



Ten Ways Community Members Can Prevent Sexual Violence

1. 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.

2. **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.

3. **Boycott movies depicting sexualized violence.** Be sure to tell the theater manager about your boycott and explain why you object to the movie's content

4. **Be a caring adult in the lives of your child's friends.** Get to know them and let them know you'll be a sounding board for them if they need to talk. It's important for kids to have other adults in their lives that they can trust.

5. **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.



6. **Think back over situations of harassment or bullying that you have witnessed.** Now consider how you plan to handle bullying or harassment situations in the future. For ideas, check out [Together We Can Do More](#), [Stop It Now](#) or the [Jacob Wetterling Resource Center](#).

7. **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.

8. **Ask your [representatives](#) for increased state and federal funding for rape crisis centers and sexual violence prevention.**

9. **Host a Bystander Training in your community.** The training teaches you and your staff how to be proactive bystanders. Check out [GreenDot](#) to find out how to request training.

10. **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.