

*people we admire*

BY SANDRA PARMEE

# Jes Foord

A gang rape when she was 21 changed Jes's life forever. But she took back her power, founding the Jes Foord Foundation (JFF) to support other rape survivors.

- *I was hoping to help one or two people*, but we've now got two counselling centres.
- *We're desperate for funding*; every charity is.
- *I visit schools to share my experience*, talk about the situation and how we can change it. At the all-boys schools it's amazing to see how they come forward and ask what they can do to help, what they can do to stop this, how to protect their girlfriends, their sisters, their moms... They're so willing to learn.
- *Most survivors are raped by someone they know*, and that makes it difficult to speak out. If you're typing on a computer to an unknown person, it's a lot easier to share.
- *I feel we're teaching women how not to be raped*, instead of teaching men not to be rapists. I think that is something that's fundamentally wrong with our country and our approach.
- *Just seeing the progress people make is amazing*. At the end they give you a big hug and they're smiling. It's not another life ruined; they are able to carry on. ♣