

# YOU ARE NOT YOU ALONE

A white silhouette of a person riding a horse is positioned in the center, overlapping the large blue text 'YOU ARE NOT YOU ALONE'.

US Equestrian wants you to know: if you are a victim or survivor of sexual abuse or suspect abuse of any kind, there are resources and people to help.

## REPORT

720-531-0340 or [uscenterforsafesport.org/report-a-concern](https://uscenterforsafesport.org/report-a-concern)

## 24/7 HELPLINE

866-200-0796 or visit [safesporthehelpline.org](https://safesporthehelpline.org)

## TRAINING & RESOURCES

Free to US Equestrian members at [usef.org/safesport](https://usef.org/safesport).

#youarenotalone



# NO ESTÁS SOLO

A light blue silhouette of a person riding a horse, positioned behind the word 'SOLO' in the main title.

US Equestrian quiere que sepas: Si eres una víctima o un sobreviviente de abuso sexual o sospechas que otra persona es, hay recursos y personas para ayudarte.

## REPORTE

720-531-0340 o [uscenterforsafesport.org/report-a-concern](https://uscenterforsafesport.org/report-a-concern)

## LINEA DE AYUDA 24/7

866-200-0896 o visite [safesporthepline.org](https://safesporthepline.org)

## ENTRENAMIENTO

Gratis para los miembros de US Equestrian  
en [usef.org/safesport](https://usef.org/safesport)

#noestásolo

The logo for US Equestrian, featuring a stylized white horse head profile.

DEPORTE SEGURO