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.