

# TAKE THE #RosemaryPledge



## 10 ways to prevent sexual violence

### **1 Support victims & survivors in your life.**

Your role is to believe, listen, and provide the support they need.

### **2 Know and practice consent.**

Consent is as simple as getting and giving permission to do something.

### **3 Be an active bystander.**

If something's not right and it's safe to intervene, do it.

### **4 Be aware of language.**

Jokes and phrases that make light of sexual violence contribute to a culture where sexual harassment, assault, and abuse aren't taken seriously.

### **5 Be accountable.**

Own it when you hurt someone whether you meant to or not.

### **6 Talk to your legislator.**

Use your voice and your vote to ensure sexual harassment, assault, and abuse prevention is well-funded.

### **7 Pick what you watch.**

Choose media that matches your values, sends healthy messages, and doesn't use gender violence as a lazy plot device.

### **8 Don't make excuses.**

Harmful norms create and excuse sexual violence. We have the power to shift them.

### **9 Talk about it.**

Talk to the people in your life about sexual harassment, assault, and abuse, if you feel comfortable doing so. Change happens when we talk about things that are stigmatized.

### **10 Build connections.**

Mobilize the people you know to support organizations and events in your community that are working to end sexual harassment, assault, and abuse.



[mncasa.org/prevent](https://mncasa.org/prevent)

