



Kill the Silence: A Survivor's Life Reclaimed

Monika Korra

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In 2009, college sophomore and track star Monika Kørra was grabbed by three men on her way home from a party and brutally raped. Within hours of being released, Monika resolved that she would not be a victim – she was going to be a survivor.

Monika had traveled from her home in Norway to Southern Methodist University in Dallas, determined to acclimate to life in the States and excited for the opportunity of a full scholarship to do what she loved. As an athlete and Olympic hopeful, Monika already knew how to train against extreme fatigue, soreness, and distraction. She was used to overcoming adversity, using obstacles like stepping stones to achieve her goals. Persistence and patience had always been her greatest tools. She would now have to use these same qualities to regain her self-identity and find a “new normal”.

Stripped of her sense of security, she slowly rebuilds her life with the help of her friends, family, and her own unflappable spirit. Monika shares the inspiring combination of mental and physical work that gave her the strength to win her greatest fight yet: the court case against the three men who had attacked her. She testifies against them with confidence and a fierce determination that these men would never be able to hurt anyone else, securing a life sentence. Two of them received life, one with parole and one without parole for the worst of the three.

A large percentage of sexual assaults – upwards of 80% for female college students, like Monika was – go unreported, and 15 of every 16 rapists go free. By sharing her story, Monika hopes to inspire others to come forward and tell their own stories without shame or fear. *Kill the Silence* is about one woman's journey to recover from trauma and a call to arms to break the stigma that surrounds violence against women.



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