



PREVENTION TIPS COMMUNITY PARTNERS

BUILD CONNECTIONS



Mobilize the people you know to support organizations and events in your community that are working to end violence. Get familiar with your community resources so you can team up and take action, like hosting a *Lunch and Learn* on sexual harassment prevention within a workplace. Use your knowledge and connections to make your community a safer and healthier place for everyone who lives there.



TRAIN YOUR STAFF, VOLUNTEERS, AND BOARDS ABOUT PREVENTION

Even people who are involved with violence intervention often don't know how to actually prevent it or what to do when they see a potentially violent situation. Host a bystander training to teach the warning signs, barriers to intervention, and identify realistic intervention options.

LEAD A LETTER WRITING OR EMAIL CAMPAIGN TO LOCAL LEADERS THAT SUPPORTS SEXUAL VIOLENCE PREVENTION

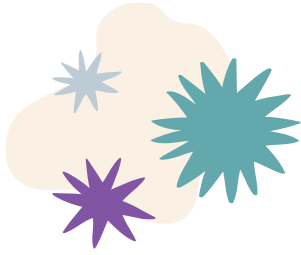


One voice has impact, but the combined voices of a community have even greater authority. When passionate people collaborate, their cause is amplified, and local leaders are more likely to listen. Leaders including local legislators, city council members, local boards, and civic organizations can help set norms that everyone plays a role in creating a safe community.



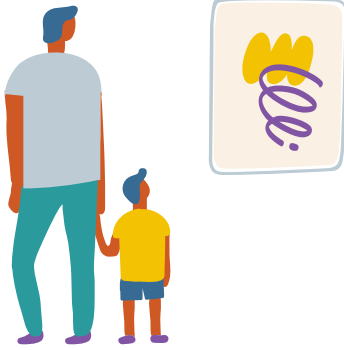
PARTNER WITH BUSINESSES THAT PROMOTE PREVENTION AND SAFE ENVIRONMENTS

Choose to patronize local bars and restaurants that are involved in prevention and emphasize safety for staff and patrons. As a consumer, you can look for companies with advertising content, relationships with clients and consumers, and policies that promote community safety and that violence is not tolerated.



BE AN ACTIVE BYSTANDER

Being an active bystander means you are looking out for those around you and will intervene in situations that look suspicious, uncomfortable, or even potentially unsafe. In North Dakota, communities are implementing **Green Dot** or **Be A Good Relative** to equip community members with the skills to intervene and change social norms that tolerate violence in the community. **Click here** for more tips on being an active bystander.

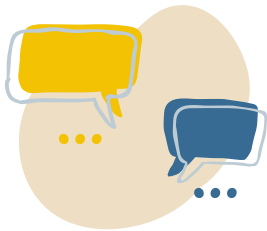


ASK OTHERS TO SHOW SUPPORT FOR PREVENTION

Show visible support for prevention by hanging posters, wearing clothing, putting stickers on your things or participating in prevention events. These behaviors support the social norm that violence is not tolerated and make it less likely for violence to happen.

COHOST A PREVENTION EVENT

The event should focus on teaching skills to increase the likelihood attendees will adopt a new behavior, rather than only increasing knowledge. Events should frame everyone as part of the solution rather than through a victim-perpetrator lens.



INSERT BYSTANDER INTERVENTION INTO MEETINGS OR TALKING POINTS

Talking about warning signs, barriers to intervention, and realistic interventions normalizes bystander behavior. Share a personal story or give an example from the news and ask others how they might have intervened to spark discussion. *NoMore* has scenarios with different intervention strategies and **bystander tips**.



SUPPORT VICTIMS/SURVIVORS IN YOUR LIFE

Chances are you already know at least one victim/survivor, whether you are aware of it or not. The best thing you can do is simply believe someone when they tell you they have seen sexually assaulted. Your role is to listen and provide the support they ask for. **Visit the CAWS North Dakota website** for more helpful tips on ways to support victims/survivors.



Prevention is Possible
Your simple acts can make a difference