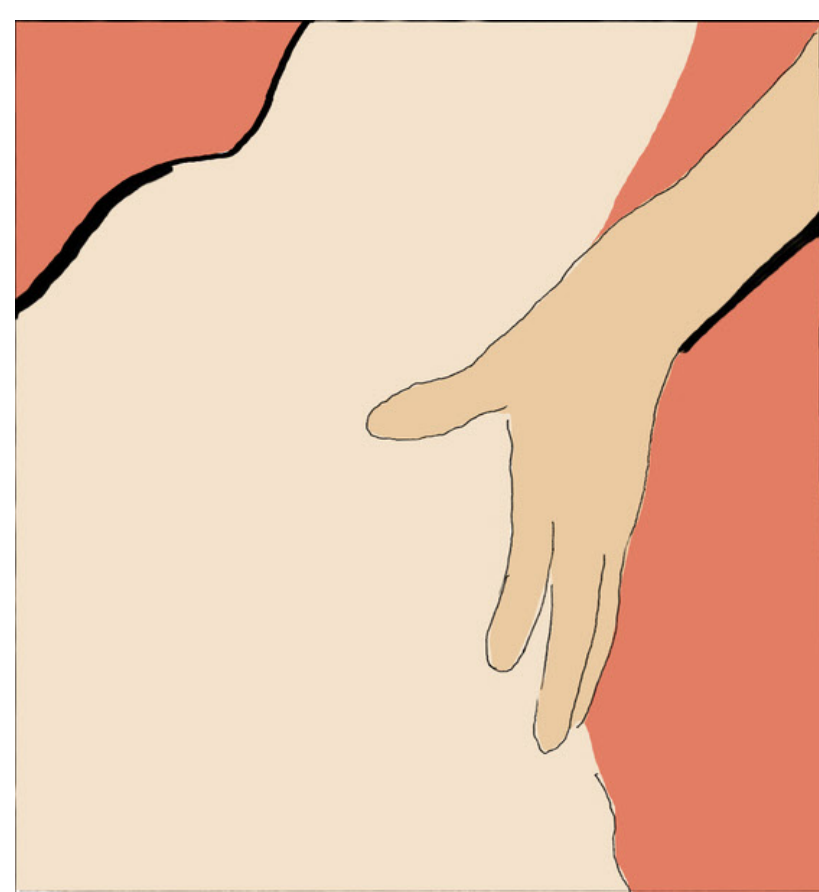
Those who come out of nowhere when you're changing costumes.



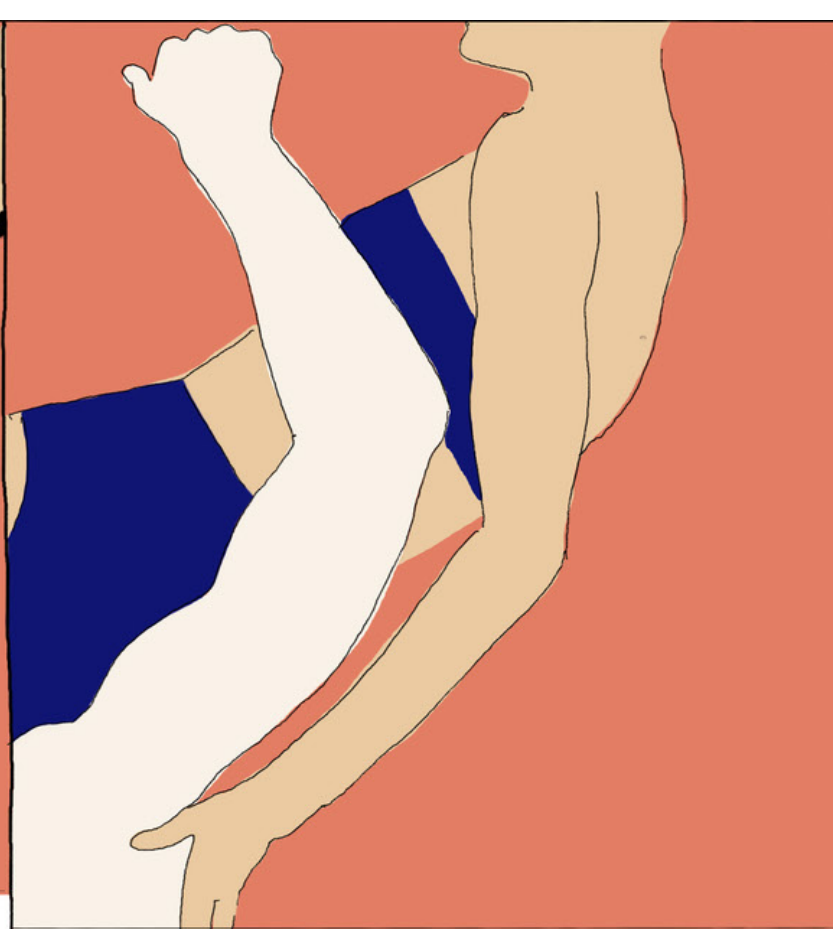
Others take your picture...maybe ask you to undress...



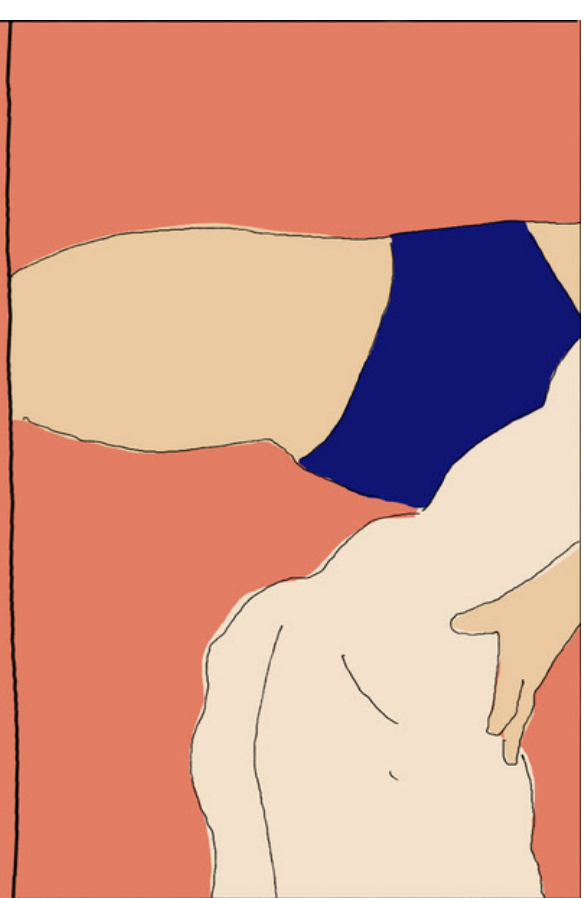
And then share these images on the Web without your consent.



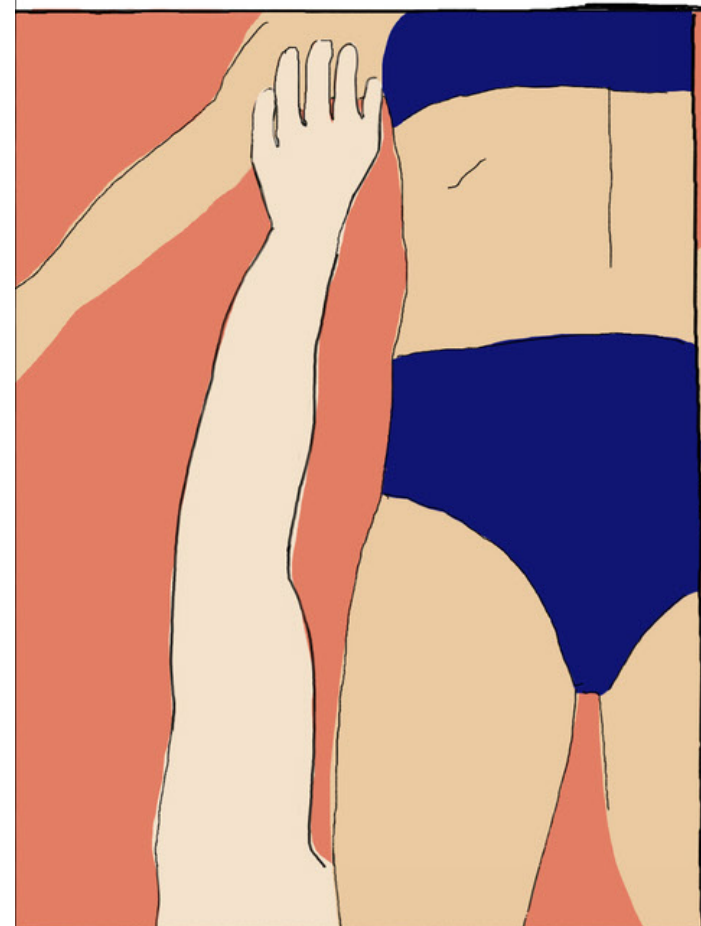
There are therapists with ambiguous language, forceful gestures.



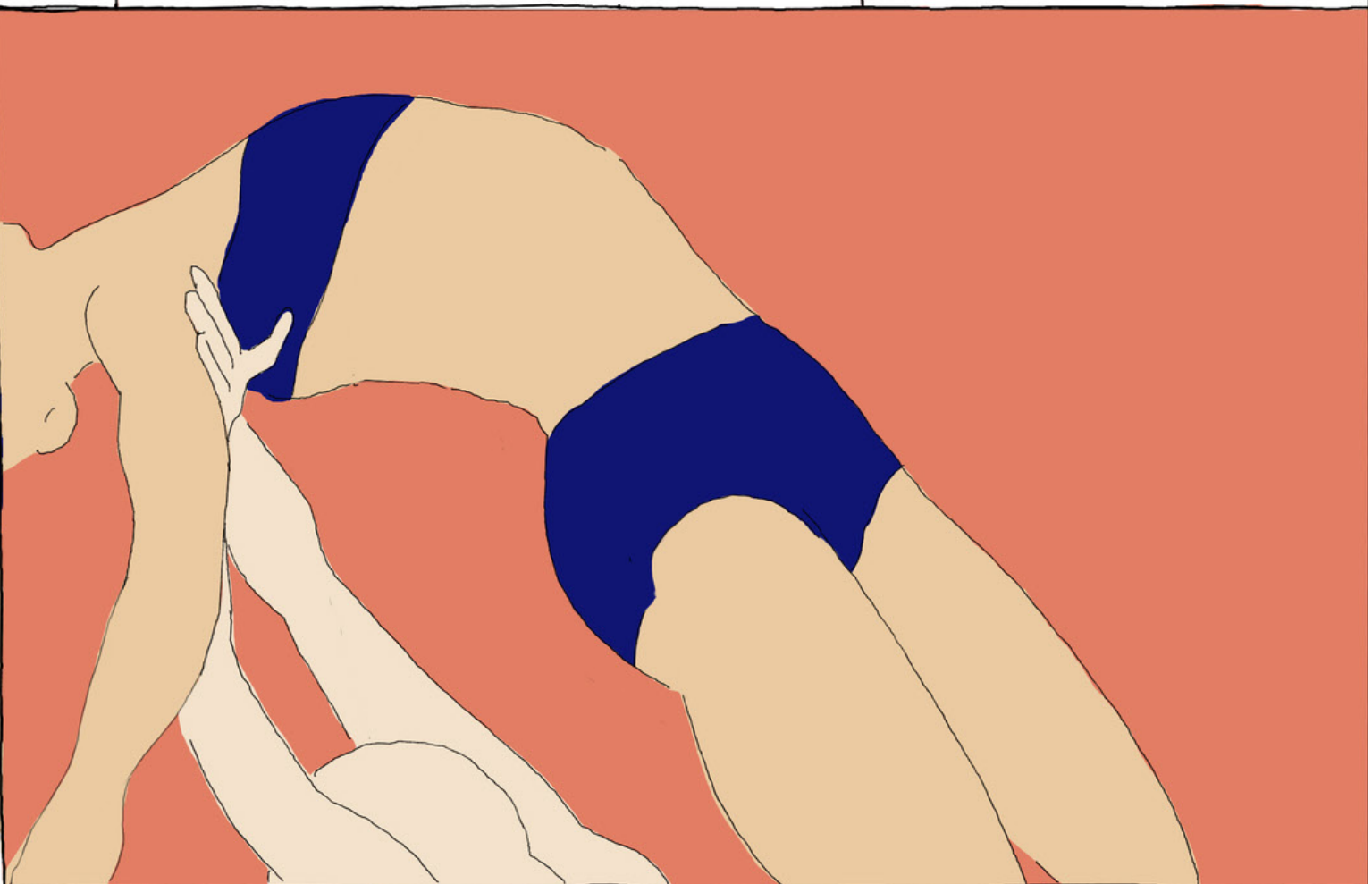
Questionable contact with certain partners.



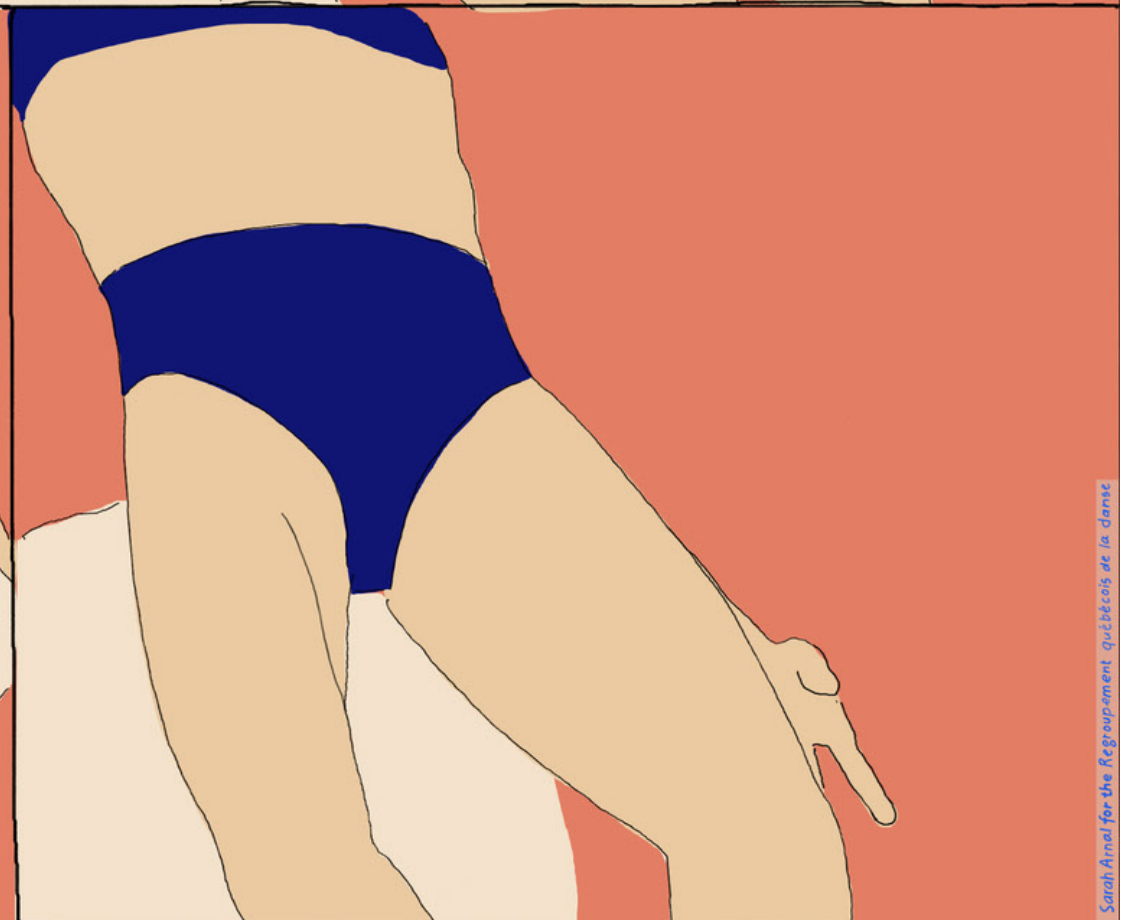
In class, in the studio, on stage and behind the scenes.



They tell you "it's okay, it's normal".



You end up forgetting that you have the right to say no.



Dancing doesn't mean putting up with everything.



Some say that it's all in your head.

That it's your fault.



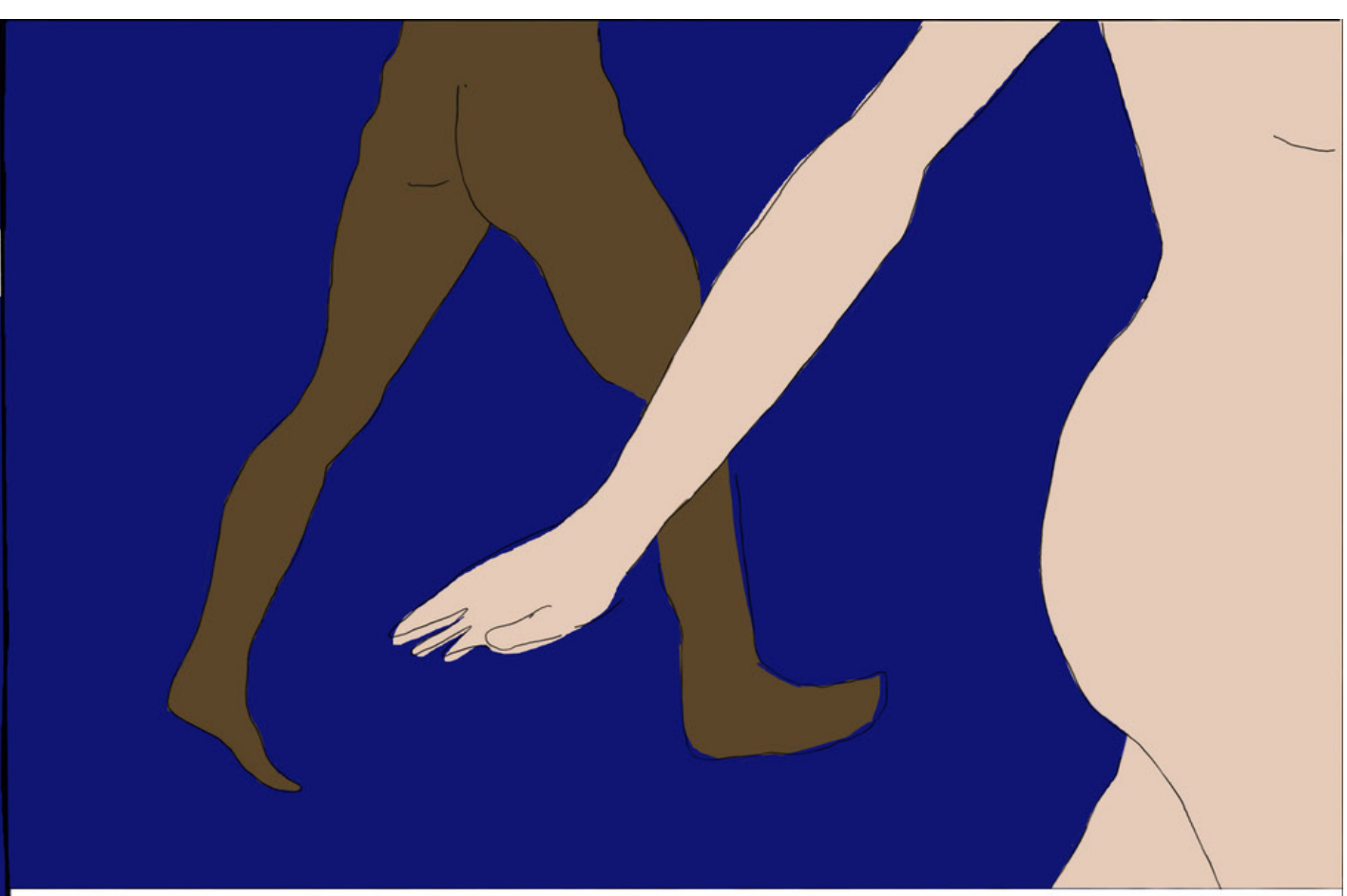
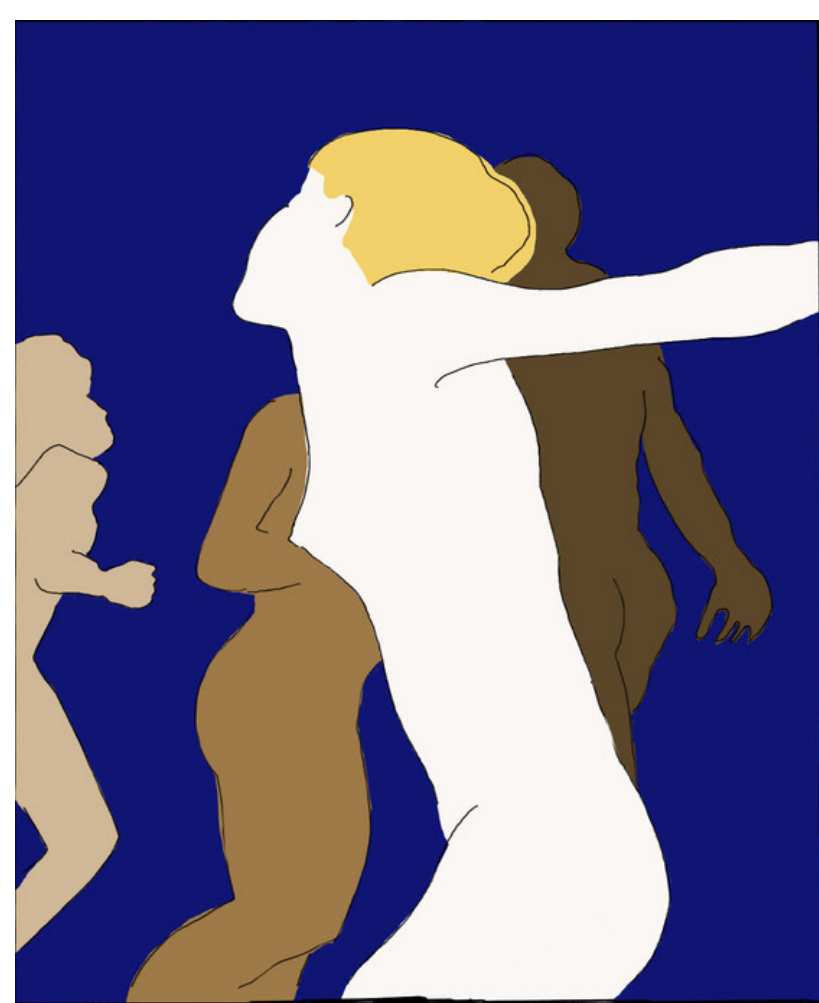
Others make light of the problems.

"We've all been through this"
"It happens to everybody".

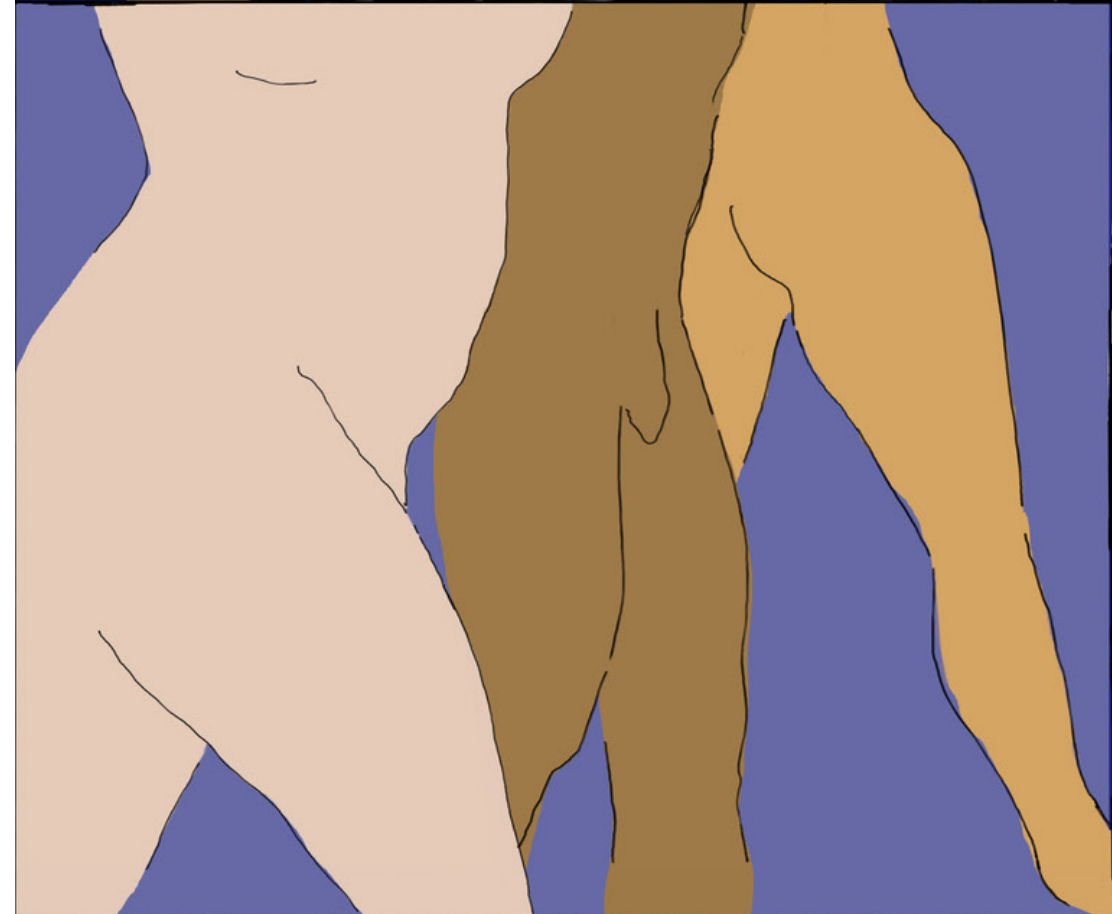


You feel punished, betrayed and strangely, guilty.

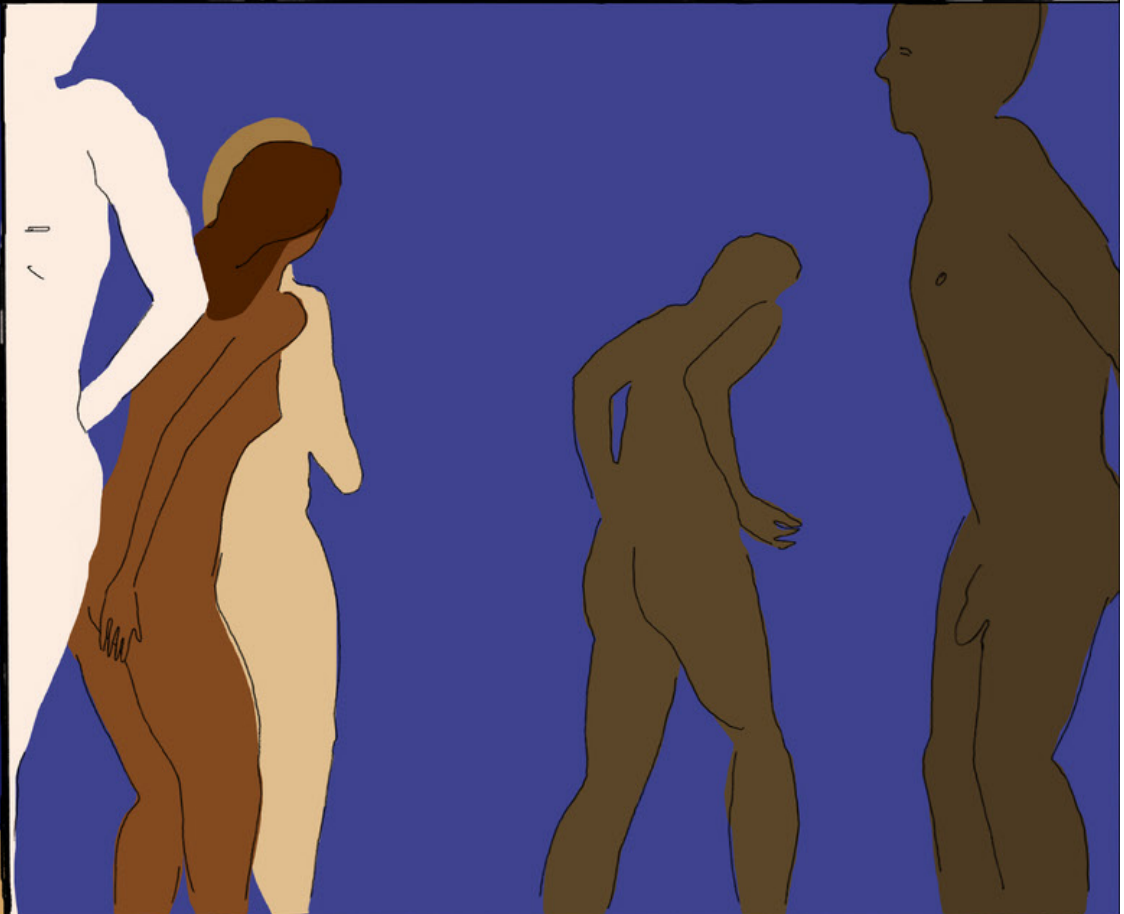
You're ashamed. It eats you up.



Sometimes you doubt that nudity is necessary.



You wonder about sexualization, stereotypes, violence.



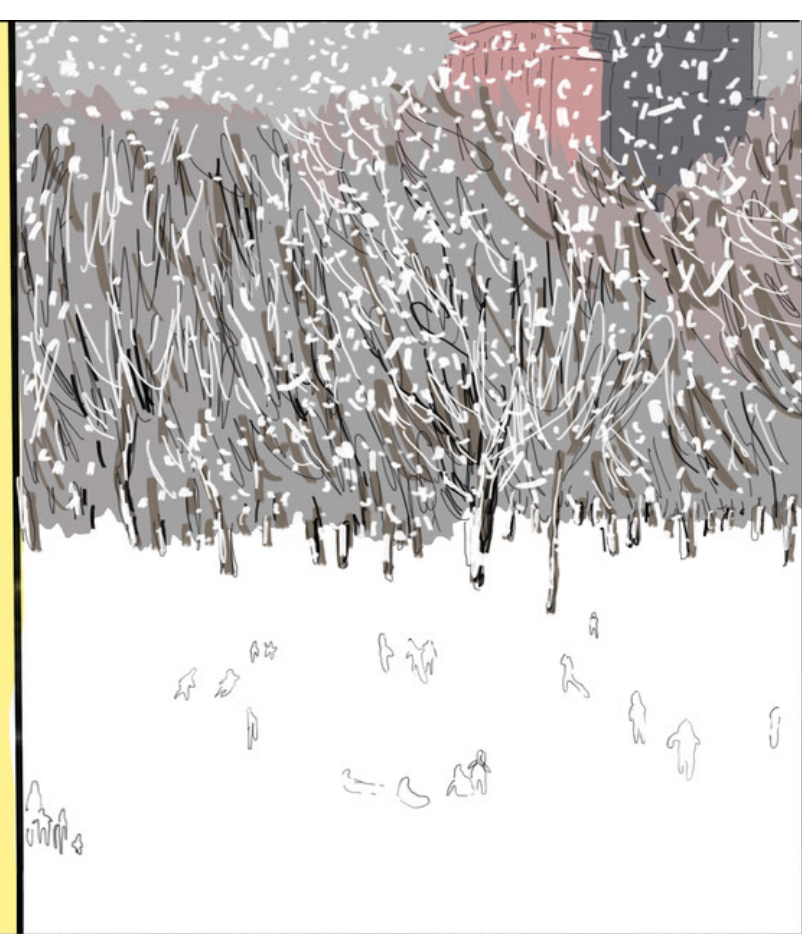
You say yes when you want to say no...



In the name of art... or simply because you need to pay the bills.



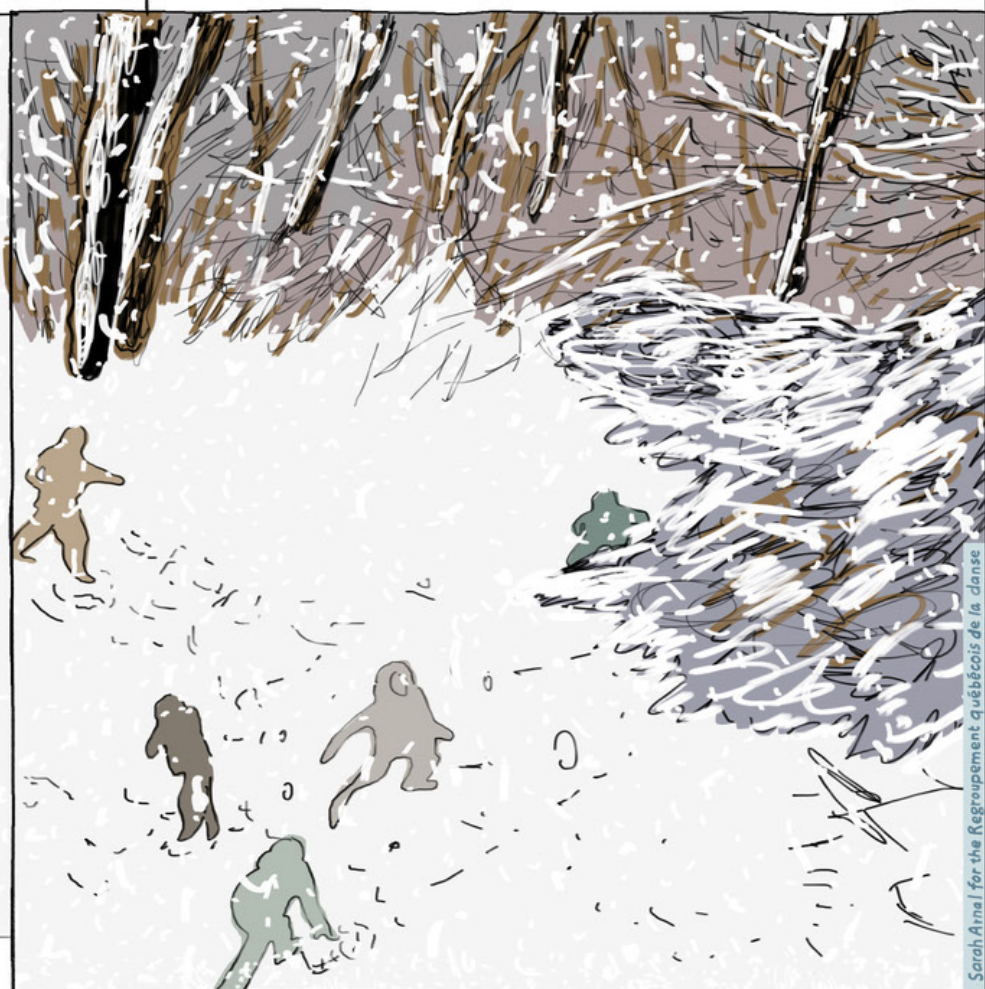
And then there are those who make you feel guilty for being pregnant.



For having a kid or wanting to start a family.




Those who recommend that you have an abortion.



Sarah Alma | for the Regroupement québécois de la danse



Let's be honest, opportunities tend to decline once you've had children.



Dancing depends on the state of pushing past one's own physical and mental limits, and this state sometimes makes identifying abusive situations difficult.

The normalization of violence and lack of job security make it hard to speak up.

Knowing the law, our rights and our responsibilities.

Embracing behaviours that promote healthy learning and working relationships.

These are the keys to fighting discrimination, assault, abuse of power and psychological or sexual harassment.

Let's work together to say no to violence.

This graphic story and the *Trousse de prévention du harcèlement et autres violences en danse* (French only) are tools created by the RQD in order to keep up the fight against all forms of harassment, aggression and abuse in dance practice (https://www.quebecdanse.org/ressources/ressources-humaines/prevenir_violences_harcelement/).



*Dancing doesn't mean
putting up with everything !*

A graphic story from the

REGROUPEMENT
QUÉBÉCOIS DE
LA DANSE



Illustrations : Sarah Arnal

Text : Sarah Arnal, Fabienne Cabado
and Valérie Lessard

Proofreading : Coralie Muroli

Translation : Transit Traduction

Consulting group :
Me Virginie Maloney (L'Aperté),
West Island CALACS,
and dance professionals
Geneviève C. Ferron,
Francine Gagné, Dorian Nuskind-Oder,
Georges-Nicolas Tremblay
and Jamie Wright.

Coordination : Valérie Lessard

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With the valuable financial support of :

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Conseil
des arts
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du Québec



Conseil des Arts
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Canada Council
for the Arts