**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.

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