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Planet Earth is currently hurtling through space at about 67,000 miles per hour. As our planet zooms through the vacuum of our solar system, it spins around its axis at a speed of roughly one thousand miles per hour. Just as the world is constantly spinning and moving forwards, so too do we, its tiny inhabitants, marching with its movement as we evolve.

Without question, society has advanced in many ways. Notably, sexual assault has gone from a taboo -- a silenced issue -- to the forefront of our minds. This battle has been raging for years, but in recent times, stigmas have been broken as worldwide, victims of sexual assault have displayed their bravery and reclaimed their voices through the "Me Too" movement. Started by Tarana Burke in 2006, the phrase took flight in 2017 as a hashtag in response to the multiple charges of sexual exploitation and assault against Harvey Weinstein. This movement has effectively resulted in the empowerment of victims, raised awareness of sexual misconduct, and revealed numerous perpetrators of sex crimes. With a united base, the "Me Too" movement unmasked the often hidden face of sexual assault in our world.

Personally, on a surface level, the "Me Too" movement has largely not affected me. I was raised in a way that I feel was *right* by my family, and have always treated women with respect and kindness, just like I would any other human. I have never taken advantage of anybody, nor would I ever intend to. Also, thanks to the awareness of the age in which I grew up, constant reinforcement of the concept of consent has been ingrained into me. Furthermore, I have not been a victim of sexual assault or domestic violence. My life at home has been one of peace, or *shalom bayit*. However, this is not to say that the movement has not affected me on a deeper level. Rather, this wave of sexual assault charges and courageous victims has further instilled in me a need to do my part in the movement, and to go beyond simply doing the right thing.

I know to ask for consent, but also to teach to others what consent means and looks like. I would never think of engaging in sexual crimes; however I do now know that I need to have a greater consciousness of how to approach those who have been affected by sexual assault and harassment, as I better understand how they have affected those around me. We cannot quietly do the right thing while others suffer; we must teach the ignorant and make our voices heard. A way in which people go about this is beyond physical action, but over social media: the birthplace of “#MeToo.” Social media sites have given people access to the world, and thus we are now capable of spreading global messages far faster than before. I have used this tool to help spread the message of consent, as have many others, as we work to end sexual assault. This movement did not simply bring the nastier parts of our world into the light; it reminded the “lucky” ones like myself of what we can do to help.

In Judaism, we have many *kehilot*, or communities. Within these communities, we look out for one another. The purpose of a *kehillah* is essentially to raise each other up, and to forge a sense of togetherness. As humans, we often forget that humankind is its own *kehillah*, and that as a species we must do our parts to raise each other up. The “Me Too” movement has taken another step in the direction of building ourselves a stronger *kehillah*. However, there are those who still wish ill upon this forward progress. Rifts are torn in our community by skeptics who claim that the “Me Too” movement magnifies a minute issue and is full of falsehoods. They push down and discourage victims for fear of being called liars. What these people lack is a deeper understanding of *Rodef Shalom*, or the pursuit of understanding and respect for others. With this principle, we learn to listen before we make accusations, and to seek to understand where others are coming from. We must approach victims of sexual assault and domestic violence with

respect and compassion in order to create a healthy environment. I feel that it is my duty to contribute to *rodef shalom* in our world by pushing others to show compassion and to lead by example.

The world is not only always moving, but it is also changing at all times. Tectonic plates move beneath us, slowly changing the face of our planet; life comes and goes; new land is created and destroyed. The world will be starkly different many years from now, and so too will we, ever moving with the tides of self betterment. The “Me Too” movement is an example of such self actualization of humankind. While “Me Too” may only be two words, they have served to create a new generation of people focused on raising one another up and acting with morals and thought through leadership, courage, and kindness.