



It's Time To Get Involved

You, as an engaged bystander, have the opportunity to prevent an assault by stepping in when you see something that doesn't look right.

I CAN GET INVOLVED BY:

1. Listening to and learning from women's experiences
2. Talking to my male buddies especially when I see them abusing their partners
3. Looking inward and learning how my words and actions might inadvertently perpetuate violence and then **CHANGE** them
4. Pledging to never commit, condone or remain silent about sexual violence
5. Teaching my son(s) about how to be men in ways that don't involve degrading or abusing girls and women
6. Discontinuing the belief that sexual assault is only a women's issue and encourage men to take a stand against it
7. Taking a class to Veto Violence through www.vetoviolenace.org

