



# Sexualized violence is everyone's problem.

## Be your own Bystander.

### Choose not to be violent.

Violence is a choice. Being drunk is not an excuse. What someone was wearing is not an excuse. Not understanding what consent means is not an excuse. An assumption is not an excuse.

### Choose to be informed.

Ignorance is a choice. Educate yourself about consent and the law. Educate yourself about rape culture. Educate yourself about the connections between sexualized violence and other forms of violence like racism, homophobia, transphobia and ableism.

### Choose to step up.

(Not) responding to violence is a choice. Oftentimes, responsibility for stopping violence falls on the shoulders of those who are most vulnerable to experiencing violence. If you hold significant power and privilege in the world, speak up so that those who have been hurt the most don't have to keep working so hard.