

How can you step up?

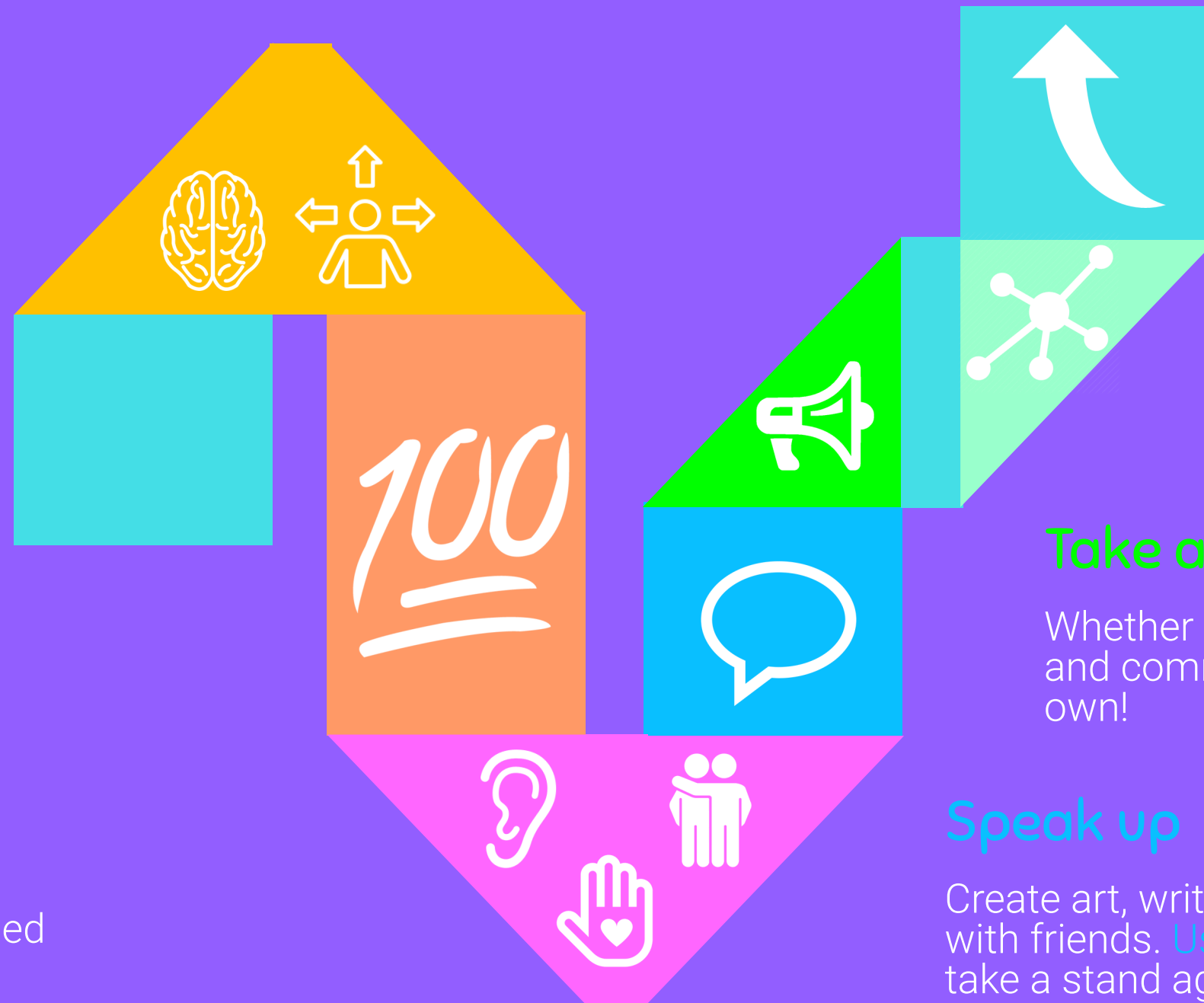
Sexualized violence is everyone's problem. We all have a role to play.

Be your own bystander

Choose not to be violent; it's that simple. Being drunk, or not fully understanding consent are not excuses for violence. Educate yourself about rape myths and victim blaming. Recognize your own power and privilege and work hard to be a good ally to those experiencing violence.

Get consent right

Know what is and is NOT consent. Consent is active, ongoing, a choice and is based on equal power. Consent is NOT silent, assumed, pressured or incapacitated (the law says so!).



Connect the dots

Sexualized violence doesn't just happen on university campuses. It happens everywhere. Sexualized violence is not just a "women's issue." Sexualized violence, racism, ableism, homophobia and transphobia are interconnected. We need to connect the dots in order to make a real difference.

Take action

Whether it's big or small, support campus and community events, or coordinate your own!

Speak up

Create art, write a blog, use social media, talk with friends. Use your voice and imagination to take a stand against sexualized violence.

Support victims/survivors

Listen to their stories. Believe them. Empower them by asking what you can do to help. Learn more about rape myths and victim blaming.