

100 Things You Can Do to Prevent Sexual Assault

Respect a person's right to say no · educate yourself on the issues · volunteer at your local rape crisis program · believe survivors · contact your local legislators and political leaders · know the statistics · trust your gut feeling · speak out against all forms of violence · respect and embrace diversity · avoid blaming the victim · believe in equality · be aware of how violence is portrayed in the media · speak out against the media's portrayal of violence · advocate for more rape prevention education programs · admit that it does happen in your community · understand that sexual violence affects us all · participate in local take back the night events · listen · stop others from slipping a date rape drug in someone's drink · know that sexual violence is about power and control · teach kids how to stay safe · advocate for victim's rights · know the laws · believe that a safer world is possible · attend events sponsored by local rape crisis centers · be alert and aware · avoid engaging in, supporting or encouraging sexual harassment · participate in sexual assault awareness month activities · teach kids that violence is not the answer · put a sexual violence prevention sticker on your car · sponsor a fund raiser for your local sexual assault program · know that most sex offenders aren't strangers · respect your partner or significant other · avoid making threats or using coercion and pressure to get sex · be courageous · wear a sexual assault prevention t-shirt · visit the njcasa.org website · support RAINN sponsored concerts and events · avoid making assumptions · be non-judgmental · speak out against racist, sexist or homophobic jokes · be strong · start an email campaign · know the resources available in your community · advocate for more youth violence prevention programs · know that it can happen to anyone · write a letter to the editor of your newspaper · write an article for your school paper or workplace newsletter · be safe and aware when on the internet · get others to speak out against sexual violence · tell your parents what you know about sexual assault · create a sexual assault bulletin board · stop your sexual advances if the other person says no · encourage others to do the same · avoid buying music that glorifies sexual violence · urge your local radio stations to stop playing music that contains violent lyrics · applaud others who speak out against sexual violence · invite a speaker from your local rape crisis center · pledge to never commit or condone acts of sexual violence · stop yourself from taking advantage of someone who is passed out or incoherent · call for help if you witness an act of violence · get help · respect the choices victims and survivors make to survive · stop others from taking advantage of someone who is intoxicated · respect different lifestyles · know that men can be raped · empathize · know that sexual violence can be a form of domestic violence · work towards eliminating oppression of all kinds · think globally and act locally · open your mind · open your eyes · open your heart · engage others in discussions about sexual violence · challenge assumptions · break the silence · know the rights of victims · empower · advocate · be open to change · reach out · educate · have compassion · know that you have the power to make a difference · find your voice · learn about sexual harassment · learn about healthy boundaries · notice when someone invades your boundaries · get help if you are being sexually harassed · report it if you witness sexual harassment in your school or workplace · support a friend · protect yourself · talk about it · learn about date rape drugs · get the facts, tell others · stay alert and aware · know your school's or workplace's policies on sexual violence and harassment · reinforce that rape is never the victim's fault

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