

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](http://www.mcasa.org/prevention)

Men Can Stop Rape  
[www.mencanstoprape.org](http://www.mencanstoprape.org)

A Call to Men  
[www.acalltomen.org](http://www.acalltomen.org)

CDC Sexual Violence Prevention  
[www.cdc.gov/violenceprevention/sexualviolence](http://www.cdc.gov/violenceprevention/sexualviolence)

Green Dot Bystander Intervention  
[www.alteristic.com/services/green-dot](http://www.alteristic.com/services/green-dot)

National Sexual Violence Resource Center  
[www.nsvrc.org](http://www.nsvrc.org)

Prevent Connect  
[www.preventconnect.org](http://www.preventconnect.org)



Maryland Coalition Against Sexual Assault  
[mcasa.org](http://mcasa.org) | 301-328-7023 | [info@mcasa.org](mailto:info@mcasa.org)  
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ask for help  
BE DIRECT  
stop the hurting  
HELP A FRIEND  
start change  
one can  
you can  
SAY NO  
get involved  
take action  
make a difference  
you can help  
stop the violence  
hope  
HELP  
community  
take a stand  
create a diversion  
ACT NOW  
distract  
make a phone call  
SPEAK UP  
strength  
VICTIM  
HELP A FRIEND  
ASK A FRIEND FOR HELP  
the power of one

it only takes  
**ONE**

PERSON  
to take a stand  
against sexual  
VIOLENCE

create a system  
LEARN  
tell them that it's wrong  
HOW  
do something  
speak up  
you can help  
SPEAK  
HOPE  
OUT  
take action  
three D's  
use distraction



Maryland Coalition Against Sexual Assault  
working to end sexual violence in maryland

SAY NO  
take a stand  
HELP  
only one  
get power  
involved  
prevent  
act  
something  
GET HELP  
stop wrong behavior  
get assistance  
1 person  
Do the right thing  
YOU CAN DELEGATE  
intervene  
TALK  
CHANGE  
be strong  
ACT NOW  
speak out against violence  
HOPE FOR CHANGE

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



what can just  
**ONE**  
PERSON DO

## 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?

I don't want to make a scene or embarrass myself.

Someone else will help.

I don't want to get hurt.

Nobody else is doing anything, so why should I?

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.**