

75 Things You Can Do to Prevent Sexual Violence

Respect a person's right to say no to sexual activity · lobby for victim-centered sexual assault laws · speak out against all forms of violence · educate yourself on the issues · **admit that it does happen in your community** · intervene if you witness sexually abusive behavior · advocate for victim's rights · learn about sexual harassment · **avoid engaging in, supporting or encouraging sexual harassment** · believe & support survivors of sexual violence · know the statistics · avoid blaming the victim · believe in equality · be aware of how violence is portrayed in the media · **speak out against the media's glorification of sexual violence** · advocate for more rape prevention education programs · understand that sexual violence affects us all · **talk to your teen about healthy, respectful relationships** · stop others from slipping a date rape drug in someone's drink · know that sexual violence is about power and control · **model respectful behavior for others** · know the sexual assault laws · **believe that a safer world is possible** · participate in sexual assault awareness month activities in April · teach kids that violence is not the answer · **donate to organizations that serve survivors of sexual assault** · put a sexual violence prevention sticker on your car · sponsor a fund raiser for your local sexual assault program · avoid making threats or using coercion and pressure to get sex · **educate your child about safe and unsafe touching** · wear a sexual assault prevention t-shirt · speak out against sexist or homophobic jokes · start an email campaign · know & share community resources for sex assault survivors · **advocate for more youth violence prevention programs** · know that it can happen to anyone · write a letter to the editor of your newspaper · write an article for your school paper or workplace newsletter · get others to speak out against sexual violence · **say something if a friend brags about sexually aggressive behavior** · get help if you are being sexually harassed · stop your sexual advances if the other person says no · encourage others to do the same · avoid buying music that glorifies sexual violence · **urge your local radio stations to stop playing music that contains lyrics that objectify women** · applaud others who speak out against sexual violence · invite a speaker from your local sex assault center · **pledge to never commit or condone acts of sexual violence** · call for help if you witness an act of violence · respect the choices victims make to survive · stop others from taking sexual advantage of someone who is intoxicated · **let others know you think it's wrong to demean someone because of their sexual orientation** · know your school's workplace's policies on sexual violence and harassment · engage others in discussions about sexual violence · challenge assumptions · break the silence · **know that men can be sexually assaulted** · know the rights of victims · empower · advocate · be open to change · reach out · have compassion · find your voice · respect others' boundaries · **report it if you witness sexual harassment in your school or workplace** · educate · talk about it · **know that most sex offenders aren't strangers** · support a friend · learn about date rape drugs · get the facts, tell others · stay alert and aware · **reinforce that rape is never the victim's fault** · protect yourself · respect your partner or significant other · **know that you have the power to make a difference**.

(Adapted from "100 Things You Can Do to Prevent Sexual Assault" produced by the Atlantic County Woman's Center, Linwood, New Jersey).