

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.mcsr.org

A Call to Men
www.acalltomen.org

CDC Sexual Violence Prevention
www.cdc.gov/sexual-violence

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

National Sexual Violence Resource Center
www.nsvrc.org

Prevent Connect
www.preventconnect.org

MCASA
Maryland Coalition Against Sexual Assault
mcasa.org | 301-328-7023 | info@mcasa.org
P.O Box 8782
Silver Spring, Maryland 20907

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ask for help
BE DIRECT
stop the hurting
HELP A FRIEND
change
start
one can
you can
SAY
NO
get involved
take a stand
create a diversion
stop wrong behavior
ACT
SPEAK UP
strength
take action
make a difference
intervene
you can help
stop the violence
hope
ACT NOW
distract
make a phone call
end the pain
community
HELP
HELP A FRIEND FOR HELP
ASK A FRIEND FOR HELP

the power of one

it only takes
ONE
PERSON
to make a difference
against
sexual
VIOLENCE

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

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

SAY NO
take a
prevent
stand
say
something
GET HELP
stop wrong behavior
strength
1
person
Do the right thing
HELP
only one
say
something
GET HELP
ACT NOW
speak out against violence
involved
help
end the violence
HOPE FOR CHANGE
TALK

Sexual assault is a form of oppression, as well as a crime. It is an abuse of power that uses violence and coercion to control, silence, and deny people their autonomy and dignity. Sexual violence thrives when people who have power in society use that power to commit violence against vulnerable individuals. We must all work together to end these forms of violence.

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
- Non-consensual touching, groping, or fondling
- Flashing or unsolicited nude photos
- Coercing or manipulating someone to have sex
- Reproductive coercion- threats or acts of threats against a partner's reproductive health or reproductive decision-making
- Stealthing- condom removal during sex

The 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.

Try using the Five D's:

You can be **DIRECT**.

Approach the situation and intervene. Ask the person causing harm 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.

You can **DELAY**.

Check in on the person being targeted afterwards to see what support they may need.

You can **DOCUMENT**.

Keep records of harassment or harm to give to the person being targeted. This is especially helpful with online harm.

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