

# 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)

