



Ten Ways Men Can Prevent Sexual Violence

- 1.** Check out the [“Where do you Stand?”](#) campaign, a powerful bystander intervention campaign challenging men to take a stand to prevent sexual violence.
- 2.** Check out [Project Unspoken](#), a powerful video that seeks to end the silence around sexual violence by asking men and women what they do on a daily basis to protect themselves from sexual violence. Post the video on Facebook, Twitter and other social media sites.
- 3.** **Refuse to tell or laugh at sexist jokes AND speak up to a friend who behaves in a sexist, racist, or homophobic way.** For fun examples of what to say, check out this witty video that highlights the role men can play to prevent street harassment: [Things Men Say to Men Who Say Things to Women on the Street](#). Watch the video and re-post it on your Facebook, Twitter and other social media sites.
- 4.** **If you think that someone close to you is being abused or has been sexually assaulted, gently ask if you can help.** If you don't know exactly what to say to them, the [Start By Believing Campaign](#), has basic information you can use to help someone who has been sexually assaulted.
- 5.** **Discuss expectations with your sexual partner.** Make sure you're both on the same page when it comes to sex. To get the conversation started, check out this innovative video that re-frames the way we think about sex: **Should Sex be like Jamming?** Watch the video and re-post it on Facebook, Twitter and other social media sites.



6. **If you see something, say something.** Maybe you're out at a bar and you see your friend being coerced into drinking more than she normally does. You have the power to stop a sexual assault from happening, just by stepping in and asking a simple question. The [Who Are You](#) video has ideas for what to say. Watch the video and then post it on Facebook, Twitter and other social media sites.

7. **Host a movie night at your house** and show a movie that explores the issue of men and gender violence, such as [With Impunity](#).

8. **Participate in a [Walk a Mile in Her Shoes](#) event**, where men collect pledges and walk 1 mile in women's high heels to raise awareness about sexual violence.

9. **Throw a party!** Use the Men as Peace Makers' [B.E.S.T. party model](#), which has tips to plan a safe, respectful, and fun party environment.

10. **Contact your [local sexual assault program](#) and ask them how you and/or a group of your colleagues could help them in their prevention efforts.** Ask them for information about response and prevention to display around your workplace or neighborhood.