

PREVENTION IS POSSIBLE TOOLKIT



Prevention is possible. Your simple acts can make a difference.

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INTRODUCTION



Prevention is possible. Your simple acts can make a difference.

Sexual violence is a broad term that includes all unwanted sexual contact, including both physical and non-physical contact.

Domestic violence, also known as intimate partner violence, is abuse or aggression that occurs in a romantic relationship. Intimate partner refers to both current and former spouses and dating partners. It can include physical violence, sexual violence, stalking or psychological aggression.

Both sexual and domestic violence are serious public health issues that affect all communities and citizens of North Dakota, without regard for age, race, ability, sexual orientation, gender identity, or social, ethnic, geographic, or economic differences.

According to the Center for Disease Control's 2015 **National Intimate Partner and Sexual Violence Survey**, about 1 in 4 women and nearly 1 in 10 men have experienced contact sexual violence, physical violence, and/or stalking by an intimate partner during their lifetime and reported some form of IPV-related impact.

The good news is that prevention is possible and is happening in North Dakota. The Sexual and Domestic Violence Prevention Campaign is a partnership between CAWS ND, First Nations Women's Alliance and the North Dakota Department of Health. The goal is to increase sexual and domestic violence primary prevention work being done across the state and unite efforts behind a shared campaign.

This toolkit is intended for use by prevention staff and teams to engage individuals in everyday actions they can do to help establish new norms - that violence is not tolerated and everyone is expected to do their part in contributing to a safer community.



Behind the Logo

Blue Lettuce is found in fields, forests, or on roads in late spring and has many uses. It has roots that can be used as chewing gum. It can also be made into a tea to ease stomach aches. Even the young leaves can be eaten as a green vegetable.

Using all the parts of the flower symbolizes using all available resources for prevention and that everyone is expected to do their part to create a community where violence is not tolerated. **Prevention is Possible. Your simple acts can make a difference.**

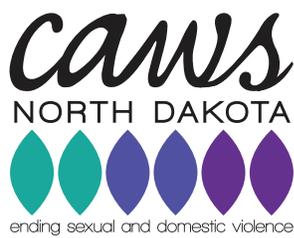


RESOURCES



The goal of the North Dakota Department of Health Domestic Violence/Rape Crisis Program is to prevent domestic violence, sexual assault, dating violence and stalking in North Dakota by implementing primary prevention strategies that promote healthy relationships, social norms change, and bystander intervention. The Domestic Violence/Rape Crisis Program supports primary prevention efforts through the **Rape Prevention and Education** grant.

[Visit NDDoH Domestic Violence/Rape Crisis Program](#)



CAWS North Dakota encourages communities to start talking and keep the conversation going about violence – how to identify it, how to get help, and how to end it. The coalition raises public awareness about the root causes of violence. CAWS North Dakota promotes the recognition of domestic and sexual violence, and provides the tools for communities to prevent and respond to violence.

[Visit CAWS North Dakota](#)



First Nations
Women's Alliance

The mission of First Nations Women's Alliance is to strengthen Tribal communities by creating a forum for leaders to come together to address the issues of domestic violence and sexual assault. FNWA is committed to ending all forms of violence by providing culturally relevant services and resources, and facilitating the provision of those services by others within communities.

[Visit First Nations Women's Alliance](#)

[#beagoodrelative](#)



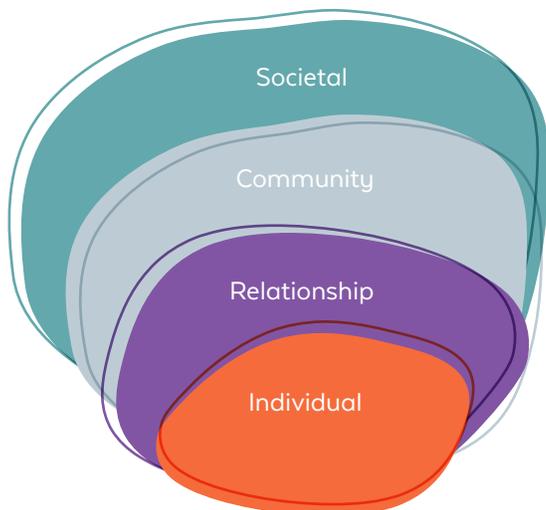
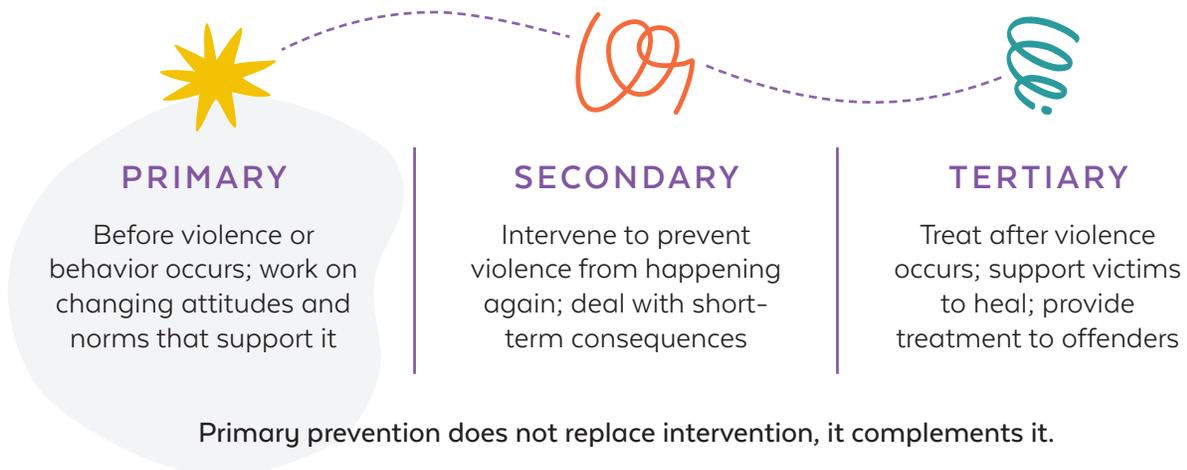
PRIMARY PREVENTION

Primary prevention means stopping sexual violence before it occurs, including before someone is harmed and/or causes harm. Primary prevention requires comprehensive strategies that address an array of factors and root causes of violence.

The focus of this toolkit is on sexual and domestic violence prevention; however, we acknowledge the importance of secondary and tertiary prevention in providing services and healing to survivors.

For more information on primary prevention best practices, [visit the ND Intimate Partner and Sexual Violence Toolkit](#).

Prevention Continuum



Social Ecological Model

To be effective, prevention must focus on more than just individual behavior change. The socio-ecologic model recognizes that our behavior is influenced by many things including with whom we spend our time, the neighborhood or community we live in, and the society around us. This toolkit includes actions individuals can take, ways to engage in prevention with others, and activities to promote healthy environments and positive social norms in your community.



PREVENTION IS POSSIBLE & COMMUNITY READINESS

Stages of Community Readiness



Community readiness is the degree to which a community is willing and prepared to take action on an issue. The Community Readiness Model was developed by researchers at the Tri-Ethnic Center for Prevention Research to help communities be more successful in their efforts to address a variety of issues, such as drug and alcohol use and HIV/AIDs prevention.

This toolkit includes tip sheets and messaging for community partners, parents/families and anyone interested in being part of prevention efforts. When planning which messaging to use and the intended audience, **you will want to review your community readiness score.**

Communities at a lower level of community readiness should focus on engaging existing allies or community partners in one-to-one

meetings, presenting to small groups, and having other agencies share your prevention messaging.

At higher levels of readiness, larger presentations and events with anyone can be more effective. Traditional media such as posters, billboards and TV or radio would also be appropriate.

Communities are built on connections; having better connections will provide better opportunities for changing norms, attitudes, beliefs, and behaviors.

Seek out opinion leaders. These individuals have more influence on people's opinions, actions and behaviors than the general public or media. They do not have to be an executive or in a high position, but rather seen as trustworthy.



MESSAGING GUIDE

Prevention messaging can be difficult to create for a variety of reasons. Topics like sexual violence tend to be polarizing, but a strong, consistent message can help to unite prevention efforts.

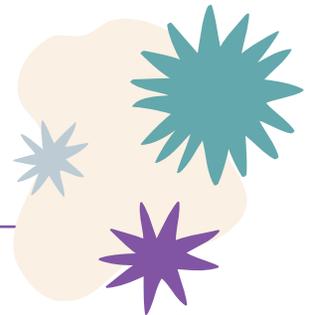
The language we use should promote social norms that protect against violence and motivate people to promote protective norms. Social norms are a collective understanding about what behaviors or actions are deemed “normal.” Examples should demonstrate a person’s role in preventing violence and supporting victims.

Use these six key components to create an effective prevention message that is specifically tailored to a person, group, or organization:

Evoke shared values

- Who are you attempting to influence?
- Identify the value you want them to work towards.
- Remember that values can change over time.

Example: “Everyone deserves respect in our organization.”



Acknowledge negative feelings, like discomfort, fear, or lingering doubts

- By acknowledging difficulty, doubt, and discomfort, you can help your audience manage their feelings and avoid using them as a reason to avoid the subject.

Example: “I realize that talking about the issue of sexual assault can make some of us uncomfortable.”

Describe a journey toward change, its starting point & pivotal moments

- Provide the next steps on how you will make prevention possible.
- Tell the story: provide a way for your audience to identify themselves on the path to take action.
- Some audiences may need more detail and steps in the process.

Example: “I don’t know everything about how to build preventing sexual abuse into our programming. My team and I are still learning, but even an imperfect or evolving program is worthwhile. It’s one step on the path to prevention.”

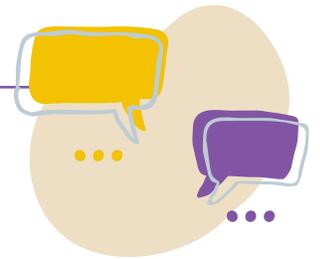


MESSAGING GUIDE

State the problem precisely

- Avoid stating too much about your knowledge of the issue.
- Identify what piece of the problem you are wanting to address.
- Choose information or a fact to support it.

Example: “Many organizations have policies to support victims after sexual violence has happened – which is important – but it is also important to have policies that prevent sexual violence and abuse from happening in the first place.”



Illustrate Success

- Examples don’t have to be dramatic. This helps avoid skepticism.
- Identify examples of what success can look like.

Example: “Policies that focus on preventing sexual assault and abuse in their organization can create spaces where that behavior is not tolerated.”

Name concrete solutions

- Be realistic.
- Make it achievable.

Example: “We will provide all coaches and athletes training throughout the year on how to speak up when they see behavior that puts others at risk of sexual harassment, abuse, and violence.”

Content Sources

National Sexual Violence Resource Center (NSVRC)

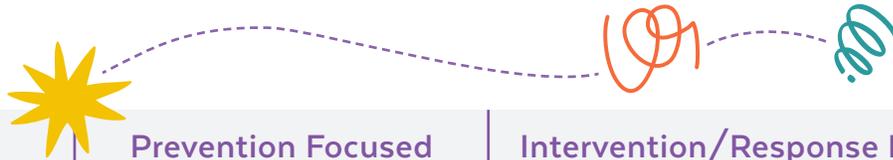
CDC’s National Center for Injury Prevention and Control: Division of Violence Prevention, STOP SV Technical Package

Where We’re Going And Where We’ve Been: Making The Case For Preventing Sexual Violence (RALIANCE)



LOGO USAGE GUIDE

The Prevention is Possible artwork and slogan should only be used to brand primary prevention efforts. Secondary and tertiary prevention should not use the Prevention is Possible logo.



	Prevention Focused	Intervention/Response Focused
Timing	Before the violence Example: <i>We can create safe communities where everyone can thrive</i>	After the violence Example: <i>Help is available if you have been a victim</i>
Framing	Solution Focused Example: <i>Promoting healthy relationships and positive social norms</i>	Problem focused Example: <i>Certain persons or behaviors are bad</i>
Learning Objective	Changing Behaviors Example: <i>Increase bystander intervention and proactive behaviors</i>	Increasing Knowledge Example: <i>Teaching what domestic violence is and sharing statistics</i>
Target	Community Example: <i>Everyone can be part of prevention activities</i>	Individual Example: <i>Certain persons should behave in a certain way</i>
Content	Proactive Example: <i>Giving tools to set positive norms</i>	Reactive Example: <i>Risk reduction or what not to do</i>

If you have questions about logo usage, contact Kristina Knutson, CAWS North Dakota, kknutson@cawsnorthdakota.org

USAGE

Artwork colors should not be altered to anything not represented in this guide without the expressed consent of CAWS ND.

The artwork should be scaled proportionately at all times and never stretched horizontally or vertically. All artwork must be presented with a minimum surrounding safe zone equal to 20% of its total height.

** This artwork is intended to be used with sexual and domestic violence primary prevention efforts in North Dakota.*

*** This artwork guide was supported by the Grant or Cooperative Agreement Number, 5 NUF2CE002492-02-00 funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.*



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COLOR PROFILES



C:78 M:22 Y:0 K:0



C:57 M:78 Y:0 K:0

ARTWORK VARIATIONS

This artwork may be used as a single color, black or white, with sufficient contrast if needed.



Prevention is possible. Your simple acts can make a difference.

2-Color



Prevention is possible. Your simple acts can make a difference.

Black & White



Prevention is possible. Your simple acts can make a difference.



Prevention is possible. Your simple acts can make a difference.

Grayscale

Flower artwork usage may also be used as a single color, black or white, with sufficient contrast if needed.



2-Color



Black & White



Grayscale

PREVENTION TIP SHEET EVERYONE

Some people and agencies in your community may be very new to prevention, so you will want to use this tip sheet that has small actionable “asks”. Prevention is focused on changing behaviors while awareness events are focused on changing knowledge. The goal of prevention is to have people doing a behavior that they did not do before rather than only being aware of something. **Prevention content should focus on the solution and frame content through a role that everyone can identify with.**





Prevention is possible. Your simple acts can make a difference.

PREVENTION TIPS EVERYONE

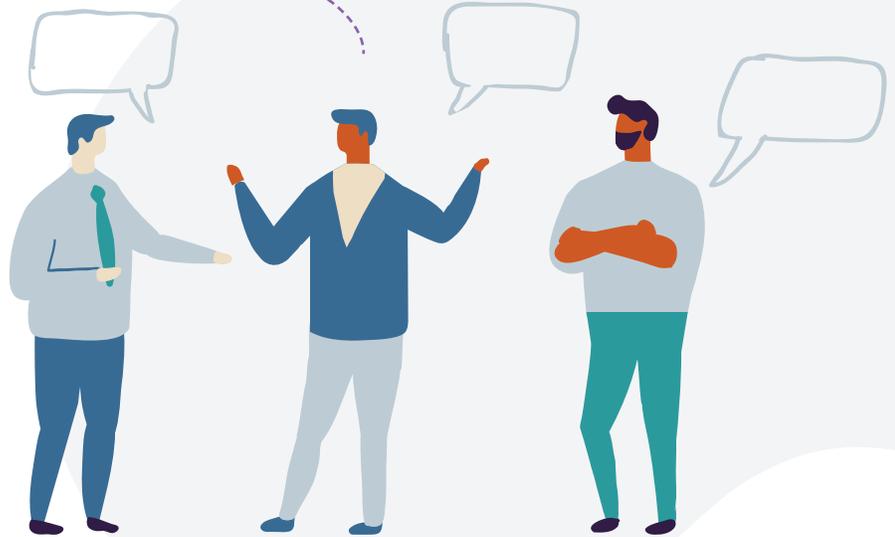


SUPPORT VICTIMS/SURVIVORS IN YOUR LIFE

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.

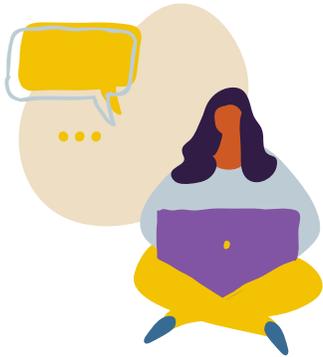
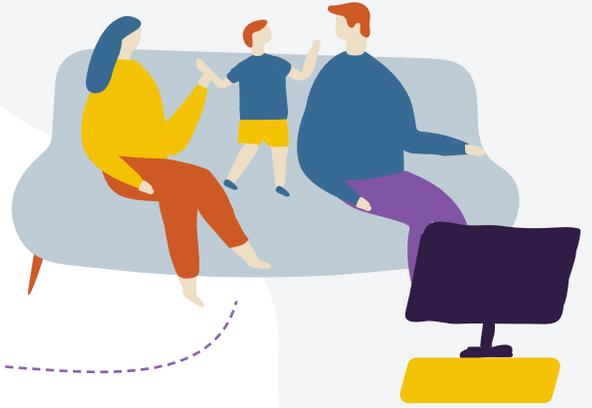


BE AN ACTIVE BYSTANDER

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.



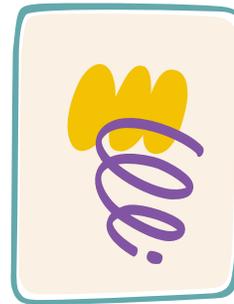
CELEBRATE THE ACTIONS OF BYSTANDERS

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. These 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.



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SOCIAL MEDIA EVERYONE

Talk About It

We cannot prevent sexual violence alone. We need our whole community on board.



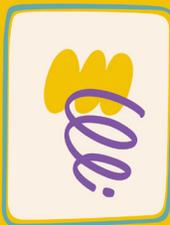
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Choose media that matches your values, sends healthy messages, and doesn't use gender violence as a part of the plot.



Show visible support for prevention by hanging posters, wearing clothing, putting stickers on your things or participating in prevention events.

Find more shareable graphics [here](#).



PREVENTION TIP SHEET

COMMUNITY PARTNERS

Some people and agencies in your community may be more familiar with prevention or previously partnered on prevention activities with you. These “asks” are still actionable, but require slightly more effort. Consider the partner’s capacity or understanding of prevention when presenting these asks.





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

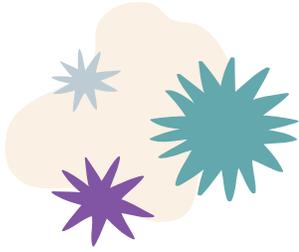


One voice has impact, but the combined voices of a community have even greater authority. When passionate people collaborate, their cause is amplified, and local leaders are more likely to listen. Leaders including local legislators, city council members, local boards, and civic organizations can help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



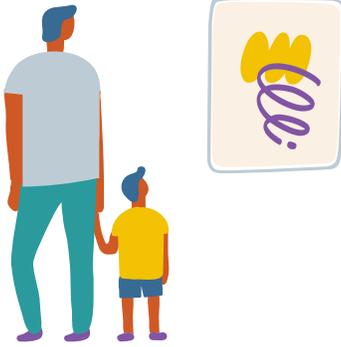
PARTNER WITH BUSINESSES THAT PROMOTE PREVENTION AND SAFE ENVIRONMENTS

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.



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SOCIAL MEDIA COMMUNITY PARTNERS



Build Connections

Mobilize the people you know to support organizations and events in your community that are working to end violence.

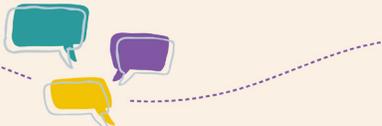
Use your knowledge and connections to make your community a safer and healthier place for everyone who lives there.



Train Your Staff, Volunteers & Boards About Prevention

Host a bystander training to teach the warning signs, barriers to intervention, and identify realistic intervention options.

When passionate people collaborate, their cause is amplified, and local leaders are more likely to listen.



Find more shareable graphics [here](#).



PREVENTION TIP SHEET

PARENTS & FAMILIES

Connection to a caring adult, family support, and community connectedness are protective factors for violence. This tip sheet can be shared with parents and families to help teach what everyday actions they can take to establish new norms and create safe environments.





PREVENTION TIPS PARENTS & FAMILIES

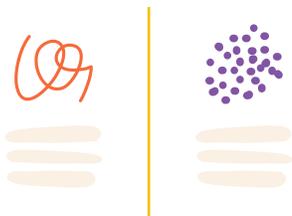


SUPPORT VICTIMS/SURVIVORS IN YOUR LIFE

Chances are you already know at least one victim/survivor, whether you are aware of it or not. Understanding how to support them lovingly and in non-judgmental ways will help you in maintaining connections with your children, family or friends so they continue feeling comfortable reaching out for help. The **National Domestic Violence Hotline** has tips for talking to teens about relationship abuse.

DISCUSS AND MODEL BOUNDARIES

Boundaries are our lines in the sand about things to which we will say yes and no. It is important to talk to children about boundaries including how to decide what theirs are, how to uphold their boundaries, and how to respect other people's boundaries. Everyone will have different boundaries, and they may shift over time. There are cases in which we can allow space for children to discover their own boundaries and as adults respect those boundaries. We can model holding and respecting boundaries in all the relationships in our lives.



FOSTER OPEN AND HONEST CONVERSATIONS ABOUT HEALTHY RELATIONSHIPS

Start the conversation and really listen. Having important conversations about healthy relationships and dating violence early and often will build a positive connection that can empower your teen to recognize when something isn't right. If they are not getting a safe and honest answer from you, they will look elsewhere and may not find the best information. The more open and honest you are with the youth in your life, the more likely they are to be open and honest with you.



SHOW YOUR SUPPORT OF HEALTHY RELATIONSHIPS IN SCHOOLS

Do you know what your children's healthy relationships or health classes teach? Get connected with your local schools to know what youth are learning. If you feel there is not enough education being provided around healthy relationships use your voice and ask the school to do more. You can also connect with your local domestic violence/rape crisis agency for resources and to assist in providing education within schools. **Here is a list of curricula** for educating about healthy relationships to share with your schools.



BE AWARE OF MEDIA REPRESENTATION AND USE IT TO START CONVERSATIONS

Media is a powerful tool. There are countless movies, T.V. shows, and music videos in which sexual violence is portrayed as romantic and women's bodies are objectified. When sexual violence or abusive relationships are portrayed in media, it can be an opportunity to start conversations. Discuss why those actions or behaviors are not acceptable or healthy. Remind children and youth that what we see in the media is not always what reality is.



CELEBRATE THE ACTIONS OF BYSTANDERS

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. When we hear of a bystander's intervention, we often breathe a sigh of relief rather than celebrating the bystander's actions. Use bystander moments or **this tipsheet** to start a conversation with children and family members about what they might have done. Remember safety matters and if you or your family feel unsafe, remind them to call enforcement or let an adult know.



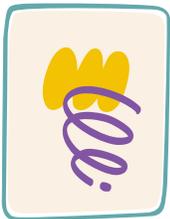
BE A SUPPORT SYSTEM FOR YOUR CHILDREN AND THEIR FRIENDS

Let your children and their friends know they can come to you for help and will not be judged for it. Simply be ready to listen and offer to be a sounding board if they need advice. You may not always have all the answers, but knowing you are willing to hear them out and provide positive feedback is a good start. Don't be offended if your children confide in another family member or friend's family. It's important for kids to have multiple adults in their lives whom they can trust.



SHOW SUPPORT FOR PREVENTION

Express your values related to healthy relationships and violence by participating in prevention events with your family, wearing clothing with prevention messages, or putting prevention stickers on materials. These small behaviors support the social norm that violence is not tolerated and make it less likely for violence to happen.



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SOCIAL MEDIA

PARENTS & FAMILIES



Support Victims & Survivors in Your Life

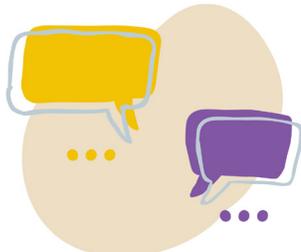
Chances are you already know at least one victim/survivor, whether you are aware of it or not.



Support Victims & Survivors in Your Life

Understanding how to support them lovingly and in non-judgmental ways will help you in maintaining connections with your children, family or friends so they continue feeling comfortable reaching out for help.

Foster Open & Honest Conversations About Healthy Relationships



Having important conversations about healthy relationships and dating violence early and often will build a positive connection that can empower your teen to recognize when something isn't right.

Find more shareable graphics [here](#).



PREVENTION TIP SHEET

ACTIVE BYSTANDERS

Teaching how to be an active bystander is one way to engage all community members in prevention. Framing prevention in this way doesn't put persons in the victim or perpetrator role. Active bystander approaches focus on skill building for realistic interventions. It is important to promote proactive behaviors to create new norms, in addition to equipping persons with reactive skills.





Prevention is possible. Your simple acts can make a difference.

PREVENTION TIPS

ACTIVE BYSTANDERS

AN ACTIVE BYSTANDER IS:

someone who speaks up or steps in to disrupt problematic situations in instances of domestic violence, sexual assault, stalking, or child abuse.



Think about violence prevention from the perspective of what a bystander might see.

Notice early and immediate warning signs of dating violence, sexual assault, and stalking before anything happens

EARLY WARNING SIGNS

- Absenteeism from work or activities
- Constant calling or texting from their partner when they're not together
- Personality changes, such as being more withdrawn than usual
- Negative changes in a friend's behavior when they're around their partner
- Someone pushing drinks on an already intoxicated person
- Isolating a person from their group

IMMEDIATE WARNING SIGNS

- Bruising or other physical injury
- Verbal insults or name calling
- Sexual contact with someone who is asleep or passed out
- Intimidation or threatening behavior
- Someone showing up everywhere uninvited



Everyone has barriers that may make it difficult to intervene, like being shy or not wanting to overstep, but that shouldn't stop you. The important thing is to pick an intervention that feels right for you, when it is safe for you to do so.



Prevention is Possible
Your simple acts can make a difference

Realistic Intervention Options

The 3 Ds

DIRECT

Intervening in a situation by checking in directly with the person being harmed or causing harm

- “Hey, are you okay? You seem upset.”
- “This behavior doesn’t feel right to me, just checking in to see if you need anything.”
- “What’s going on over there?”

DELEGATE

Find someone else who may be better equipped to help

- Call a security guard or law enforcement
- Ask someone closer to the individuals for help, like a friend or family member
- Find another person such as a bartender, server or host to check in with them

DISTRACT

Indirectly intervene by causing a distraction to diffuse the situation

- Spill a drink or drop your book near the situation
- Set off your car alarm
- Ask for help finding the bathroom
- Act like you know the person and start a conversation

How you can show that violence is not tolerated in your community, and everyone is expected to do their part in making the community safer:



Posting comments or sharing content on social media that communicates intolerance of violence



Signage hanging in your home or work space that supports prevention



Including talking points about violence prevention if you are a community leader, business owner, or supervisor.



Adding a violence prevention message to your email signature or out of office message



Talking to friends, family, and coworkers about the issue



Telling a good bystander intervention story and having discussions about what others would have done

SOCIAL MEDIA

ACTIVE BYSTANDERS

An active bystander is:
someone who speaks up or steps in to disrupt problematic situations in instances of domestic violence, sexual assault, stalking, or child abuse.



Everyone has barriers that may make it difficult to intervene, but that shouldn't stop you.

Pick an intervention that feels right for you, when it is safe for you to do so.



 Everyone is expected to do their part in making the community safer

Here are ways to show that violence is not tolerated in your community



Signage hanging in your home or work space that supports prevention

Find more shareable graphics [here](#).



PREVENTION TIP SHEET MEDICINE IN ACTION

#beagoodrelative

Becoming a good relative involves engaging Traditional ways of being which require us to interact with others from a place of compassion and respect. When we actively practice this way of living, we will not only prevent bad things from happening but promote the well-being of all people.





MEDICINE IN ACTION BE A GOOD RELATIVE *#beagoodrelative*

MODEL THE BEHAVIOR YOU WISH TO SEE IN THE NEXT SEVEN GENERATIONS

Indigenous teachings encourage us to reach back and look forward, to move beyond what we want at the moment. Practice being a positive link crossing many generations.



ENLIST ELDERS, TRADITIONAL CEREMONIES, AND STORIES TO GROUND AND TEACH

Learn your Tribe's stories about resolving conflict and healing relationships. Participate in ceremonies that renew spirit, mind, and body.

NURTURE SELF-RESPECT IN BOYS, GIRLS, AND YOUNG ADULTS

Find ways to affirm the integrity and beauty of being a whole Indigenous person. Explore Traditional Coming of Age ceremonies from your Tribe.

Seek out groups that affirm cultural values by engaging youth in Traditional arts. Examples of arts include beadwork, making ribbon skirts/shirts, and working with our plants, as well as positive expressions through contemporary arts, such as rap or singing on a drum.





LEARN HOW TO DE-ESCALATE CONFLICTS AND PRACTICE THESE SKILLS

Engaging with respect, honesty, and humility even when we are in conflict with someone will help prevent violent outcomes.

AVOID AND DIFFUSE UNTRUTHS, COUNTER WITH WORDS OF EMPOWERMENT

The creature we feed is the one that grows. Tearing someone down creates negative feelings and actions and enables abusive behavior. Build each other up instead. Practice giving compliments and acknowledging other's strengths.



HONOR AND SUPPORT THOSE IN ANTI-VIOLENCE PREVENTION/ INTERVENTION WORK

Learn what your local service provider does and lend your unique talents to participate in their work. Donate time, money, and needed resources.

ALIGN YOURSELF WITH POSITIVE LEADERS

Individuals in relationships weave into families. Families are the foundation of our communities. Positive leaders hold this all together and give us direction. Leading is not easy. Be generous and public with your support.



First Nations Women's Alliance

Be the change maker!
#beagoodrelative



Prevention is Possible
Your simple acts can make a difference

MEDICINE IN ACTION

A CULTURALLY RESPONSIVE PREVENTION STRATEGY

Anticipation

An elder and teacher was asked how best to define and assure effective prevention. She replied firmly, “*Create healthy human beings.*” That means before we start “doing” prevention, we must prepare by thinking well beyond any immediate plans or programs. Always moving from large to small, our Traditional Teachings insist we first establish where we belong in the Universe. Only from that perspective can we develop meaningful approaches and specific fruitful actions.

Seven Generations thinking requires getting outside ourselves and moving both forward and back in time: looking to Traditional stories and songs to ground us in essential Wisdom that never changes; imagining our own expressions of these Teachings to carry them into the future; learning how to wait well as “practice-based evidence” reveals itself in its own time.

Approach

Engaging in prevention work is no small thing. We have grounded ourselves in Seven Generations thinking, Traditional Teachings, and Prayer. Now we can begin to work in this moment in time.

We shape our approach not by first developing a program, but by asking questions of Elders, community members and ourselves:

- “What do you find troubling about how we are living?”
- “What reminders do we need to hear to get back on track?”
- “What resources might we draw on to help us on our way?”

We actively and purposefully listen to the answers and reflect on what we each carry with us to contribute to this work. A Traditional Medicine Bag includes healing medicine – herbs, roots and plants. What can we pull from our respective caches to contribute? A gift of song, storytelling, listening, cooking, dancing, healing ceremonies, exercise routines, or being in nature?

We assume that people already know what it means to live well and in harmony with each other and everything in our world. How can we remind them of that intrinsic knowledge? How can we ourselves live as healthy human beings? Being aware of our own gifts, the gifts of our Traditions, and what others have to give will guide our approach.



Action

It's good to anticipate and plan, but that is not enough. As we act, we must remain open to spontaneously changing our preset plans to embrace and integrate what is going on around us. In some cases, this means transforming a crisis into an opportunity. This is hard work, very sensitive work. We never want to exploit someone's suffering simply to make a point or push an agenda. But we must remain open and ready to respond to life as it is being lived.

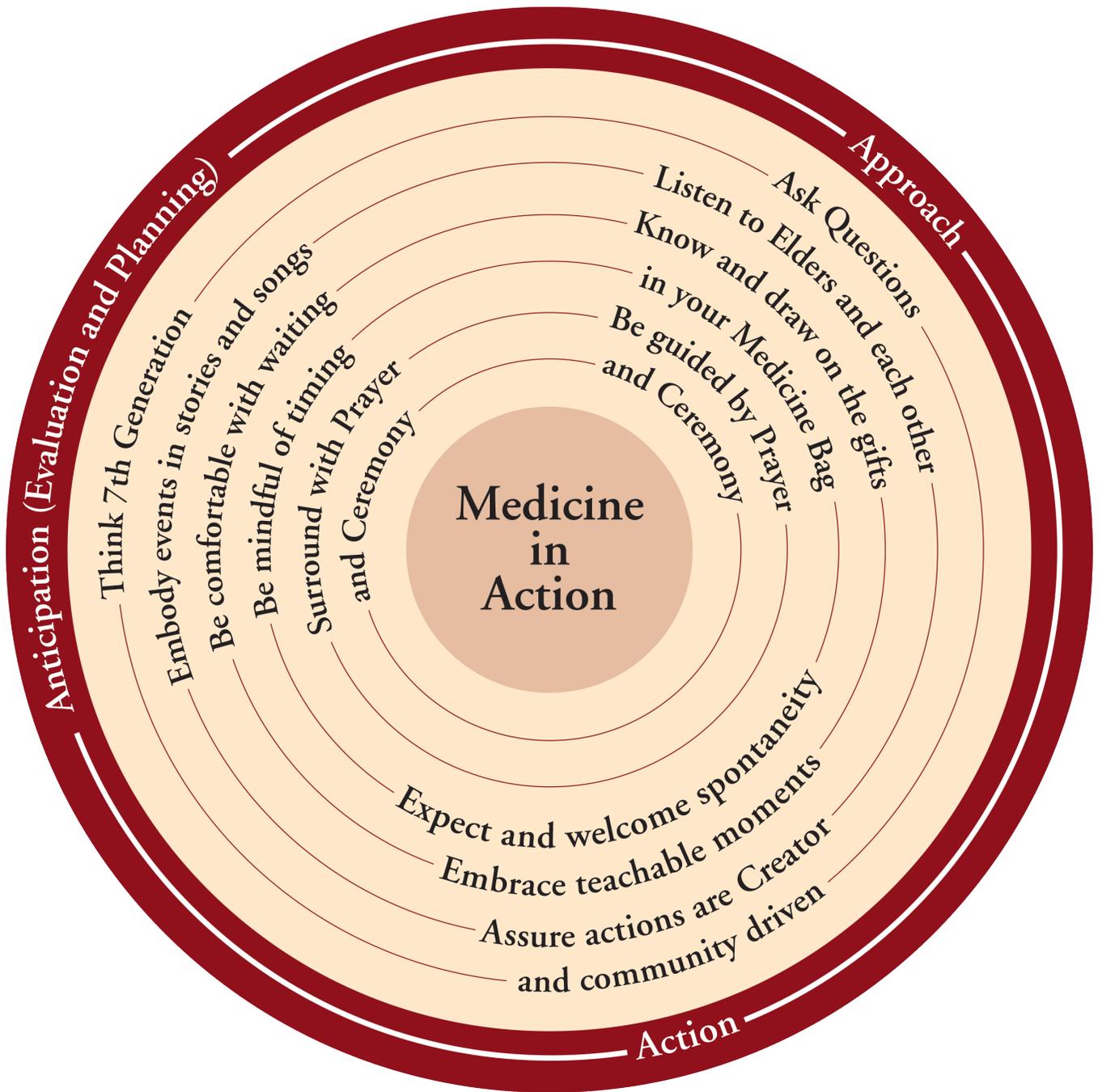
When our work is Creator and community driven, true leaders and changemakers emerge, spark and direct Medicine In Action out of their own and our collective pain. That pain can provide fertile soil from which solid growth will rise. A tragedy can generate positive support and change.

Someone may organize a search for a missing relative; another may call the community together for a Feed as a memorial for a domestic violence homicide victim; yet another may ask for help gathering young girls at a camp to experience a Tribal Ritual of Passage and to learn Traditional skills such as beading and sewing protective, medicine gathering ribbon skirts because her own daughter is hurting. Each contributes by bringing gifts from her own Medicine Bag, practicing Medicine in Action in response to lived experience.

And now we are back to where we began, asking questions: Where are we now? What have we done? Where have we fallen short? What do we need to celebrate? Taking stock of what we have and what we need to begin again with grateful and humble hearts. Opportunity presents itself to us as we live our lives, from the simple act of calling someone to talk, to complex acts such as standing to initiate community action.

We, each one of us, are **Medicine In Action**.





SOCIAL MEDIA

BE A GOOD RELATIVE

Nurture Self-respect in Boys, Girls, and Young Adults



- ☀ Find ways to affirm the integrity and beauty of being a whole Indigenous person
- ☀ Explore Traditional Coming of Age ceremonies from your Tribe

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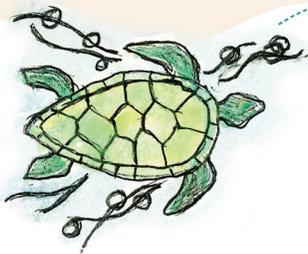
Learn How to De-escalate Conflicts and Practice These Skills

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Find more shareable graphics [here](#).

