



# PREVENTION TIPS EVERYONE



## 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 been 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.

## TALK ABOUT IT

Talking about sexual violence can be hard, but from the discomfort comes culture change. Try having conversations with family members and those you trust. You can even use this resource as a starting point. We cannot prevent sexual violence alone. We need our whole community on board.



## BE AN ACTIVE BYSTANDER

Another way you can prevent violence is by being 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.



## PICK WHAT YOU WATCH AND CONSUME

Media is a powerful tool. There are countless movies, T.V. shows, and music videos where sexual violence is portrayed and women are objectified. Choose media that matches your values, sends healthy messages, and doesn't use gender violence as a part of the plot. When sexual violence or abusive relationships are portrayed in media, use those scenes to start conversations.



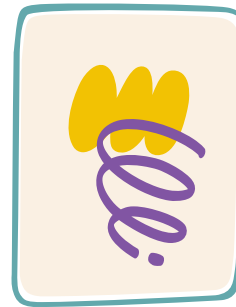
## CELEBRATE THE ACTIONS OF BYSTANDERS

When we hear of a bystander intervention, we often breathe a sigh of relief rather than celebrating the bystander's actions. You can like or share bystander videos on social media or bring up in conversations with others.



## SHOW SUPPORT FOR PREVENTION

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



## SUPPORT 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.



Prevention is Possible  
Your simple acts can make a difference