

WHAT YOUNG MEN CAN DO TO PREVENT BULLYING & SEXUAL HARASSMENT

You might think you can't help prevent bullying and sexual harassment. Not true.

Read the list below to learn what you and your friends can do every day. It can be something small or large. Whatever you do, you're making a difference. **Don't stand on the sidelines!**

BE BOLD

Understand how you can help

Helping to prevent bullying and harassment is about small steps. You don't have to move a mountain. Decide what kinds of actions feel safe. Everyone taking small steps adds up to big steps.

Decide who you want to be

Consider whether messages like "stop acting like a little girl" lead young men to prove they *aren't* acting like a girl by bullying and harassing. Choose what kind of young man you want to be. We need positive role models like you.

Talk it over

Don't wait to deal with the problem after it's occurred. If you're troubled by bullying and harassment and want to do something about it, talk to a friend or a trusted adult. Two heads are better than one.

Get a different perspective

Ask young women how bullying and harassment affects their daily lives. Listen and learn from them about their experiences. Not only will they help you make better choices about your own behavior, they'll help you be more convincing when you're persuading your friends not to bully and harass.

Show your strength

Don't bully or harass anyone. Make a pledge to be a young man whose strength is used for respect.

Learn more about [YMOST] Young Men of Strength at www.MenCanStopRape.org



BE STRONG

Ask guys

Ask other young men if they're bothered by bullying and harassment. You might think you're the only one, but it's more likely that plenty of other young men feel the same way you do.

Be aware of pop culture

We are surrounded daily by TV shows, music, magazines, video games, and movies that communicate messages about bullying, and harassment. Don't let images in popular culture decide your behavior.

TAKE ACTION!

Choose words carefully

When you use words to bully or harass someone, you support the belief that they are less than fully human. It is easier to ignore someone's well-being when they are seen as inferior. Choose language that respects people.

Speak out

Start with friends. Maybe you say you don't find it funny when a friend is making fun of someone. Maybe you say you don't like some disrespectful language a friend used. Speaking out to people you know will be good practice for speaking out to others you don't know as well.

Get involved!

Get involved in student government and become a spokesperson for anti-bullying and harassment at your school. Maybe there are already student groups that would care about preventing these behaviors. If not, start one.