



Ten Things You Can Do to Prevent Sexual Assault



Prevent sexual violence in our communities. **Everyone** has a role to play in creating safe healthy communities, neighborhoods, and institutions. Below is a list of actions **you** can take to put an end to sexual violence

1. Volunteer with Day One. Your help is *always* needed.
2. Help young people value the uniqueness of each person; find positive friends; reach out to at-risk peers; develop leadership skills; and speak out about ways to show respect.
3. Interrupt behavior such as bullying, sexist jokes, and harassment.
4. Ask employers to promote violence-free workplaces; establish and enforce sexual harassment and anti-bullying policies; contribute resources to programs that are working to make a difference.
5. Speak with educators about teaching non-violent conflict-resolution skills and promote anti-bullying values that demonstrate respect for everyone.
6. Contribute to Day One. Your contributions help us deliver valuable programs throughout the community.
7. Encourage coaches and fans to emphasize skill-development, teamwork, character and sportsmanship over competition. Players should be motivated with praise. Support gender violence prevention training for youth athletic teams.
8. Work with artists and business owners to create/display murals, posters, kites, or other media illustrating healthy relationships
9. Support legislation and local policies designed to prevent and respond to sexual violence.
10. Motivate community leaders to speak out against sexual violence.