



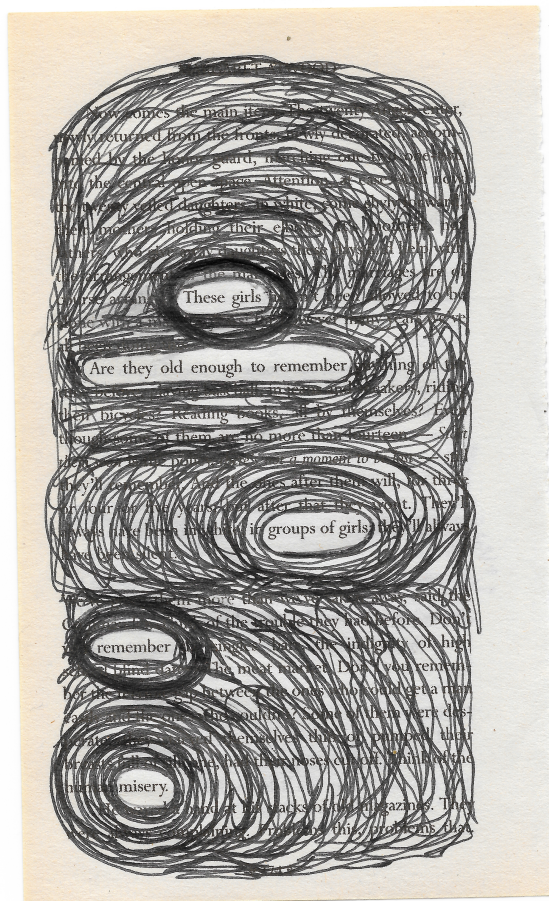
## the first man for me

*Heather Prost*

*These erasure/found poems explore the theme of #MeToo, which is a platform for survivors of sexual harassment and sexual violence to give voice to their experience(s). When I practice erasure poetry (the strategic emphasis and removal of words from an existing text), the creative act centres the control that was taken from me. The phrase “Me Too” was started over a decade ago by Tarana Burke, a black grassroots activist and change maker, and presently, in the digital era, survivors have used the hashtag #MeToo to find one another. What has come uncovered is that our stories of survivorship do not fit the “perfect survivor” narrative, because there is no such thing. In #MeToo, trans, non-binary, and queer survivors, have space to share their voice, on their terms, in their online communities.*

### **Content Warning: Sexual Violence**





### Artist Statement

Gendered violence, specifically sexualized violence and rape culture, continues to manifest and target the most marginalized communities (women, gender non-binary and trans people, as well as people of colour). Despite this, sexual assault continues to be largely underreported while survivors adopt their own methods for healing, rather than face victim-blaming hierarchical power structures. As a survivor, I found some comfort in reclaiming control that was lost by practicing erasure poetry. When I practice erasure poetry (the strategic emphasis and removal of words from an existing text), the creative act centres the control that was taken from me. Further, I give myself agency over which words are left legible and are covered. This poetic exploration allows me to create a safe space for myself to explore and dissect trauma; where I begin to repair aspects of my identity that have been affected by sexualized violence and abuse.





**Heather Prost** is a queer multimedia artist, ceramicist, facilitator, writer, curator, healer, and Community Support Worker based in the unceded territories of the Musqueam, Squamish, and Tsleil-Waututh First Nations. Her artwork and writing explores trauma and mental health advocacy through various mediums and textures. With a BA in Gender, Sexuality, and Women's Studies and Dialogue in Communications from Simon Fraser University, she is now pursuing Expressive Arts Therapy at Langara College. Heather enjoys thrift shopping, strong coffee, and spending time at home with her partner DF and their three fur babies: Burt, Etta, and Pearl.