SEXUAL violence IS PERVASIVE in our society.

EVERY COMMUNITY IS AFFECTED BY SEXUAL VIOLENCE.

You Can MAKE A DIFFERENCE. it only takes **ONE**

Additional Resources

Maryland Coalition Against Sexual Assault (MCASA) www.mcasa.org/prevention

> Men Can Stop Rape www.mencanstoprape.org

A Call to Men www.acalltomen.org

CDC Sexual Violence Prevention www.cdc.gov/violenceprevention/sexualviolence

Green Dot Bystander Intervention www.alteristic.com/services/green-dot

National Sexual Violence Resource Center www.nsvrc.org

> Prevent Connect www.preventconnect.org



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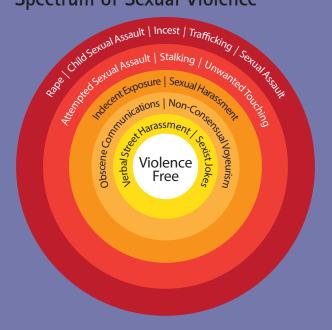
SAY NO take stand Stand

Sexual violence is an umbrella term for a wide range of non-consensual sexual behaviors. This includes acts such as rape, sexual assault, incest, and exploitation.

Sexual violence also includes behaviors like:

- Sexist and homophobic language
- Catcalling
- Sexual harassment in person, over the phone, or online
- Nonconsensual touching, groping, or fondling
- Flashing or unsolicited nude photos
- Stalking
- Stealthing- condom removal during sex
- Coercing or manipulating someone to have sex

Spectrum of Sexual Violence





YOU HAVE OPTIONS WHEN IT COMES TO STOPPING SEXUAL VIOLENCE.

It's important to remember that even when it is hard, there is always something you can do.

What goes through your mind when you see something that you know is wrong but you're not sure what to do to stop it?

Do some of these thoughts sound familiar?



Stepping in can be hard for anyone. The important thing to remember is that no matter what, there are options that can help make your community safer. If everyone does their small part, we can help prevent sexual violence of any kind. By taking a stand, you can help stop sexual violence in your community.

Try using the Three D's:

You can be DIRECT.

Approach the situation and intervene. Ask the offender to stop their behavior, or offer the victim a safe ride home or to call a friend for them.

You can DELEGATE.

If intervening directly is not safe, use the buddy system or ask someone else, like a bouncer, to step in. Call 911 or local authorities if needed.

You can **DISTRACT.**

Use a diversion to stop the behavior. Insert yourself into the conversation and make up an excuse to get the person away from danger.

Most important, safety first. If you ever feel that there is immediate physical danger to yourself or the victim, you should dial 911 or contact local authorities to get help.